

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

July 2022

Polk/Brandon Edition – Monthly

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  **FREE**

**A BAYCARE UROLOGIST SHEDS
LIGHT ON OVERACTIVE BLADDER**

**UNSIGHTLY VEINS
CAN INDICATE
DEEPER PROBLEMS**

**RADIOFREQUENCY ABLATION
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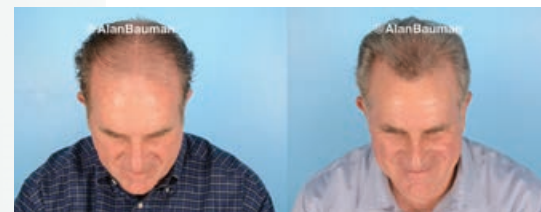
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A BayCare Urologist Sheds Light on Overactive Bladder

What You Should Know About OAB Stimulants, Symptoms and Treatment

Kenneth A. Essig, M.D.

People with overactive bladder (OAB) often experience urgency at inconvenient and unpredictable times and may have trouble with leaking. Overactive bladder interferes with work, daily routines, intimacy and can reduce an individuals' self-esteem and quality of life.

In normal urination and a healthy bladder, the smooth muscles surrounding the bladder contract and relax in response to urine volume. With overactive bladder disorders, the muscle surrounding the bladder contracts frequently, resulting in high bladder pressure and the urgent need to urinate.

Overactive bladder is perhaps the most common thing I see in my urology practice. It can affect up to one in three women and one in four men throughout their lifetime, and the symptoms can range from a mild nuisance to a life-altering, debilitating disability.

When I see a patient with what's described as OAB symptoms, which is typically frequent trips to the bathroom to urinate day and night, my job is to make sure no other issues are causing the symptoms that are more dangerous, such as infection or malignancy, tumors, or neurological disorders. These types of symptoms often are coupled with blood in the urine. Men very often experience overactive bladder symptoms due to an enlarged prostate. Once I rule out these conditions, I start with very conservative approaches and then move to more involved treatment if necessary.

Most patients I see with OAB symptoms do not have dangerous disorders but rather an overactive bladder due to lifestyle habits.

I start by performing a diagnostic ultrasound to measure how the bladder processes urination. We ask the patient to urinate before the procedure. If they haven't fully emptied their bladder, we check for diabetes or neurological issues, and for men, we check the prostate.

If the patient can effectively empty their bladder but still feel the urgency to urinate frequently, I address their lifestyle habits. It's a common misconception that people have come to believe they need to drink excessive amounts of water. People who ascribe to a very liberal intake of fluids are having excessive urination. They believe they need to flush their kidneys, but the kidneys don't need extra fluids to work properly. This philosophy of more is better is like eating as much food as possible to flush the colon. It's not helpful.



Many patients are drinking 5 to 6 bottles of water per day, which is about 10 cups of water, plus other drinks. We get plenty of fluids from our food intake as well, so this thought process can lead to too many fluids. Unless someone is very active and sweating or parched with a dry mouth, etc., the fluid intake should not be more than a few cups of water per day. I ask patients to cut back on fluids and avoid overconsumption of caffeine and alcohol, which are dehydrating and stimulate urination. It's also critical not to drink anything 2 to 3 hours before bedtime.

Limiting fluids for approximately one month usually clears up the majority of my patient's issues with OAB. However, if this doesn't address the problem, there are other options to try.

For example, if a patient is on diuretics or certain medications that might contribute to OAB, we clear them for stopping those or perhaps reducing the dosage if it's not a life-threatening issue.

If these issues do not address the OAB, we can prescribe medications to control frequent urination.

These medications can help relax the bladder to help reduce urgency. If these medications work well for

patients, we can usually wean them off those after a few months, and the patient's urination regulates on its own.

A minority of patients will need further treatment. For these individuals, we look inside the bladder and perform a urodynamic test to check the pressure.

