

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup>

MAGAZINE

October 2022

Polk/Brandon Edition - Monthly

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

**FREE**



**ROBOTIC  
GALLBLADDER SURGERY**

**UNSIGHTLY VEINS CAN  
INDICATE DEEPER PROBLEMS**

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

**MESO LIPO:  
WAGE WAR ON FAT CELLS**



# WE ARE YOUR VEIN SPECIALISTS

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**BEFORE**



**AFTER**

Treatment of spider veins is not covered by insurance  
however what causes the spider veins typically is.  
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### BENEFITS OF TREATMENT:

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NO DOWN TIME

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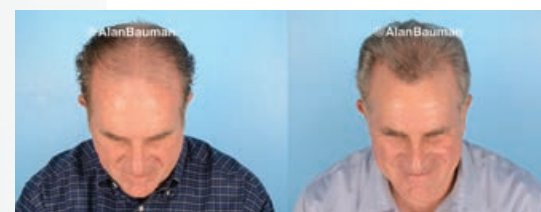


NO TIME FOR **HAIR TRANSPLANT DOWNTIME?**

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### BENEFITS OF VIP|FUE™

- No shave – Only FUE transplant procedure available requiring no trimming or shaving of the donor area
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# EXCEL

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# Robotic Gallbladder Surgery



**A** cholecystectomy (koh-luh-sis-TEK-tuh-me) is a surgical procedure to remove your gallbladder — a pear-shaped organ that sits just below your liver on the upper right side of your abdomen. Your gallbladder collects and stores bile — a digestive fluid produced in your liver.

A cholecystectomy is a common surgery, approximately 1.2 million gallbladder removal surgeries are performed in the U.S. each year.

We caught up with BayCare Medical Group surgeon, Dr. Sahand Bamarni to find out more about robotic gallbladder surgery and its benefits.

BayCare offers patients the robotic laparoscopic cholecystectomy procedure, a minimally invasive robotic procedure for gallbladder removal. During this procedure, the surgeon sits at a console viewing 3-D, high-definition images while using controls below the display to move robotic arms with attached surgical instruments. The system translates the surgeon's hand, wrist, and finger movements into precise, real-time movements of surgical instruments. The surgery can be performed in less than one hour with a typical hospital stay of two hours.

Most people who require gallbladder removal are candidates for the robotic surgery. According to the American College of Surgeons, surgery is the recommended treatment for gallbladder pain from gallstones and nonfunctioning gallbladders.

Robotic gallbladder surgery is not a new procedure. In fact, the first ever robotic surgery was robotic gallbladder removal performed by Dr. Himpes in Belgium in 1997. Since then, the procedure has been standardized and perfected. The benefits of robotic gallbladder surgery over its non-robotic counterpart have become unquestionable.

## Benefits of Robotic Gallbladder Surgery:

- Reduced risk of complications, including surgical site infection
- Less blood loss (reducing the need for a blood transfusion)
- Less pain (reducing the need for pain medication)
- Smaller, less visible scars
- Shorter hospital stays. Many patients return home the same day as surgery.
- Faster recovery
- Significantly less risk of conversion to open surgery.

Gallbladder removal doesn't have to be a scary journey. With cutting edge technology and skilled surgeons we can get our patients back to normal life and activities in record time, feeling much better.

Patients with gall bladder disease may present with one of more of these symptoms. If you have any of these please make sure to schedule an appointment or consultation with a surgeon.

- Abdominal Pain, especially in the upper right part of your belly.
- Jaundice (yellowish skin or yellowing in the whites of your eyes)
- Nausea and vomiting
- Sometimes, gallstones block the flow of bile and affect your pancreas (pancreatitis)

## Dr. SAHAND BAMARNI

specializes in general surgery with BayCare Medical Group serving the Bartow, Florida area. He received his medical degree from the University of Duhok College of Medicine in Duhok, Iraq, followed by a general surgery residency at Azadi Teaching Hospital in Duhok, Iraq. Dr. Bamarni completed an internship in general surgery at Cleveland Clinic in Cleveland, Ohio, then continued his medical education by completing a general surgery residency at Brandon Regional Hospital in Brandon, Florida. Dr. Bamarni believes in providing an excellent bedside manner and providing up-to-date patient and family communications. Significant diseases and conditions treated by Dr. Bamarni include, performing a variety of general surgical procedures including acute care surgery, mastectomy, skin and soft tissue masses, cholecystectomy, acute care surgery, splenectomy, colorectal surgery, anorectal procedures, ventral and inguinal hernias, utilizing comprehensive laparoscopic and robotic techniques. Dr. Bamarni is affiliated with Bartow Regional Medical Center.



