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September 2022

Polk/Brandon Edition - Monthly

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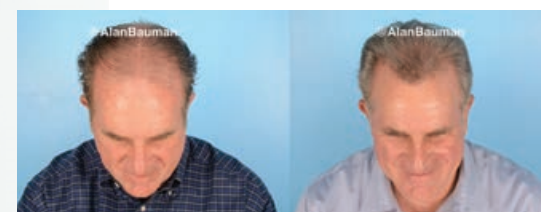


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BayCare Announces New CEO

CLEARWATER, Fla. (August 5, 2022) **Stephanie D. Conners**, an experienced health care leader who began her career as a nurse, has been named the next chief executive officer and president of BayCare Health System, West Central Florida's largest not-for-profit health care provider and one of its largest employers.



Conners, 50, was selected by the BayCare Board of Trustees following an extensive national search that began in February after Tommy Inzina, BayCare's current CEO and president, announced his plans to retire by year's end. Conners will be the 25-year-old organization's fourth CEO.

Currently, the executive vice president and chief operating officer for Jefferson Health, a large, not-for-profit health care system based in Philadelphia, Conners will join BayCare in October to begin the leadership transition.

"For the board, it was paramount that we find a leader who is committed to BayCare's legacy of mission-driven, community-focused health care," said Rick Colón, chairman of the board. "In Stephanie Conners, we see an engaging and compassionate leader who will lead BayCare into its next era of serving the community's health, our team members and our medical community."

Conners will oversee a nationally recognized health system with nearly \$5 billion in annual revenue, more than 27,700 team members, and relationships with more than 5,800 local community physicians and other providers. Its primary footprint is Hillsborough, Pinellas, Polk and Pasco counties and includes 15 hospitals; a robust ambulatory division; one of the region's largest physician groups, BayCare Medical Group; and one of the state's largest home health services, BayCare HomeCare. BayCare is also the region's largest provider of pediatric and behavioral health services and operates

one of the region's few 5-star-rated Medicare Advantage plans, BayCarePlus®.

"I am humbled and honored to lead such a remarkable organization," Conners said. "Its legacy of compassionate care is palpable, and I look forward to helping ensure its future success. It is my personal mission to make a difference in the lives of others."

Conners, a native of Philadelphia, will have a lot in common with many BayCare team members, as she started her career as a bedside nurse before becoming a trauma nurse and then moving into management and eventually hospital operational leadership. She has spent nearly three decades in health care with both not-for-profit and for-profit providers, building a reputation as an inspirational leader and collaborator in driving the highest safety, service and quality of health care delivery while maintaining fiscal responsibility.

In 2002, Conners accepted her first senior executive role with Tenet Healthcare as chief nursing officer for Hahnemann University Hospital in Philadelphia, a position she held for a decade. She then went on to serve as senior vice president for operations and system chief nursing officer for Robert Wood Johnson University and Bristol-Myers Squibb Children's hospitals in New Jersey, and later, as chief operating officer and chief nursing officer for Cooper University Health Care, a not-for-profit system based in New Jersey. In 2018, she joined Jefferson Health as its chief operating officer.

Conners holds a bachelor's degree from Villanova University and an MBA from Eastern University. She and her husband, Timothy Conners, have four children ranging in age from 13 to 26, and one grandchild.

Conners will become BayCare's leader shortly before it opens its 16th hospital in Wesley Chapel in 2023 and as it finalizes decisions on a 17th hospital for north Manatee County, announced just last month. This expansion comes as BayCare continues to be recognized nationally for clinical outcomes, patient experience and efficiency metrics. In 2022, BayCare is among the top 20 percent of large health systems in the U.S., according to FORTUNE/Merative™, which also ranked BayCare's St. Joseph's Hospitals among the nation's Top 100 Hospitals®.

BayCare was founded on July 1, 1997, by a group of local hospitals committed to ensuring not-for-profit health care continued to serve the region's health care needs. That commitment remains strong, with BayCare returning roughly 10 percent (\$497 million in 2021) of its annual revenue back to the community in the form of direct charity care, patient financial assistance and community programming.





It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**
- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and*

at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers



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POST PREGNANCY LEG HEALTH

Pregnancy 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.