Innovative interventions for severe case:

Newer interventions to treat complex OAB cases include Botox, which is injected into the bladder to relax the bladder. Within a few short weeks, most patients subside. Some people might need to have the procedure repeated if necessary.

Another procedure is sacral neuromodulation. A tiny wire (not much larger than human hair) is placed on the glut muscle with a quarter-size impulse device that sends messages to the brain to regulate urination. This procedure has approximately 80% effectivity. It only takes approximately 30 minutes, and if the procedure does not work, it can be easily removed.

Similar devices can be placed on the sacral nerve to induce sacral neuromodulation to send small impulses to the bladder. If a patient has OAB for any other reasons such as tumors, an enlarged prostate, we treat those depending on their disorder and condition.



Kenneth A. Essig, M.D.

Dr. Kenneth Essig is a board-certified urologist. He attended the University of Cincinnati, where he earned his degree in medicine and completed a residency. Dr. Essig puts his experience to use while addressing any critical issues his patients encounter. Dr. Essig is certified by the American Board of Urology and is a part of

BayCare Medical Group located in Winter Haven, Florida. He also uses specialized tools and equipment to analyze the condition of the patient. Dr. Essig works tirelessly to ensure his patients get the most advanced treatment possible.



BayCare Medical Group Urology
7599 Cypress Gardens Blvd.
Winter Haven, FL 33884
Phone: (863) 845-2688

IT'S HOT EVERYWHERE IN JULY

Brent Myers



Have you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was

poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.



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UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

“YOU CAN’T TELL A BOOK BY LOOKING AT ITS COVER.”



Many women and men are concerned about the appearance of spider veins and varicose veins. These veins, which can cause a spider web appearance in the skin, or big, unsightly bulges underneath the skin, can also cause a person to have symptoms and are signs of vein disease.



Ignoring these problems and not treating them can lead to a progression and further damage to the tissue of the lower leg. Some of the symptoms and signs of vein disease occur **predominately in the lower leg.**

Some of the symptoms include:

- Subtle feeling of fullness
- Mild aching, heaviness or pressure
- Fatigue as the day progresses

Some of the signs include:

- Swelling, which can be minimal but significant
- Rough, dry skin sometimes accompanied with itching
- Big, unsightly bulging veins underneath the skin
- Spider veins, the unsightly 'webs' in the skin itself, while considered cosmetic, usually indicate deeper problems

Over time, if untreated, vein disease can lead to more significant issues and more damage to the lower leg including, thickening and drying of the skin and discoloration, prominently a brownish color or, if the patient has been up on their feet for long periods of time, these sometimes subtle signs can lead to the possibility of an ulceration or sore around the ankle area.

Fortunately, with today's technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins. We then use a foamed chemical to treat the actual varicose or bulging veins. These two measures are used to close the source veins. We then use a foamed chemical to treat of the actual varicose or bulging veins. This is done in an outpatient clinical setting avoiding surgery.

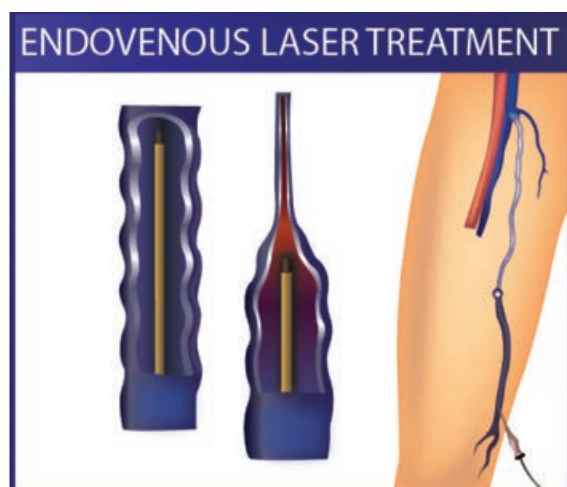
These procedures are covered my most medical insurances, including MEDICARE.

