

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

June 2022

Polk/Brandon Edition – Monthly

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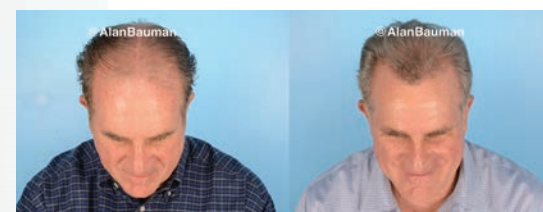
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NO TIME FOR HAIR TRANSPLANT DOWNTIME?

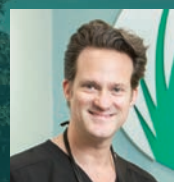
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# Winter Haven Hospital

## Only Hospital in State to Offer Coronary Brachytherapy

**A** procedure that can help heart patients manage symptoms linked to complications from stents is now being offered at BayCare's Winter Haven Hospital, bringing access to this service to the West Central Florida region.

The hospital has begun providing coronary brachytherapy and is the only one within 300 miles to do so.

The next closest facility offering brachytherapy is in Augusta, GA, though brachytherapy is not a new procedure. In fact, brachytherapy used to be widely used as the preferred way to treat restenosis. But over the last few decades, drug-eluting stents were developed and effective in the prevention of problematic scar tissue. Today, restenosis occurs in approximately 10 percent of coronary interventions performed.

"If a patient develops restenosis after a stent placement, they may be treated with another stent," explains Dr. Zaheed Tai, an interventional cardiologist at Winter Haven Hospital and director of the brachytherapy program. After that, however, "a third layer is often not effective. Brachytherapy is an option that does not require another layer of stent and will hopefully allow patients to go longer without restenosis."



Primarily an interventional cardiology procedure, brachytherapy treatment is completed in conjunction with specialists more commonly recognized with treating cancer – a radiation oncologist and a radiation physicist. The procedure directs radiation, through a catheter, to the site of restenosis. The radiation specialists ensure safety protocols and dosage accuracy are followed.

In the two months that Winter Haven Hospital has started performing brachytherapy, seven patients have undergone the procedure.

"We at BayCare Winter Haven Hospital are excited to be able to showcase our clinical

expertise with this adjuvant therapy," said Dr. John Davidyock, WHH's Chief Medical Officer. "It's impressive to recognize that a radioactive source the size of a grain of rice could yield such remarkable outcomes to potentially reduce further in-stent restenosis and need for bypass surgery."

 **Winter Haven  
Hospital**  
BayCare Health System

**Bostick Heart Center**

**WinterHavenHeart.org**



Brent Myers

## You Deserve a BREAK TODAY...



**I** know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

**PHYSICALLY.** Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

**EMOTIONALLY.** Sleep and stress have similar affects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

**MENTALLY.** Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

### *His Model*

"By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done." (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

### *His Command*

"Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy." (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the "top ten", most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).



## Highland Park Church

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# POST PREGNANCY LEG HEALTH

**P**regnancy can cause varicose veins which persist after delivery. Post pregnancy, with time, they only get worse; especially if there are further pregnancies. Vascular Vein Centers is here to help during and after pregnancy and treat your varicose veins with minimally invasive procedures.

## POST PREGNANCY Q & A

### WHY DOES PREGNANCY CAUSE VEIN PROBLEMS?

Pregnancy causes significant changes in your body, and these can adversely affect your legs. The fluid in your body increases by as much as 50% during early pregnancy, and you retain more sodium from the salt you eat. These two factors can cause edema resulting in swollen legs and ankles. Levels of hormones like relaxin, estrogen, and progesterone change dramatically during pregnancy, causing your veins to dilate and weakening the vein walls. At the same time, your growing baby is compressing the veins in your pelvis, increasing pressure in the veins of your legs, and resisting the outflow of blood from the legs.





These factors make pregnancy a tough time for your legs. Although the causes of vein problems reduce after you give birth, the effects of pregnancy can leave you with lasting issues.