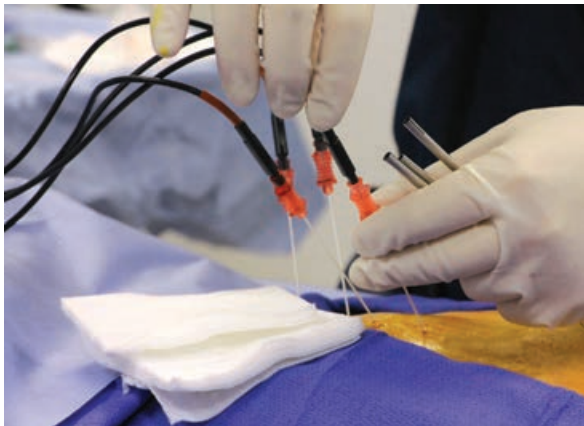
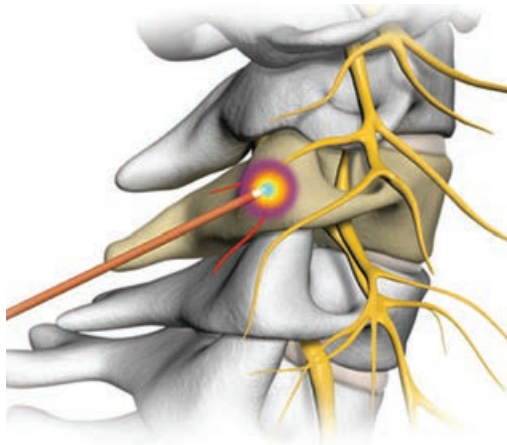
Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

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

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HEALING POWER OF THERAPEUTIC MASSAGE

MASSAGE IS PERHAPS ONE OF THE OLDEST HEALING TRADITIONS. MANY ANCIENT PEOPLES — INCLUDING THE ANCIENT GREEKS, EGYPTIANS, CHINESE AND INDIANS — WERE CONVINCED OF THE THERAPEUTIC PROPERTIES OF MASSAGE AND USED IT TO TREAT A VARIETY OF AILMENTS.

The term 'massage therapy' is used to describe a wide variety of techniques that vary in the manner in which touch, pressure and the intensity of the treatment is applied.

Massage is generally considered part of integrative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations.

One of the immediate benefits of massage is a feeling of deep relaxation and calm. This occurs because massage prompts the release of endorphins — the brain chemicals (neurotransmitters) that produce feelings of wellbeing.

Levels of stress hormones, such as adrenalin, cortisol and norepinephrine, are also reduced. Studies indicate that high levels of stress hormones impair the immune system.

All forms of Massage includes the following benefits:

- Reducing stress and increasing relaxation
- Reducing pain and muscle soreness and tension
- Improving circulation, energy and alertness
- Lowering heart rate and blood pressure
- Improving immune function

More customized and specific massage techniques offer individual additional benefits. At Dior Beauty & Esthetic Lounge we offer a wide variety of massage techniques to meet each individuals specific needs and desired outcomes. Give us a call and we can assist you in deciding the massage that will help you achieve your goals. **863 4505 224**



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Couples massage is wonderful to enjoy with a partner, friend or family member. Each person can decide the specific massage he/she would like to enjoy while enjoying the company of another.

Aromatherapy massages uses gentle pressure it's best for people who enjoy scent and want to have an emotional healing component to their massage. This type of massage can help:

- boost your mood
- reduce stress and anxiety
- reduce symptoms of depression

Swedish massage is a gentle full-body massage that's great for people who:

- are new to massage
- desire gentle touch

Hot stone massage is similar to Swedish massage but adds heated stones applied to areas of the body. This specifically helps to:

- improve blood flow
- alleviate pain from very tense muscles

Reflexology focuses touch on the feet, hands and ears. It's best for people who are looking to relax or restore their natural energy levels. It's also a good option for those who aren't comfortable being touched on the entire body. **Reflexology may be especially beneficial for:**

- reduced fatigue
- reduced anxiety
- improved sleep
- improved mood



Sports massage is a good option for those who exert a high amount of physical energy through exercise, performance or repetitive movement. It's also a good option if you're prone to injuries. This massage can be full body or focus on a specific area needing attention.