Anyone concerned about the appearance of their veins should have a thorough physical and ultrasound evaluation to examine the underlying cause. This can be done quickly with very little disruption in one's normal schedule and activities. We strongly recommend wearing graduated compression stockings, hose or leggings while working or in situations where a person is on their feet or sitting for prolonged periods of time.

Vein health equates to leg health.

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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.

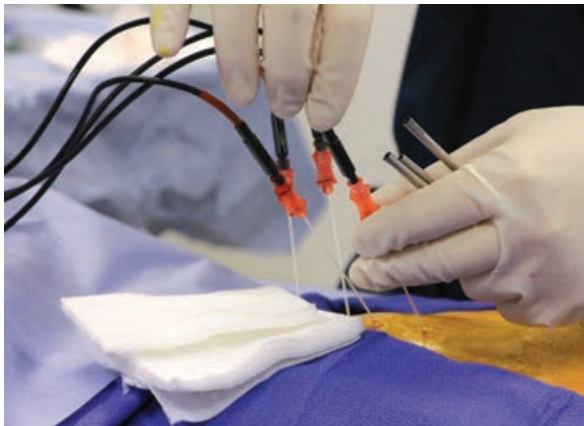
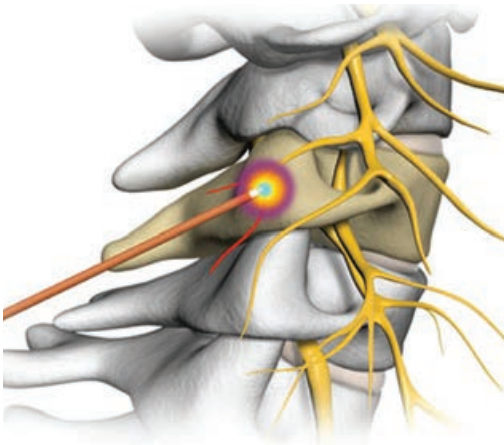
Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

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
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Savannah Court Senior Living Communities — *Offering You so MUCH more*



Recently 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.

Enjoy 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

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

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- Private Bathrooms
- Full Kitchenette
- Handicap Accessible
- Pets – allowed



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Senior Director of Lake Wales
& Haines City

STEFANIE CARAWAY

Resident Care Director of Haines City

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New Drug Just Approved for HAIR GROWTH SHOULD YOU TRY IT?

by Alan J. Bauman, MD, ABHRS

A drug the FDA approved last month can be helpful for regrowing hair in people with a particular type of hair loss called *alopecia areata*. However, it comes with some concerning side effects that every patient should consider carefully.

For years I've been perfecting hair restoration therapies that I know to be safe and effective, which I'll detail below, but let's start by taking a closer look at Oluminant (baricitinib).

Oluminant is now FDA approved to treat severe alopecia areata. Alopecia areata is an autoimmune disease that causes the body to attack hair follicles. This typically results in hair loss that ranges from small coin-sized bald patches on the scalp, or other areas like the beard or eyelashes and eyebrows, to total "whole body" hair loss. This condition can occur in both men and women and affects about 300,000 people in the U.S.

However, the hair loss condition more people are familiar with is androgenic alopecia. This is often referred to as "male pattern baldness," – although women have it, too – and manifests in the hairline, upper region of the temples, extending toward the back over time. Oluminant isn't intended for this condition.

Oluminant was approved after being shown to result in enough hair growth to be deemed "adequate scalp coverage" in between 17 percent and 32 percent of patients (depending on dosage) taking part in two double-blind, randomized, placebo-controlled clinical

trials. Some of the regrowth seen in the clinical trials were downright dramatic.

Though that sounds positive, frankly I'm alarmed about its long list of potentially severe side effects (and so is the FDA). Oluminant is in a class of popular drugs called JAK-inhibitors which have been previously approved for arthritis and ulcerative colitis. They work by reducing the activity of overactive immune systems. FDA Boxed Warnings for the JAK-inhibitors Xeljanz (tofacitinib), Rinvoq (upadacitinib), and Oluminant (baricitinib) include "serious heart-related events, cancer, blood clots and death." I'm also concerned about as-yet unidentified unintended consequences and risks from this long-term, immune modulation therapy.