### **WHAT POST-PREGNANCY VEIN PROBLEMS MIGHT I HAVE?**

*Common post-pregnancy vein problems are:*

#### **Varicose veins**

Varicose veins develop because of the pressure and dilation of your veins and resistance to the outflow of blood from your legs. The result can be spider veins with underlying varicose veins even if they aren't visible. Most often there are visible rope-like, bulging varicose veins which may be tender or itchy.

#### **Vulvar varicosities**

Vulvar varicosities are varicose veins that affect your vulva. There are rare during pregnancy, and usually disappear over the months following delivery. If you have vulvar varicosities that don't clear up, Vascular Vein Centers provides effective treatments. Pregnancy and post-pregnancy for up to 3 months is a time when you are at greater risk of developing deep vein thrombosis (DVT). DVT risk is higher during pregnancy and peaks after giving birth. Your body is dealing with high hormone and fluid levels and an enlarged uterus, as well as a more sedentary lifestyle.

### **HOW ARE POST-PREGNANCY VEIN CONDITIONS TREATED?**

If you have vein problems after giving birth or persisting swelling, it's advisable to seek an evaluation at Vascular Vein Centers. Hormonal changes continue to affect your veins and fluid volume for some months after having your baby and when you're breastfeeding. This is a good time to wear compression and begin exercising. You might find that once the hormones and fluid volume return to normal, the problem veins get smaller, but they don't go away and will become worse with time. Vascular Vein Centers provides advanced treatments for varicose veins, spider veins and vulvar varicosities, including:

- Foam sclerotherapy using Varithena®; an FDA approved treatment
- Endovenous laser therapy (EVLT)
- Ultrasound-guided sclerotherapy
- Cosmetic sclerotherapy for spider veins

These treatments seal off and eliminate affected veins, so your body directs your blood through healthy veins. The treated veins disappear over time. The procedures are all minimally invasive outpatient procedures that the Vascular Vein Centers team performs in-office. To find out more about post-pregnancy vein therapy and the challenges of maintaining healthy legs during and post pregnancy, call Vascular Vein Centers today. For your convenience, appointments can be booked online.



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# RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



ARE YOU  
ONE OF THE  
MILLIONS OF  
AMERICANS  
SUFFERING FROM CHRONIC BACK  
OR NECK PAIN? HAVE YOU TRIED  
MULTIPLE TREATMENT OPTIONS WITH  
LITTLE OR NO SUCCESS? IF SO,  
RADIOFREQUENCY ABLATION MIGHT  
BE THE SOLUTION TO YOUR  
CHRONIC PAIN.

At Excel Pain and Spine, their team are experts at performing radiofrequency ablation. This minimally invasive treatment can get rid of your pain for months, years, or even forever.

## What is radiofrequency ablation?

Radiofrequency ablation is a treatment that uses electromagnetic waves to create heat. The heat destroys the nerve tissue that's causing your pain. With the nerve destroyed, the pain signal is no longer sent.

## What conditions are treated by radiofrequency ablation?

Excel Pain and Spine uses radiofrequency ablation to help patients with chronic pain in the lower back, neck, and sacroiliac joints, which are located in the pelvis. Patients with joint pain related to arthritis may also benefit.

It's also possible to treat other pain conditions with radiofrequency ablation. The team at Spine & Pain Institute of Florida will give you a thorough evaluation to determine the best course of treatment for your symptoms.

## How does radiofrequency ablation work?

Radiofrequency ablation is minimally invasive, and the procedure typically takes less than an hour. It's performed on an outpatient basis, and patients are usually allowed to go home after a short recovery period.

Typically, you are given a local anesthetic at the treatment site. Then, using a special X-ray, Dr. Jassal inserts a needle near the nerve that's causing your pain.

Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

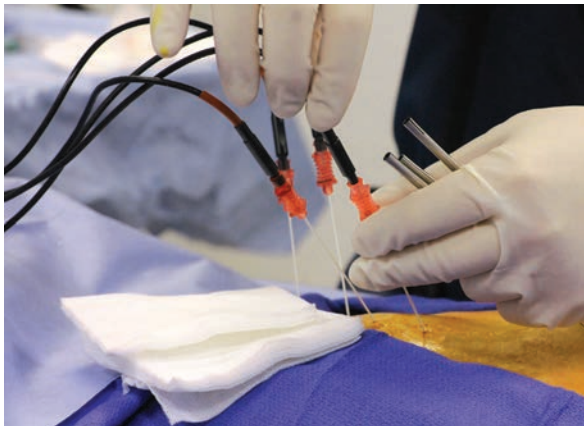
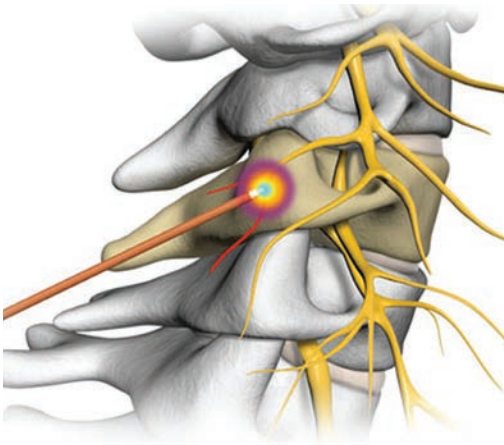
Excel Pain and Spine will provide you with specific post-procedure instructions, and these usually include avoiding driving for 24 hours as well as resting and avoiding strenuous activity for 24 hours.



### Is radiofrequency ablation effective?

Yes. More than 70% of patients experience lasting relief with radiofrequency ablation. It usually takes 1-3 weeks for the treatment to take its full effect.

Pain relief typically lasts 6 months to 2 years, and for some patients, the pain never returns. It's possible, however, for the nerve to regrow. In these cases, radiofrequency ablation may be required again.



### Are there any risks associated with radiofrequency ablation?

Radiofrequency ablation is a safe procedure with few risks of complications. Serious complications, such as infection and bleeding, are rare. Temporary side effects – which are also uncommon – usually only last 2-3 days.

#### They include:

- Localized numbness or weakness
- Mild discomfort or an increase in pain
- Swelling or bruising at the incision site

The treatment is not a good option for women who are or may become pregnant, people with an infection, or those who suffer from bleeding disorders.

You don't have to live with pain any longer. If you're suffering from chronic pain, book an appointment online or over the phone with Excel Pain and Spine today.



Our clinic, Excel Pain and Spine, was founded with one principle in mind – to provide the best possible care to patients above all else. Every decision made by our providers is and will continue to be made with this principle in mind. We always defer back to how we would want a family member treated and base our clinical and non-clinical decisions with the goal in mind. We are the most comprehensive pain management team in Central Florida.

Many of the challenges and frustration patients face are the same ones that providers struggle with day-to-day. We understand these challenges and have built a company that teams up with our patients to navigate the modern health care system and provide solutions for patients' suffering from pain.

All of the physicians are double board certified physicians. Our physicians have various academic titles, bring world class pain management treatment options to Central Florida. We understand that to provide the best patient care and be our best as physicians, we need to have the best trained clinical staff. We are lucky to have an attentive team with many combined years of pain experience, all aligned on the same goal of giving the best care above all else.

Pain and the limitations that result is a very personal problem. Pain is not simply a statistic like cholesterol. Every patient responds differently to the various treatment options available. Having a treatment plan based on the latest medical research is key to ensure the best possible outcomes for our patients. Additionally, we understand the need to constantly re-evaluate, make adjustments, and incorporate other options as we go through the pain relief journey together.

We pride ourselves on making sure every patient leaves with an understanding of their personalized treatment plan as well as educational materials specific to their recommended treatments so that they can make the best possible decision regarding their own care.