Sports massage can:

- increase flexibility
- Improve athletic performance
- Reduce the risk of injury

Deep tissue massage uses more pressure than a Swedish massage. Slow strokes & deep finger pressure is used to relieve tension from the deepest layers of your muscles and connective tissues. It's a good option if you have **muscle problems**, such as:

- soreness
- injury
- imbalance
- tightness
- chronic muscle pain

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 Well 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



NO MATTER WHAT YOU CALL IT, HAIR LOSS CAN BE UPSETTING. I HEAR THAT EVERY DAY FROM PATIENTS WHO TURN TO ME FOR HELP. BUT WHAT I ALSO SEE ARE SMILES EACH TIME I DELIVER THE GOOD NEWS TO A PATIENT THAT THERE'S SOMETHING THAT CAN BE DONE ABOUT IT, ESPECIALLY WHEN THEY SEE THEIR RESULTS IN THE MIRROR.

September is Alopecia Areata Awareness Month, so I'm taking this opportunity to tell you a little about the most common forms of alopecia and why there are good reasons to relax and cheer up.

Recently, actress Jada Pinkett-Smith claimed she has alopecia on social media. You'll probably recall that her bald head was the inspiration for a joke told by 2022 Academy Awards host Chris Rock, prompting her husband, Will Smith, to go onstage and slap him.

"Alopecia" is the general medical term physicians use to describe hair loss from many different causes, all of which, fortunately, we can help with here at Bauman Medical. Perhaps you'll recognize what you're experiencing in one of these descriptions.

ALOPECIA AREATA (AA)

Alopecia areata occurs when your immune system mistakenly attacks hair follicles, causing inflammation that halts hair growth suddenly. Hair typically falls out in small, round patches on the scalp about the size of a quarter, thus its common name, "patchy alopecia areata." Actress Viola Davis (*How to Get Away with Murder*) says she's been dealing with AA since the age of 28.

Alopecia areata typically begins with the sudden loss of hair on the scalp, but any part of the body may be

GOT ALOPECIA ANGST?

A Board-Certified Hair Loss Specialist Can Help

by Alan J. Bauman, MD, ABHRS

affected. Causes can be varied: genetics, emotional stress, an autoimmune disease such as psoriasis, thyroid disease, or vitiligo, as well as food and environmental allergies. In my practice, we've recently seen bouts of alopecia areata occur after COVID infections and mRNA vaccinations.

AA affects women more than men, including all racial and ethnic groups. Most people with the disease are healthy with no other symptoms. In most cases, the hair eventually regrows, but there may be subsequent episodes of hair loss. There's no cure for AA, but we do have treatments that help hair grow back more quickly and be less likely to recur.

ALOPECIA TOTALIS (AT)

Alopecia Totalis, an advanced form of alopecia areata, is characterized by the complete loss of hair on the scalp and head—including eyebrows and eyelashes. Its exact cause is unknown, but as with AA, researchers believe that the immune system mistakenly identifies hair follicles as a threat and attacks them.

It's more common in people with autoimmune conditions, such as an overactive thyroid or diabetes. Men and women are affected in equal numbers. Roughly 20% of affected people have a family member with AT, suggesting that genetic factors may contribute to its development.

ALOPECIA UNIVERSALIS (AU)

This rare genetic condition is another even more advanced form of alopecia areata in which the immune system attacks hair follicles across the entire body. A person with AU loses all their hair, including eyebrows and eyelashes, facial hair, body hair, and hair on the head. This hair loss can be permanent or temporary.

TRACTION ALOPECIA (TA)

Traction alopecia is caused by regularly pulling your hair too tightly. Constant tension or "traction" that pulls on the hair shaft over time can weaken and eventually permanently damage the follicle. African American women are specifically at

risk due to hairstyling habits that begin at a young age, though it can affect people of all races and ethnicities. Typical examples include wearing a very tight ponytail or bun, tight braids, cornrows, or dreadlocks, as well as the use of hair extensions, glued-on hairpieces, and weaves.

