

CENTRAL FLORIDA'S

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

August 2022

Polk/Brandon Edition – Monthly

[www.HealthandwellnessFL.com](http://www.HealthandwellnessFL.com)



**FREE**



**BAYCARE NAMED TOP QUINTILE  
HEALTH SYSTEM FOR FOURTH  
CONSECUTIVE YEAR**

**UNSIGHTLY VEINS CAN INDICATE  
DEEPER PROBLEMS**

**CHRONIC PAIN: WHAT YOU  
SHOULD KNOW ABOUT YOUR  
TREATMENT OPTIONS**

**SAVANNAH COURT SENIOR LIVING  
COMMUNITIES – OFFERING YOU  
SO MUCH MORE**



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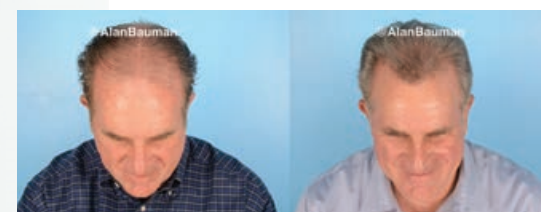
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Just Say “No” to Needles and “Yes” to TED  
Growing Thicker, Healthier Hair: It's Never Been Easier

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# BayCare Named Top Quintile Health System for Fourth Consecutive Year



**Clearwater, Fla.,** (July 5, 2022) – **BayCare Health System** has been recognized once again by a leading, independent survey for excellence in clinical outcomes, patient experience, operational efficiency, financial health and contributions to community health with a focus on equity.

FORTUNE/Merative™ (formerly FORTUNE/IBM Watson Health) has listed BayCare in the top 20% of large health systems in the country. This is the fourth year in a row BayCare has been recognized with this honor.

In addition to BayCare being recognized as a health system, St. Joseph's Hospitals (including St. Joseph's Hospital, St. Joseph's Women's Hospital and St. Joseph's Children's Hospital in Tampa as well as St. Joseph's Hospital-North in Lutz and St. Joseph's Hospital-South in Riverview) were named among the nation's 100 Top Hospitals® for the fifth consecutive year and the sixth time overall. With a combined total of 1,336 beds, St. Joseph's Hospitals operate under the same license and make the list as a large community hospital.

"I am proud of our team members and physicians, who continue to deliver extraordinary care to our patients and the communities we serve, and I appreciate the leadership of our community boards of directors in our ongoing pursuit of clinical excellence," said BayCare President/CEO Tommy Inzina.

When Inzina became BayCare's CEO in 2016, he and the BayCare Board of Trustees set a goal to reach the top 20% of large health systems in the country by 2021. BayCare achieved that milestone in 2019 and has maintained the ranking since then.

Merative identifies the top hospitals from a rigorous evaluation of 2,650 short-term, acute care, non-federal hospitals in the U.S. The annual list recognizes excellence in clinical outcomes, operational efficiency, patient experience and financial health. Merative established the list to help identify best practices that may help other health care organizations achieve consistent, balanced and sustainable high performance.

This year's ranking of top hospitals once again includes a measure of hospitals' contributions to community health with a focus on equity. It was developed by a team of experts at the Johns Hopkins Center for Health Equity and the Bloomberg American Health Initiative at the Johns Hopkins Bloomberg School of Public Health.

The hospitals included on the FORTUNE/Merative 100 Top Hospitals list had better results on key clinical and operational performance indicators compared to similar hospitals, according to Merative. These include survival rates, patient complications, health care-associated infections, 30-day mortality and 30-day hospital-wide readmission rates, length of stay, throughput in emergency departments, inpatient expenses, profitability and ratings from patients.

FORTUNE and Merative note that this year's lists of top hospitals and top health systems in the U.S. "represent those that held up best" against a "gauntlet of COVID-related challenges – a novel coronavirus, supply and business disruptions, workforce shortages." They add that these ongoing challenges "make this year's 100 Top Hospitals list, based on data from 2020, unlike any other in the annual study's 28-year history."