**Navdeep S. Jassal, M.D.**  
Board Certified - Pain Medicine  
Board Certified - Physical Medicine  
& Rehabilitation

**Arpit Patel, D.O.**  
Board Certified - Pain Medicine  
Board Certified - Physical Medicine  
& Rehabilitation

**Corey Reeves, M.D., M.B.A.**  
Board Certified - Pain Medicine  
Board Certified - Physical Medicine  
& Rehabilitation

**Neal Shah, M.D.**  
Board Certified - Pain Medicine  
Board Certified - Anesthesiology

### LOCATIONS

**Lakeland**  
1417 Lakeland Hills Blvd., Suite 201  
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**Davenport**  
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**Sun City Center**  
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# Savannah Court Senior Living Communities — *Offering You so MUCH more*



**R**ecently Savannah Court of Lake Wales was awarded the “Pinnacle Award” and “The Best of 2021” in senior living by SeniorAdvisor.com. The Savannah family of retirement living communities offers an exceptional array of retirement options for Florida residents and their loved ones. Our unique communities stretch across the state, including eleven Savannah Court Assisted Living Support Residences, two Savannah Grand Residences, several Savannah Cottage Memory Support Residences and two Savannah Cove locations specializing in rehabilitation and skilled nursing.

**E**njoy the finest in assisted living accommodations at Savannah Grand and Savannah Court Assisted Living Residences. Each of our communities offers residents several choices in floorplans, tastefully decorated common areas and immaculately maintained grounds. Our signature service program provides supervision, personal care and many other services designed to provide a fulfilling lifestyle for seniors. We specialize in independent, assisted living, and memory care communities.

Residents are escorted out for shopping, dining, and sightseeing on a regular basis. It's truly the best lifestyle!

All of our communities offer different amenities, lifestyle choices, healthcare and programs. Below is a snapshot to paint the picture more clearly of what one of senior communities is like and why so many residents love to call our communities “Home.”

## **SAVANNAH COURT OF LAKE WALES SENIOR LIVING OPTIONS**

Savannah Court of Lake Wales, senior assisted living community is full of vibrant activity while offering a warm and comfortable feel throughout. Savannah Court is home to a wide range of people including independent residents who appreciate the security a community brings, residents who need physical assistance, residents who may need a little support and those living with dementias. Savannah Court of Lake Wales has it all. The community represents a true Central Florida retirement lifestyle with comfort throughout. Whether relaxing in the quaint lobby or one of several comfortable living rooms, mingling with new residents at an ice-cream social, or joining a live entertainment performance, Savannah Court of Lake Wales offers an abundance of opportunities for any lifestyle. This is assisted living at its finest.

## **Assisted Living**

Assisted living at Savannah Court of Lake Wales is individualized. Residential private apartments with support and care close at hand. Savannah Court of Lake Wales offers support and personalized lifestyle while encouraging privacy and independence.

## **At Savannah Court of Lake Wales, life is resident centered.**

The associates at Savannah Court provide support based on individual resident needs.

Residents are able to remain as independent as possible with the peace of mind that support is steps away if needed. Residents in our assisted living community have all the benefits of a full support staff, chef, activities program, housekeeping, maintenance along with personal care services for assistance with daily activities and access to a nurse.



### Short Term Respite Care in Lake Wales, FL

The Savannah Court Respite Program provides temporary and short term residential opportunities. Relax in a fully furnished senior living suite as our team assists you with whatever you need!

Respite is ideal for those who need transitional assistance after an illness, surgery, or a hospital stay and are not quite ready to go home alone. A Respite Stay also allows primary caregivers to take a break by going on a vacation or just taking a few days to relax while knowing your loved one is being well cared for. Respite stays may be as short as a few days, or as long as a few months. We find that many respite residents enjoy the experience so much, they either move-in becoming permanent residents or they return again and again!



### Adult Day Programming

Savannah Court is glad to offer Adult Day Care for Lake Wales' Seniors. Day Programming is perfect for seniors who need a little socialization during the day! Generally available 7 days a week, Savannah Court's Adult Day Care Programs are a great alternative to staying at home! They are also a great worry free glimpse into the LIFE at Savannah Court for prospective residents

### Community Benefits

Savannah Court offers worry free living to all residents, their families and our guests. Residents enjoy the benefits of a chef, housekeeper, concierge, chauffeur, maintenance team as well as a vibrant social calendar.