CICATRICAL ALOPECIA (CA)

Cicatricial alopecia, also known as scarring alopecia, can be caused by inflammation or another traumatic or surgical injury to the skin. In the case of a surgical scar, the skin heals but does not recreate hair follicles in that area. Inflammatory conditions of the scalp can destroy hair follicles permanently if not treated early, replacing follicles with scars. It's thought that inflammation destroys the stem cells and oil glands of the follicles, resulting in a gradual development of round bare patches on the scalp that expand with time.

ANDROGENETIC ALOPECIA (AGA)

Androgenetic alopecia is the most common form of hair loss. Though it's often referred to as male pattern baldness, hereditary androgenetic alopecia affects both men and women. In men, the hairline recedes, and the crown progressively thins, leading to total hair loss in a very specific pattern, sparing the sides and back of the scalp. In women with hereditary hair loss, the hair in the frontal area typically becomes diffusely thinner, and the temples can recede. AGA is caused by a mixture of genetic and hormonal factors and can start as early as puberty.

TELOGEN EFFLUVIUM (TE)

Telogen effluvium results from a sudden and temporary diffuse hair loss due to excessive shedding of resting or telogen hairs. This abrupt shedding can be triggered by severe illnesses like COVID, a restrictive diet, rapid weight loss, psychological or physiological stress, childbirth, or other traumatic events. If the shedding phase and hair



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

Alan J. Bauman, M.D.

BAUMAN MEDICAL



The Award-winning Bauman Turbo LaserCap is the most technologically advanced portable low-level laser light therapy (LLLT) device for hair regrowth currently available. Recommended for those with thinning hair, as well as hair loss prevention and overall hair health.

loss continue for more than six months, it's considered chronic telogen effluvium (CTE.) Keep in mind that you may have more than one type of hair loss occurring at the same time – for example, Androgenetic Alopecia along with Telogen Effluvium.

WHAT CAN BE DONE ABOUT ALOPECIA?

At Bauman Medical, we have numerous ways to help patients who are noticing hair thinning, shedding, or loss of coverage. Effective treatment starts with an accurate diagnosis, and we say “Time is Follicles” because the earlier the treatments are started, the better results you’ll experience. Here are a few of our advanced tools and treatment options:

OLUMINANT/BARICITINIB

The newest option for AA alopecia areata is an FDA-approved drug called Ominant (baricitinib). Ominant 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. When appropriate, I’m prescribing this, but cautiously, as side effects from these types of immune modulators can involve serious heart-related events, cancer, blood clots and death.

PRP (PLATELET-RICH PLASMA)

A comfortable in-office procedure 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, promoting hair growth for at least a year among most Bauman Medical patients.

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 placed in the scalp to stimulate hair growth. The threads dissolve and are absorbed over time, safely stimulating collagen production and new blood vessel formation, and triggering the release of powerful hair rejuvenating growth factors within the skin. Typically done with PRP, the results can last 12-18 months.

BAUMAN TURBO LASERCAP®

Our TURBO LaserCap® delivers 100% non-invasive low-level laser therapy (also known as red light therapy or photobiomodulation) to the scalp, scientifically proven to improve hair quality, strength, and thickness and to promote hair regrowth. Use it at home just five minutes daily for improved hair growth. It’s drug- and chemical-free with no risk of side effects.

Hair transplantation: In some cases, hair loss is so advanced that a hair transplant is the only way to achieve lasting hair regrowth. Today’s hair transplant procedures are 100% natural looking. Luckily, hair transplant procedures have become more effective, more comfortable, less invasive, and 100% natural-looking due to major innovations in techniques, technology, and artistry.

Interested in learning more about how we can give you something to smile about when it comes to your hair loss? 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.



GENETICS AND HAIR LOSS

- There are now over 200 known DNA genetic variations (SNPs) that contribute to hair loss.
- 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 dihydrotestosterone, a metabolite of testosterone.
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding – all of those put together determine how quickly you see loss occur and how quickly it progresses.
- Because it is polygenic with variable penetrance, hair loss can skip generations, skip siblings, etc.
- Medical DNA tests (e.g., HairDX or TrichoTest™) can include a prediction of whether you are likely to experience hereditary hair loss and what treatments are likely to 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 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.”



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

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“CUT” YOUR TUB?