For more information, visit <http://www.100tophospitals.com/>

## About BayCare Health System

BayCare is a leading not-for-profit health care system that connects individuals and families to a wide range of services at 15 hospitals and hundreds of other convenient locations throughout the Tampa Bay and central Florida regions. Inpatient and outpatient services include acute care, primary care, imaging, laboratory, behavioral health, home care, and wellness. Our mission is to improve the health of all we serve through community-owned, health care services that set the standard for high-quality, compassionate care. For more information, visit [www.BayCare.org](http://www.BayCare.org).

## About the FORTUNE/Merative 100 Top Hospitals® List

The FORTUNE/Merative 100 Top Hospitals list is determined using independent and objective research to analyze hospital performance. Organizations do not apply or pay for this honor or pay to promote their award. Award-winning hospitals and health systems serve as a model of excellence for the industry.

## About Merative

Merative is a data, analytics and technology partner for the health industry, including providers, payers, life sciences companies and governments. With trusted technology and human expertise, the company works with clients to drive real progress. Merative helps clients orient information and insights around the people they serve to improve healthcare delivery, decision making and performance. Formerly IBM Watson Health, Merative became a new standalone company as part of Francisco Partners in 2022. Learn more at [www.merative.com](http://www.merative.com).





**F**our years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

## **1. DON'T HAVE ALL THE ANSWERS.**

It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

**2. LISTEN.** Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

**3. WRITE IT DOWN.** When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

**4. DO IT.** Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

# BREAKING THROUGH



These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers



**Highland Park Church**

**4777 Lakeland**

**Highlands Road**

**Lakeland, FL 33813**

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# UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

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



**M**any men & women 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 by most medical insurances, including MEDICARE.

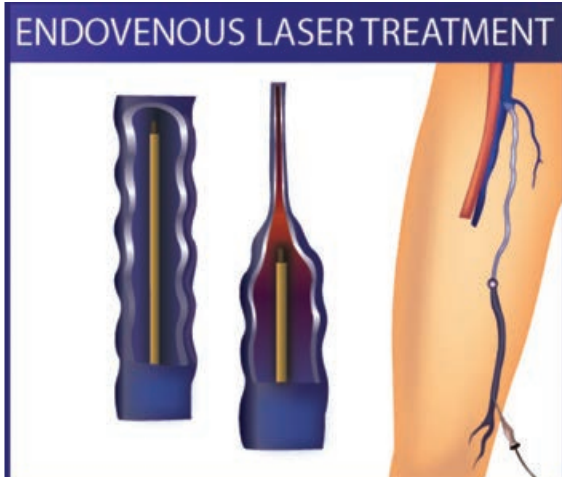
Anyone concerned about the appearance of their veins should have a thorough physical and ultrasound evaluation to examine the underlying cause. This can be done quickly with very little disruption in one's normal schedule and activities. We strongly recommend wearing graduated compression stockings, 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.

"A stitch in time to save mine"!

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# CHRONIC PAIN: WHAT YOU SHOULD KNOW ABOUT YOUR TREATMENT OPTIONS



**C**HRONIC PAIN CAN LEAD TO DEPRESSION, ADDICTIONS, ANXIETY, STRESS, ISOLATION, AND EVEN SUICIDE. OVER 116 MILLION PEOPLE SUFFER FROM VARIOUS TYPES OF CHRONIC PAIN DISORDERS RANGING FROM FIBROMYALGIA, OSTEOARTHRITIS, NEUROPATHY, BACK, HIP AND NECK PAIN, JUST TO NAME A FEW. WHETHER TRAUMA OR DEGENERATIVE DISEASES HAVE CAUSED YOUR PAIN, THE CONSENSUS IS USUALLY THE SAME; PEOPLE WANT THEIR PAIN TO GO AWAY. BUT HOW DO YOU KNOW THAT THE OPTIONS YOU'VE BEEN GIVEN ARE RIGHT FOR YOU?

An effective pain doctor uses all available treatments in a combined or multimodal approach. This means combining holistic treatments, medical therapies, physical therapy, and procedures to reach the desired goals and results of the patient.

Our providers at **Excel Pain and Spine** pride themselves on being trained and experts in the field of interventional pain. Interventional pain is the use of procedures to reduce pain and reduce the need for opioid medications.

Our clinic, **Excel Pain and Spine**, was founded with one principle in mind – to provide the best possible care to patients above all else.