SCAN ME

For more information or to schedule an appointment.

General Surgery  
2000 Osprey Blvd., Suite 205  
Bartow, FL 33830  
(863) 733-4390



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



# selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, *“Let us make human beings in our image, to be like us... So God*

*created human beings in his own image.* In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece*...” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers



**Highland Park Church**

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**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 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.

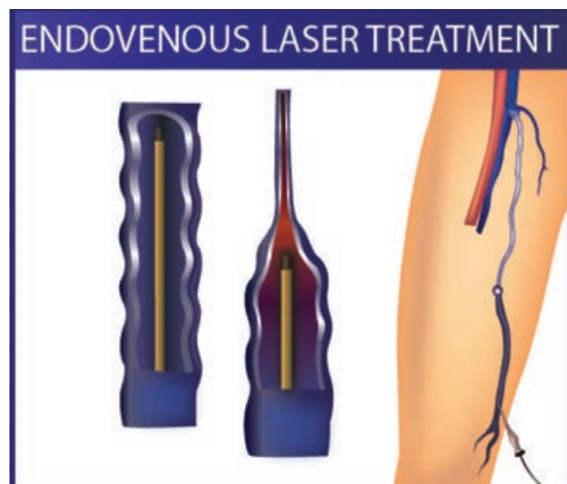
**These procedures are covered by most medical insurances, including MEDICARE.**

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"!

**\$10 OFF**  
**ONE PAIR OF**  
**COMPRESSION SOCKS**  
LIMIT ONE



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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**

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**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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#### **Sun City Center**

771 Cypress Village Blvd.  
Sun City Center, FL 33573

#### **Winter Haven**

400 Ave. K Southeast, Suite 9  
Winter Haven, FL 33880

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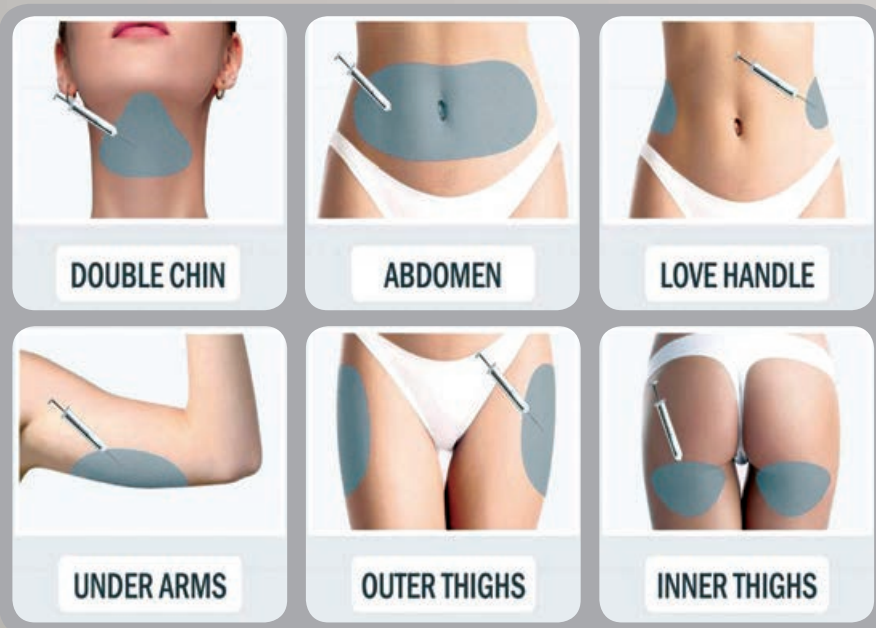
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# MESO LIPO: WAGE WAR ON FAT CELLS

**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
- Permanent results
- Non-surgical fat loss solution
- Natural injectable FDA-approved product
- Natural-looking result
- Comfortable process
- No downtime

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.



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## 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



# DOES YOUR HAIR LOOK AFFRIGHT?

## *Don't be Scared to Do Something About It*

by Alan J. Bauman, MD, ABHRS



**D**OES LOOKING IN THE MIRROR AT YOUR THINNING HAIR MAKE YOU WANT TO SCREAM? ARE YOU HAUNTED BY THOUGHTS THAT SOMEDAY YOU'LL HAVE EVEN LESS HAIR THAN YOU DO NOW?