At Bauman Medical, we're known for applying effective advanced holistic and regenerative medicine-based hair growth treatments aimed at reducing the standard risks and side effects seen with more traditional therapies. Here are a few (but certainly not all) of my favorites for both alopecia areata and androgenetic alopecia.

PRP (Platelet-Rich Plasma): PRP is 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 are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist.

Note that not all PRP is the same. Our PRP is painless, powerful, and can last a year or more from a single treatment. Bauman Medical has an excellent track record of success using PRP for mild alopecia areata [see photo] as well as androgenetic alopecia.

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.

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

100% non-chemical Low-Level Laser Therapy (aka red light therapy or photobiomodulation): Proper and consistent use of medical-grade low-level laser therapy has been scientifically proven to increase blood flow, accelerate healing, reduce inflammation, and promote hair regrowth.

The medical-grade Bauman TURBO LaserCap® is FDA-cleared for hair growth. It's powerful, portable, hands-free, cordless, rechargeable, and fast, requiring only five minutes of treatment per day for improved hair growth at home. It's a drug-free treatment with no risk of side effects.

NUTRITIONAL SUPPLEMENTS

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 unique 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 is the only supplement scientifically proven to increase the number of circulating stem cells in your body to support hair growth and overall health.
- **The Good Guys™:** This hair probiotic complex supports your gut's microbiome to optimize the digestive process, nutrient absorption, and maximize overall health and wellness. It supports a robust scalp and strengthens follicles for optimal hair growth.



Before and 4 months
after PRP for
Alopecia Areata
by Dr. Alan Bauman



Before and after PDOgro™
by Dr. Alan Bauman

• **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.

• **The Bodyguard™:** A powerful 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-supporting herbs, together with the fungi, which include Asian mushrooms.

these proven, safe, and non-pharmaceutical methods of dealing with hair loss, no matter the cause? It all starts with the proper hair loss diagnosis.

Give us a call at **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation.



GENETICS AND HAIR LOSS

- There are now over 200 known DNA locations (genes and SNPs) that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two.
- Hair loss can start as soon as puberty ends, depending on your hereditary sensitivity to DHT.
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding -- all of those put together will determine how quickly you see loss occur, how quickly it progresses, and how long it will occur later in life.
- Because there are hundreds of genetic and external factors that influence hair loss, baldness can skip generations, skip siblings, etc.
- DNA tests (e.g. TrichoTest™) that we offer include a prediction of whether you're likely to experience hereditary hair loss and what treatments will work best for you based on your unique DNA.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRs Hair 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, VIPIFUE™, 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.
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Hair Restoration for Men and Women

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SIMPLE SOLUTIONS TO YOUR BATHROOM BLUES

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- Step-thru access for existing tubs
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- **Reversible**
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- Works with all types of tubs
- Factory appearance
- Eco-friendly, reduces waste




At One Day Bath, their goal is to provide simple solutions to everyday problems at an affordable price. Whether you're having a tough time climbing in and out of your bathtub or your 1970s pink tile has seen better days, they have solution to fit just about any budget. Their tub to shower conversion can turn your under-used, outdated tub into a fullyfunctional, safe walk-in shower – accompanied by a beautiful wall liner or ceramic tile. Their signature product is TubCut®, where they like to say, “Why step over your tub when you can walk through it?” They also have an amazing economical tub & tile re-glazing system that can breathe new life into your existing tub and tiles without any construction at all. This is a great product to buy you some time before you're ready for any type of replacement.

Bathrooms can often be a dangerous place because of unforgiving slippery surfaces, or because the height of a traditional tub is difficult to climb over – especially as we age. If you find that you or a loved are struggling getting in and of your tub, it's probably time have a conversation about that and then do something about it. Come and talk to the team at One Day Bath, and we'll discuss products that can help your family avoid injuries and serious accidents in the future.