We do this by providing access to the latest treatments (traditionally only available at large medical institutions) and delivering them in our local community as part of individualized treatment plans crafted with the patient's best interest in mind.

**Excel Pain and Spine has four double boarded pain physicians to treat your specific needs and to custom tailor a plan that's right for you.**

### **MORE OPTIONS THAN JUST OPIOIDS**

A myth is that pain management doctors only prescribe opioids. Providers can try many other well-studied medications for pain, including membrane stabilizers, antidepressants, anti-Inflammatories, and muscle relaxers.

Opioid medications have multiple risks and side effects, including constipation, sleep disorders, osteoporosis, sexual dysfunction, and accidental overdose. A pain management physician judiciously uses these medications only when appropriate and carries out the proper management and monitoring to ensure safe use.

Interventional therapies prescribed by pain management doctors include spinal and joint injections, nerve blocks and ablations, regenerative medicine injections, minimally invasive spinal implants, and nerve stimulators to block pain signals.

Pain management doctors aid with the coordination of care and referrals with other treating specialties, including physical therapists, chiropractors, surgeons, and primary care providers. Many patients who can gain relief from a pain management doctor have had surgery and continue to have pain, or patients who cannot have surgery and must find other avenues for relief.

The practice of pain management has evolved over the last 20 years. Board-certified pain management doctors are equipped to manage the full scope of new and old injuries or syndromes causing pain. These doctors have the unique ability to combine a vast array of treatments and therapies with to improve a patient's quality of life. Any patient suffering from pain and not getting the relief they need should consider evaluation with a pain management doctor.

### **MAKE YOUR JOURNEY LESS STRESSFUL**

As physicians who are genuinely interested in providing positive patient outcomes, we recognize that the road to pain relief is a journey. In addition to providing customized, personalized treatment plans, we strive to deliver positive friction-free experiences at every touchpoint to make the journey as stress-free as possible.

This is particularly vital when patients suffer from a work-related or personal injury, and time is of the essence. Our team prides itself on its ability to seamlessly coordinate care plans with personal injury or worker's compensation advocates to best serve our patients.

### **HELPING YOU NAVIGATE WORK RELATED ACUTE TRAUMA**

The delivery of healthcare services is fragmented and complex, and one can quickly become exhausted trying to navigate that landscape.

We remove much of this burden for our patients by providing expedited appointments to provide high-quality care with the lowest possible costs. We will take care of coordinating care with referring physicians, diagnostic studies, and your insurance company.

When necessary, we will work closely with worker's compensation case managers, adjusters, and law firms to develop a coordinated care plan.

### **EXPERIENCE AND TRAINING YOU CAN TRUST**

Excel Pain and Spine is a privately-run practice owned and operated solely by physicians that have trained, taught, and researched at the top pain medicine institutions in the country.

Our physicians are regarded experts in the pain management field and remain involved with teaching new and advanced treatments to practicing physicians, residents, medical students, and fellows across the county.

- Double Board-Certified
- Pain Medicine Experts
- Physical Medicine & Rehabilitation Experts
- Assistant Professor at University of South Florida and Central Florida
- Tampa's Top Doc Award-Winner
- Over 30,000 Procedures Performed

**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 Spine & Pain Institute of Florida today.**



**(P) 813.701.5804**

**(F) 813.291.7615**

**excelpainandspine.com**

[www.HealthandwellnessFL.com](http://www.HealthandwellnessFL.com)