Savannah Court is home to Resident Programming Department that tailors their programming to the personalities that live at Savannah Court. From arranging small poker nights to throwing the Annual BBQ, the programming team makes residents feel right at home – and keep residents engaged and excited about what's next.

### COMMUNITY AMENITIES

- Recreation Room
- Meal Service
- Media Room
- Housekeeping
- Library
- Group Exercise
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- Courtyard
- High Speed Internet

### APARTMENT AMENITIES

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- Pets – allowed

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### STEFANIE CARAWAY

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Assisted Living License 9383

### Haines City

FL 33844, 301 Peninsular Dr.

T.: (863) 588-0345

Assisted Living License 9382

**www.SLM.net**





# MEN'S HAIR LOSS — IT'S NO LAUGHING MATTER

by Alan J. Bauman, MD, ABHRS



**J**une. It's the month when we honor fathers and the month when I dedicate my article each year completely to men. I thought, why not start off with a little (maybe too little) male hair humor to make you smile? So here goes:

- What did the balding man say when gifted with a comb? "Thanks. I'll never part with it."
- How do you know when a man is definitely going bald? When he starts using more toothpaste than shampoo.
- What has happened between a man who's started losing his hair and his head? They had a falling out.

OK. Those jokes are indisputably corny. Maybe you've even told bald jokes yourself to deflect self-consciousness about your own thinning hair. Hope you didn't stop reading, since all kidding aside, I know that hair loss is no laughing matter for men who're warily watching their foreheads grow larger.

Men's hair loss can start as early as the late teens or twenties and impacts an astounding percentage of

the male population. More than a third of men are experiencing hair thinning by age 35, and half of them are dealing with hair loss by age 50.

But why?

Blame genetics, but don't be too hard on Mom. It's a common misconception that hair loss comes only from your mother's side of the family. In fact, it can come from either side. I guess you could call it double trouble.

Most male pattern hair loss is caused by a combination of genetics and hormones called androgens that help men be, well, men. The biggest androgen culprit is DHT (dihydrotestosterone), which is made from testosterone.

In men with certain genetics, DHT causes hair follicles to progressively shrink and produce weaker, thinner hair over time. The outcome: male pattern baldness, also known as androgenetic alopecia. It starts as a receding hairline, then thins the crown. It can result in the loss of all hair up top, sparing the sides and back of the scalp.

This doesn't mean that a man with male pattern hair loss has more testosterone or DHT than men without hair loss, however. He's just inherited a *sensitivity* to DHT. Sorry, guys.

While you can't undo the genetics causing your hair loss, we have a number of therapies to encourage your hair to grow back or to stop or slow your hair loss.

## REGENERATIVE APPROACHES

**Low-level laser therapy (also known as red light therapy):** The medical grade Bauman TURBO LaserCap® is FDA-cleared. It's portable, hands-free, cordless, rechargeable, and fast, requiring only five minutes of treatment per day for improved hair growth at home. It's also drug- and chemical-free with no risk of side effects.

Proper and consistent use of medical-grade low-level laser therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth.

**PRP (Platelet-Rich Plasma):** A comfortable in-office procedure that takes about an hour with no recovery time, downtime, or significant risk. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist. When performed using the appropriate concentration of platelets and proper application techniques, you can expect hair growth improvements that last a year or more from a single treatment.

**PDOgro™:** Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp have been shown to stimulate hair regrowth.

Typically performed in combination with PRP in a no-downtime "lunch-break" procedure, the threads are comfortably applied into the scalp. They dissolve and are absorbed over time, safely stimulating collagen production, new blood vessel formation, and a release of powerful rejuvenating growth factors.





Please add the caption: Before and 6 months after PDOgro™ by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

The PDOgro™ procedure may help prevent or reduce the need for future hair transplantation by stopping, slowing, or reversing hair loss.

HAIR TRANSPLANTATION

In some cases, hair loss is so advanced that a hair transplant is the only way to achieve lasting hair regrowth in areas like a receded hairline, thinning crown, or other areas where hair follicles are severely depleted or gone. Luckily, hair transplant

procedures have become more effective, comfortable, and 100% natural-looking due to major innovations in techniques and technology.