One Day Bath offers two convenient and budget-friendly options for your tub to walk-in shower conversion, and

both are constructed with your safety in mind. The first is the TubcuT®, which is custom-fit to your tub.

“A lot of people are perplexed about how the TubcuT® works. They think that it goes over the existing tub. Instead, we actually modify your existing bathtub into a walk-in shower. Our crew will cut out a piece from the tub that measures anywhere from 18” to 45” wide, leaving you with a simple four-to-five-inch lip just a like a standard shower pan. There's no ripping out, no mess, no demo and no high expense,” says Paul Echavarria, CEO of

One Day Bath. “It turns your existing bathtub into a walk-in shower with no plumbing or construction, and can save you up to 90% of replacement cost. If you're happy with your bathroom but really want to avoid having to climb in and out and want to avoid an accident, then a TubcuT® is for you.”

The second option is a traditional tub to shower conversion, where the tub is replaced with a shower pan accompanied by high-grade acrylic wall surround, or you can choose ceramic tile for your surround It's your choice. There are many accessories to choose from, including linear shelving systems, fold-down seats and more. One Day Bath's shower systems are mold and mildew resistant, as well as maintenance free and guaranteed for life. The tub to shower conversion is typically completed in one to two days. The process of working with the One Day Bath team is simple, and gets you into your new tub as soon as possible.

“Our goal is to be a company that will satisfy all of your service needs, and you'll be happy to tell your friends and family how satisfied you are. We will give you general pricing right over the phone with no hesitation, so you know what you're about to get into,” says Echavarria. “At One Day Bath, we are very upfront about pricing before you meet with us. This makes sure that the process and pricing works for everyone. And with the TubcuT® and some of our other installs, we don't



ask for a deposit and only charge upon the completion of the project.”

To put it simply, One Day Bath offers the simplest and most economical way to revitalize your bath. They also refinish bathtubs, tiles, floors and cabinets to a like-new condition. With their expert Bathtub re-glazing, they can repair all chips, scratches and cracks back to a like-new condition. One big question many people ask about re-glazing is, “Can you change the color?” Yes, One Day Bath can change the glaze to the color of your choice. Re-glazing is an excellent tool to utilize if you don't want to get rid of your tub and tile but are ready to update the color without the expense of a full renovation.

Request a free in-home consultation today, or simply call One Day Bath to talk about your project possibilities.



The Tub Cut Company
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VA APPROVED



Ensuring our Parents Health Through Medication Compliance

By Dr. David Steinberg, Pharmacist

As the baby boomer generation ages and medications become more numerous, children and family members are charged with caring for the loved ones. This task comes not only with much stress but also with many questions. The questions often



range from “Who will administer the medication when I’m not there?” “Is there a risk of my family member taking too many pills?” “How can I be sure that my family member is taking the same amount of medications he was taking at the long term care facility?” These are just a couple of questions that we get at the pharmacy when we consult with family members and patients. As patients increase the number medications taken along with an increase to the number of physicians, the rise of medications errors is inevitable. Patients rely on family members or homecare givers to ensure compliance. We can do more. Every extra precaution or measure is well worth it when it comes to our family member. Our pharmacy has a unique system to mitigate medication errors such as over-medication and under-medication. We use, what is commonly called in the industry, a “bingo card.” It is becoming the industry gold standard and not only ensures medication compliance but puts the family at ease. It is a unit dose system where the patient’s medications are divided into morning, afternoon, evening and bedtime. Each time slot has its own cell allowing the patient to know if the medicine was taken or not. It eliminates counting pills, filling pillboxes, and remembering doses. As a pharmacist, I hope to reduce common and preventable errors and help everyone live healthier lives. Please call TrustedMedRx with any questions at **561-613-6209** or **855-9EZ-MEDS**.

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We've enhanced our safety measures to protect your health. We're screening everyone for COVID-19 symptoms before entering our offices. All doctors, team members and patients are required to wear masks and we're sanitizing our offices throughout the day.



[BayCareMedicalGroup.org](https://www.BayCareMedicalGroup.org)