**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**

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#### **Davenport**

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#### **Sun City Center**

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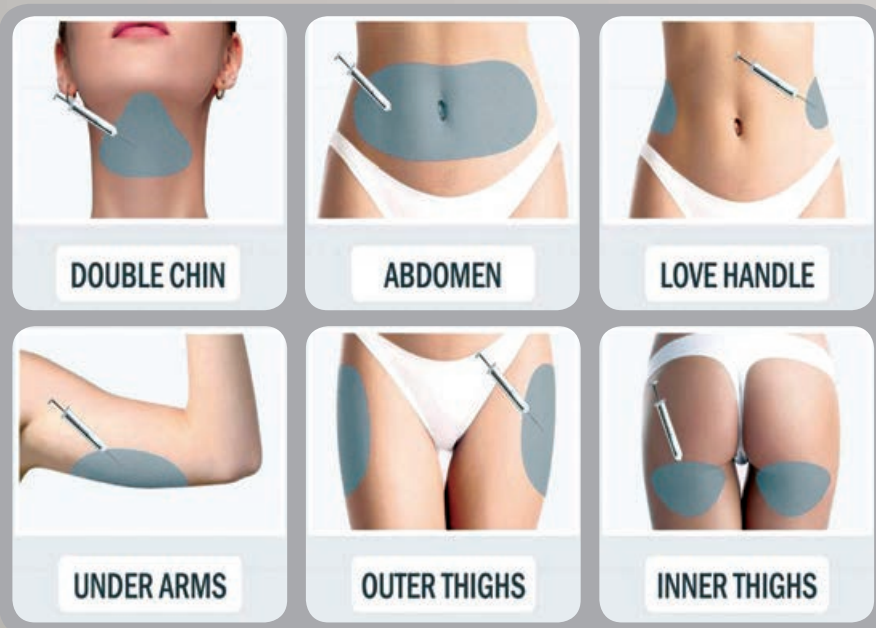
#### **Wauchula**

326 South 6th Ave.  
Wauchula, FL 33873



# MESO LIPO: WAGE WAR ON FAT CELLS

**MESO LIPO INJECTIONS ARE KNOWN TO BE ONE OF THE QUICKEST AND MOST EFFECTIVE WAYS TO LOSE UNWANTED FAT.**





Meso Lipo is a revolutionary minimally invasive procedure that reduces and reshapes specific undesired pocket of fats in your body such as in your hips, thighs, stomach, bottom, back, waist, under breasts, underarms, and above knees. It targets localized fat deposits and cellulite and is less invasive than liposuction.

**Mesotherapy is used in three different ways:**

- Sculpting Fat
- Cellulite Reduction
- Skin Rejuvenation

Meso Lipo involves the injection of a customized mixture of vitamins, minerals, and amino acids just millimeters under the skin into the problematic area through a series of tiny and almost painless microinjections. This blocks the cells at that area from storing fats while stimulating fat burn. The injected mixture of supplements tightens the skin, while the lipolytic agent helps break down the existing fat cells. The liquefied fat will then be flushed out naturally from your body. You can see a gradual loss of inches, tightening of skin and smoothing cellulite after a few sessions of Meso Lipo procedure.

**Benefits Of Meso Lipo:**

- Location-specific, targeted results
- Non-surgical fat loss solution
- Natural-looking result
- No downtime
- Permanent results
- Natural injectable FDA-approved product
- Comfortable process

Targeted treatments, no anesthesia, no incisions, and no prolonged, uncomfortable recovery time — it's easy to see why so many people are choosing Meso Lipo over liposuction. Reach out to us to learn more about Meso Lipo options to achieve your specific goals.



2088 E Edgewood Drive, Lakeland Florida 33803

863-450-5224

[www.diorbeautyestheticlounge.com](http://www.diorbeautyestheticlounge.com)



## MEET SHAQUILLA

Shaquilla Williams-Murray currently runs two summer camps in the summer that teaches young kids' business, entrepreneurship. She is the owner of a Wellness Spa and a Post Op Recovery Home.

Mrs. Williams-Murray teaches Body Contouring Workshops that are held around the world! Mrs. Williams-Murray is an established Best-Selling Author who has written 2 books, and 10 eBooks she has a master's degree (New York School of Interior Design) in Interior Design along with being a Graduate of the IWED Institute. Shaquilla is a mother of 3, a Wife, she's also an International Event & Floral Designer, an Educator, Mentor & Event Business Coach, a Sought After We'll Known Speaker has been called An Innovator in her field.

Shaquilla Williams-Murray, President and founder of Dior Beauty Esthetic Lounge and Dior Beauty Post Op Recovery Home has the vision, expertise, and Connections to lead her team to create events that are memorable and exceed expectations. Her students in both industries are ready to lead & succeed when they leave her workshops.

Successful entrepreneurs take pride and love what they do, and without doubt Shaquilla's craftsmanship speaks volume in action from start to finish. In 2019 she started her business from scratch and Dior Beauty Esthetic Lounge continues to build patients confidence making them feel beautiful known as the "the Magic Touch, Shaquilla listens and digests information, then her creative ideas are always brewing, giving new energy.