FUE (Follicular Unit Extraction) is one of Bauman Medical's most popular hair restoration technologies. We employ several types of FUE, depending on your particular need or situation. Using robotics, or with the aid of mechanical instruments, we harvest hair follicles directly from the scalp, replacing the older, invasive method of "strip harvesting."

FUE hair transplantation allows for the harvesting of follicles without leaving behind a telltale linear scar and with the added benefits of a shorter, less restricted, and more comfortable recovery. Results are natural looking, not like the old-fashioned "plugs" that your father or grandfather may have had decades ago.

LEARN MORE

Ready to stop joking around about your hair loss and start doing something about it that'll make groan-worthy bald jokes a thing of your past? Don't wait another day. Let's talk to see how we can help.



To learn what treatment regimen is right for you, call 561-220-3480 or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at [www.baumanmedical.com](http://www.baumanmedical.com).

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRSHair Loss Expert

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 33,000 patients, has performed more than 10,000 hair transplant procedures and over 10,000 PRP's since starting his medical hair loss practice, Bauman Medical in 1997.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS). Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive FUE Follicular Unit Extraction, VIP|FUE™, Low-Level Laser Therapy, PRP Platelet Rich Plasma, PDOgro™, eyelash Transplants and others.

Dr. Bauman was voted "#1 Top Hair Restoration Surgeon" in North America by Aesthetic Everything for the 6th consecutive year, "Top Hair Restoration Surgeon of the Decade", and received the 2022 "Lifetime Achievement Award in Hair Restoration". He was also recognized by Forbes as one of "10 CEOs Transforming Healthcare in America."



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS. THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Hair Restoration for Men and Women  
[www.BaumanMedical.com](http://www.BaumanMedical.com)  
561-220-3480

SUPER SUPPLEMENTS TO PROMOTE HAIR GROWTH AND HEALTH

Even though you try, it's not always easy – or even possible – to avoid hair loss risk factors. Not getting enough key vitamins and minerals in your diet, aging, stress or poor scalp health can all contribute to less-than-optimal hair.

At Bauman Medical we offer a superb line of proprietary nutritional supplements to help anyone experiencing hair loss or thinning, or who just wants thicker-looking hair.

- **The Recruiter™:** This special blend of probiotic, plant extract, and Vitamin D3 promotes the release of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress). It increases the number of circulating stem cells in your body to promote hair growth and overall health.
- **The Good Guys™:** This hair probiotic complex infuses the gut with elements needed to optimize the digestive process and maximize overall health and wellness. It supports a robust scalp and strengthens follicles for optimal hair growth.
- **The Bodyguard™:** A unique blend of herbs and mushrooms, The Bodyguard™ supports a healthy immune system and defends against environmental toxins. Scientific research confirms the benefits of the formula's immune-enhancing herbs, together with the fungi, which include Asian mushrooms.
- **A-List Hair Vitamin Complex™:** It's called our "strategic supplement" because it's compounded with top-tier ingredients shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, promote collagen renewal for hair, skin hydration and wound healing.

Wondering which supplements are best for your particular situation? Give us a call and we'll be happy to help you decide.



# TubcuT® Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



**W**isdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.



**BEFORE**



**AFTER**

Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

The TubcuT® is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT® as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

## IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT® creates an opening that fits your needs. Unlike cap systems, The TubcuT® adapts to you and what your lifestyle requires. With TubcuT's® exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT® threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® Follows the same exact contour of your tub there, and there is no ledge on the

threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT® is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!



**The Tub Cut Company**

**877-882-2887**

**[www.TUBCUT.COM](http://www.TUBCUT.COM)**

**VA APPROVED**



# Senior Information Centers

## Helps Seniors **PRESERVE AND PROTECT ASSETS**

**D**eveloping a comprehensive plan for financial preservation is essential to help seniors avoid costly mistakes and prevent financial devastation.

Senior Information Centers, an umbrella network of licensed Florida professionals, provides comprehensive estate planning services that help seniors preserve and protect their assets. The company, with offices in Boca Raton, Sarasota and Ocala, serves seniors and their families throughout Florida.