WHY THIS EASY, INEXPENSIVE PROJECT CAN ADD SERIOUS HOME SAFETY

ONE DAY BATH’S TUBCUT® ADDS CONVENIENCE AND PROTECTION FOR ALL AGES

When was the last time you faced the need for a home project that you knew would absolutely solve your problem and also go easy on your wallet?

For most homeowners, there’s usually an endless list of modifications and renovations that we need to make as both we and our homes age. And if you’re like most people, you put off projects that have more to do with your own safety or comfort.

But chances are, you or someone you know has had to deal with everyday aches and pains, arthritis, bad knees, foot or ankle problems, a handicap or overall mobility problems, aging in place, acting as a caregiver, or general worries about slip and falls in the bathtub.

You’ve probably already heard that there are ways to make your bathtub more accessible, but pushed the thought to the back of your mind because you’re worried about how long your bathroom is going to be out of commission, the cost of the project, and even if having your bathtub modified is actually going to serve its intended purpose.

WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.

If a person has difficulty lifting his or her legs over a traditional tub wall, then a portion of that tub wall can actually be cut and removed, then refinished. The cutout reduces the lift required to step or swing one’s legs into the tub, and instead turns it into a walk-in shower. The modification can be done in less than one day. Even better? The cut portion of the tub can be saved, and the project can be reversed if you want to sell your home and not lose value.



“YOU WON’T HAVE ANYMORE TROUBLE GETTING IN AND OUT OF THE BATHTUB WITH TUBCUT®”

“We can do this without disturbing the plumbing or making a big deal of construction. We’re in and out of there in half a day, and then the customer is using their shower and their bathroom again by the next morning,” says Paul Echavarria, owner of One Day Bath for the past two decades. “We also have no problem with doing a complete reversal for this project, and once that’s complete, you would never know what that tub looked like before. It’s seamless and waterproof. The whole entire tub gets resurfaced so that when we’re done, the tub looks brand new again.”

Since the original TubcuT® was first offered on the market, there have been a number of national companies offering what looks like an identical product and service. One Day Bath, however, points out that with TubcuT®, the user chooses how wide the opening is and where it starts and ends. This allows the panels to structurally become part of the tub through a strong bonding process. The panels are also made of a durable material that is easy to clean, and your tub’s color can

be matched perfectly to the panel’s edge for a seamless look and watertight construction. Competitors use plastic caps or one-piece inserts, and their products are typically attached to the tub with caulk only and don’t have any of the versatility of the TubcuT®.



VA APPROVED

The Tub Cut Company
877-882-2887
www.TUBCUT.COM

OUR FURRY FRIENDS

Offer More Than Just Love And Laughs

Our furry little friends offer more than cuddles and love. Although we may not realize it, picking up petwaste can be harmful to your health. Microbes and pathogens can inadvertently get on our hands, promoting illness and disease.

The CDC (Centers for Disease Control) warns that one single dog dropping can contain 3 million fecal bacteria, along with parasites and viruses that can be passed to humans adults and children as well as other pets.

This chart shows some of the Parasites, Bacteria and Viruses that could be present in dog feces.

Parasites
Cryptosporidium
Giardia
Hookworms
Roundworms
Tapeworms

Bacteria
Salmonella
E. coli
Campylobacter
Leptospira
MRSA

Viruses
Rabies
Parvovirus
Coronavirus
Distemper
Canine Hepatitis

If you are infected by any of these through contact with dog feces, the symptoms can range from fever, rashes, diarrhea, vomiting, blindness, liver or nervous system damage or even death.

A dog's digestive system can handle just about anything and often does this makes its poop very toxic. In fact, a single dog will produce more bacteria in one day than a person, a horse and a cow combined.

Our product puts the solution right at your fingertips! No more uncomfortable feeling of dirty hands after picking up your pet's waste. Simple. Easy. clean.

Our uniquely designed pet waste bag integrates a hand sanitizing wipe with a pet waste bag to form a single unit for the purpose of cleaning your hands after picking up your pet's waste.

WHY WAGS WIPES AND BAGS?

- Easy to use familiar design with added sanitary benefits.
- Unique Biodegradable (both bag and wipe) Eco-friendly
- First of it's kind
- Aids in the prevention of illness and disease, putting your mind at ease.



www.wagswipesandbags.com

“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](https://www.WinterHavenHospital.org)



Winter Haven Hospital