Through the years, Shaquilla has established connections with an extensive network of trusted professionals to customize the best team for each event. Her experience includes managing events of all sizes from corporate meetings to fundraising galas and celebrations. Shaquilla enjoys supporting local businesses and charities.

While events are a fast-paced business, Shaquilla takes time to pause and focus on what's most important.

Mrs. Williams-Murray educates hundreds of event planners who are mastering their crafts at business workshops around the US teaching over 30 certifications in the Spa Wellness Industry. She also has a Mentorship Program that caters Body Contouring & Laser Specialist all over the world.

As a Spa Owner & Mentor she is constantly challenging her skills, her way of thinking, and her mindset to create an experience her patients and mentees will never forget. teaches in-house secrets, resulting in reaching a goal to help business owners create success beyond limits. Shaquilla loves to give 500% in all areas of her expertise. One of her favorite quotes inspires her to always take it to the next level.

'There's always another level up. There's always another ascension. More grace, more light, more generosity, more compassion, more to shed, more to grow.'  
- Elizabeth Gilbert



# 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
- Availability 24 Hours
- Courtyard
- High Speed Internet

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- Renovated Apartments
- Private AC
- Private Bathrooms
- Full Kitchenette
- Handicap Accessible
- Pets – allowed



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# HAIR LOSS?

by Alan J. Bauman, MD, ABHRS

## Just Say “No” to Needles and “Yes” to TED Growing Thicker, Healthier Hair: It’s Never Been Easier

**A**UGUST IS NATIONAL HAIR LOSS AWARENESS MONTH, SO I FIGURED IT’S THE PERFECT TIME TO DO A “TED TALK,”... BUT NOT THE KIND YOU’RE USED TO.



**A**t Bauman Medical, “TED” is short for the latest--and one of the most exciting--innovations for defeating hair shedding, hair loss, and thinning hair we’ve seen in years.

TransEpidermal Delivery or TED is especially ideal for people who’ve avoided getting medical treatment for their thinning hair because they’re averse to surgery or having their blood drawn. TED is *needle-free, pain-free, requires no anesthesia of any kind*, and is highly effective.

Read that again.

Your skin (including your scalp) is an amazing organ. It’s designed to keep out moisture and other substances we might come into contact with in our environment. This is generally good for our health but not ideal if we’re trying to get beneficial substances past this barrier to treat certain conditions. What if there were a way to help substances get past this barrier and into the scalp more easily?

That’s where TED comes in!

### HERE’S HOW THIS BREAKTHROUGH TECHNOLOGY WORKS:

First, we apply a specialized topical hair growth serum on your scalp in the treatment zone.

We then employ a high-tech device that looks like a small massage tool. The TED handpiece is moved slowly over the scalp, emitting safe ultrasonic sound waves and air pressure. (This process is known as sonophoresis.)

The 20-25-minute process gently enhances the penetration of the serum into the scalp by temporarily

increasing scalp permeability. At the same time, increased blood flow optimizes scalp health and stimulates hair follicles to produce thicker, stronger, healthier hair. This FDA-cleared Class 1 medical device is clinically proven to start minimizing shedding and improve hair growth and scalp health *within minutes*.



TED: TransEpidermal Delivery for Hair Shedding and Hair Loss, is a Needle-Free, Pain-Free Hair Restoration Treatment with No Local Anesthesia needed and takes about 20-25 minutes.

Patients we’ve used it on say they feel a warm sensation from the device or cooling from the serum along with vibration or ringing sound but no other sensation. They also tell us it’s very relaxing.

**TED’s unique serum contains dozens of growth factors that reactivate dormant hair follicles and anchor hair shafts. It targets follicles to make them grow thicker hair. Research studies have also shown that hair often grows back in its original hue.**

### WHAT DOES TED DO BEST?

TED is ideal for patients who want to improve the overall thickness and appearance of their hair. It can be used to treat early androgenic alopecia (male or female pattern hair loss), telogen effluvium (excessive shedding), and to enhance other hair growth therapies you may already be doing. It’s also effective in treating hair loss after COVID or other infections, patchy beards, and even weak eyebrows.