“It’s never too late or too early for seniors to plan for protecting their assets,” said Stephen D. Wolfe, Elder Planning Specialist and Certified Senior Advisor, who founded Senior Information Centers in 2001 along with his business partner Bryan Plonsky. “They should educate themselves so they can understand their options. Many seniors may mistakenly believe that planning is very expensive, but Senior Information Centers provides an affordable way for them to preserve their valuable assets.”

The company brings together a team of experts including elder care attorneys, Medicaid and Veteran’s Administration (VA) specialists, paralegals, certified financial planners and accountants who provide a wealth of information and help seniors and their families develop comprehensive plans for asset preservation. They provide services in four major areas of concern to seniors: legal, illness, taxes and investments.

Legal services include the development of tools such as a Living Will, Durable Power of Attorney, Healthcare Surrogate Designation or HealthCare Power of Attorney and Deeds and Trusts.

Services related to illness help seniors reposition their estates properly to preserve assets and help them qualify for government benefits, whether for home care, assisted living facilities or nursing homes.

Tax advisors review portfolios to eliminate unnecessary taxes on investments and IRAs. While Senior Information Centers professionals are not stockbrokers with securities licenses, they deal with no-risk, tax-deferred secure investments that keep seniors’ assets fixed, guaranteed and insured.

The firm’s target clients are primarily seniors in their 70s, spouses, adult children and other family members. Senior Information Centers markets its services throughout the community to assisted living facilities,



nursing homes, caseworkers and hospital discharge managers.

“Sometimes after a medical crisis involving a hospital stay, seniors end up in rehabilitation centers with no plan of attack,” said Wolfe. “Senior Information Centers can show them all their options, rough out a plan and give them hope that assets can be preserved and benefits attained.”

Wolfe noted that the company’s professional’s turn over every rock from “today until death” to make sure an action taken today will not negatively impact their financial future.

“For example, achieving Medicaid qualifications can be a daunting task,” he said. “Giving away assets to children may trigger the five-year look back, which means the senior will not qualify for Medicaid benefits. Veterans also make mistakes with improper planning that makes them ineligible for Medicaid.”

Veterans, their spouses and their widows may be entitled to VA benefits to help offset their out of pocket medical expense. Senior Information Centers helps clients regardless of their level assets or income. The attorney offers reasonable fees for development of legal documents or planning services. There is

no cost or obligation for consultations. Telephone consultations are available for clients’ families who live out of state.

Currently, Senior Information Centers serves 8,000 clients in Florida. Frequently, business comes from word-of-mouth referrals.

“Your involvement with us through the various challenges we faced, which extended even beyond our father’s ultimate passing, was most exemplary and supportive,” wrote a client’s adult children. “We are truly thankful that someone who has a caring attitude, knowledge and resources to help manage elder-care issues is available for families struggling with these emotionally charged issues.”

Stephen and Bryan stress the importance for seniors to have a full, comprehensive plan to preserve and protect their assets – not just piecemeal documents here or there. “In every area, there’s a way seniors can be robbed of their dollars.” “We show them how to protect their assets in every aspect of their life.”

**For additional information about  
SENIOR INFORMATION CENTERS,  
visit [www.seniorinformationcenters.com](http://www.seniorinformationcenters.com)  
or call 800-731-8784.**



# “I’m dedicated to helping patients get better.”

**It’s not just an ID badge.  
It’s a badge of honor.**

At Winter Haven Hospital, you get compassionate, high-quality care from team members who are proud to wear this badge. You’re our primary focus, so we combine state-of-the-art technologies with an experienced team to bring you exceptional clinical outcomes. We provide specialized care in a number of areas—cutting-edge heart care at the Bostick Heart Center, comprehensive cancer care at the Cassidy Cancer Center, total joint replacement, weight loss surgery and much more. We’re dedicated to giving you all the extraordinary care you deserve.

Learn more: [WinterHavenHospital.org](http://WinterHavenHospital.org)



**Winter Haven Hospital**