### HOW MANY TREATMENTS ARE RECOMMENDED?

TED ideally includes a series of three treatments one month apart. Each person is different, as will be the results, but many notice improvements within one month and some people notice changes in symptoms as soon as two weeks.

### HOW DO YOU GET STARTED?

The first step is to have a consultation (either in-person or virtually) with me to discuss your situation and options. Before any treatment, we’ll conduct a detailed evaluation of your scalp and hair. We quantify your hair density and caliber in each zone and assess your overall scalp health to formulate a treatment plan customized especially for you.

### A “GAME-CHANGER” FOR THINNING HAIR

TED is truly a game-changer. I’m excited to be one of the first offering it because I know that there are many hair loss sufferers out there who’ve avoided in-office treatments because of their fear of needles or pain. I think they’ll be thrilled to learn how TED will help them get ahead of their hair loss situation. Don’t be one of those people who’ve lost as much as 50 percent of their hair before doing something about it. Chances are, it’s no illusion. The sooner you address it properly, the more improvement you’ll experience.



Before and After 3 TED Treatments

#### What Bauman Medical patients are saying about TED

*"TED was painless and, honestly, somewhat relaxing. I felt as though I could fall asleep during the procedure." - Michael Jondle*

*"I felt like I was getting a 20- or 30-minute scalp massage. It's only been a few weeks but my hair definitely looks and feels thicker already." - Cary Reichbach*

*"No pain. I heard the handpiece, but it was soothing. Dr. Bauman's team was amazing. Very thorough." - Sheri Cordi*

#### ...WHAT IF TED ISN'T THE RIGHT NON-INVASIVE TREATMENT FOR YOU? WE'VE GOT YOU COVERED!

Check out our FDA-cleared medical-grade Bauman TURBO LaserCap for at-home hair regrowth.

- Portable
- Hands-free
- Cordless
- Rechargeable
- Use just five minutes a day at home
- Drug-, chemical-, and needle-free with no risk of side effects

Try our proprietary nutritional supplements for sensational hair health (we can help you decide which ones are best for you)

- **The Recruiter™:** promotes the release and circulation of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress), promotes hair growth and overall health.
- **The Good Guys™:** infuses the gut with probiotics designed to optimize the digestive process, regulate overall inflammation, and more. Supports a robust scalp and strengthens follicles for optimal hair growth.
- **The Bodyguard™:** supports a healthy immune system, defends against environmental toxins.
- **A-List™ Hair Vitamin Complex:** essential nutritional for strengthening hair and supporting scalp health.
- **The Hero™ Super-Biotin Mega Hair Support Caps:** Biotin strengthens hair and nails.
- **The Zenmaster™:** Contains the adaptogenic herb ashwagandha, which helps make your body more resilient to stress and its byproduct, cortisol. Cortisol negatively affects the hair follicle as well as other organs in the body.
- **The Builder™ Hair Multi-Collagen Complex Peptide Protein Powder:** Contains three proprietary ingredients that deliver vital proteins that multiply natural collagen levels, providing a boost to hair productivity, follicle strength, and a youthful shine.

Interested in learning more about TED or other ways to improve your hair loss situation? It starts with getting to the root of your hair loss situation.

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.



#### 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 12,000 hair transplant procedures and over 12,000 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."



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#### TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A top hair restoration physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair regrowth, as well as the latest in hair transplantation procedures. A top hair restoration physician has typically been recognized by his peers and the industry as a pioneer, leader, expert, and educator in the field.
- Look for a full-time hair transplant surgeon certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Avoid part-time or "non-core" cosmetic physicians/plastic surgeons who may offer multiple types of cosmetic procedures on their "menu," but lack specific expertise, training, credentials, and experience in hair restoration.
- Due to the limited number of full-time, experienced ABHRS-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and-or consult "virtually" via a simple video call, one-on-one with your doctor.
- Avoid the lure of coupons, discounts, or free consults when seeking cosmetic treatments or procedures, especially hair transplants. Consider if a surgeon offering a "Free Consultation," "Discount," or "Rebate" truly has your best interest in mind.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures, and most importantly, ask questions about how to achieve your desired results and what should be done to maintain them.
- Ask for a referral from your primary care doctor or dermatologist to a full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.



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



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