At Bauman Medical we specialize in scaring away hair loss nightmares. We offer many diagnostic tools and treatment options that can eliminate the need next year to wear a wig with your Halloween costume – unless you want to.

Read below where I unmask several of the most bewitching approaches in our goodie bag to give you the head of hair you'd like to see again.

### DIAGNOSTIC TOOLS

#### HairMetrix®

Our practice is one of the first in the world to offer HairMetrix®, a game changer in evaluating the state of your hair. Instead of using a microscope to make educated guesses, our HairMetrix® device takes a snapshot of your scalp. Its AI Artificial Intelligence-powered algorithm then creates a readout of your precise hair quantity and quality (and other metrics).

One benefit—it allows us to track the progress of your hair restoration over time. Another—this information improves diagnosis, guides treatment decisions, and monitors *better than ever before* how well you're responding to your treatment.

#### Trichotest™

Trichotest® is a genetic test based on state-of-the-art DNA microarray technology. It's designed to identify the *exact hair loss treatments* that will perform best *for you*, based on your genetics.

All it requires is a cheek swab and some details about your lifestyle. The software then analyzes the characteristics of your specific metabolism that may be contributing to your particular hair loss situation. An algorithm then identifies the treatment options likely to be the most successful for you, saving you time, money, frustration... and follicles!

The Trichotest™ can be performed in our office or from home.

### NON-INVASIVE HAIR RESTORATION TREATMENTS

**TED** (TransEpidermal Delivery) is one of the most exciting innovations I've seen in years for defeating hair shedding, hair loss, and thinning hair. This restorative "lunchtime" treatment is for patients wanting to improve the overall thickness and appearance of their hair but who've avoided medical options because they're averse to needles for local anesthesia or having their blood drawn. TED is needle-free, pain-free, requires no anesthesia, and is highly effective.

The procedure is simple and can be relaxing...

First, a device that looks like a small massage tool uses painless ultrasonic sound waves to temporarily increase scalp permeability. Then, we apply a topical hair growth serum to your scalp in the treatment zone and use the device to gently deliver the serum into your scalp. This serum contains powerful growth factors, peptides, and amino acids that reactivate dormant hair follicles, help existing hair follicles grow thicker, healthier hair, and also improve the anchoring of hair shafts. The treatment also increases and optimizes blood flow, further enhancing scalp health and fortifying your follicles.

TED takes only about 25 minutes.

Typically recommended in a series of three treatments one month apart, TED can be used to treat early male/female pattern hair loss, excessive shedding, post-COVID hair loss, or to enhance other hair growth therapies.

#### PRP (Platelet-Rich Plasma)

PRP is a comfortable in-office procedure that takes about an hour with no recovery time, downtime, or discomfort. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the



Before and 6 months after PDOgro™ by Dr. Alan Bauman



Before and 12 months after FUE Hair Transplant by Dr. Alan Bauman

scalp under local anesthesia to strengthen hair follicles. Hair growth results from a single PRP at our clinic have been shown to last a year or more.

#### PDOgro™

PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. PDO threads placed into the scalp have been shown to stimulate hair regrowth. This procedure helps make PRP even more effective and longer-lasting, with no additional discomfort or downtime.

#### LEADING EDGE HAIR TRANSPLANTS

For advanced hair loss, sometimes a hair transplant is the only way to achieve lasting hair regrowth in areas like a receded hairline, thinning crown, or other areas where hair follicles are severely depleted or gone. Our hair transplant results appear completely natural, with no “pluggy” look like hair transplants from the past.

#### FUE (Follicular Unit Extraction)

FUE is one of Bauman Medical’s most popular hair restoration technologies. With the aid of robotics and other microsurgical instruments, hair follicles are harvested directly from the scalp without leaving behind a telltale linear scar.

FUE is minimally invasive, uses no staples or stitches, and requires little downtime. This technique replaces the older, invasive method of cutting out a strip of skin known as “strip harvesting.”

#### VIP|FUE™

VIP|FUE™ offers patients all the advantages of traditional FUE, as described above.

What makes it different? It’s the only transplant procedure not requiring any trimming or shaving of the donor area. That means *no dramatic change in your hairstyle* after the procedure (such as looking like you had a buzzcut), making it totally

discreet. It often includes the unique benefit of the “long hair preview,” which allows you to see the results of your transplant immediately after your procedure. In short, it’s the most discreet hair transplant available today.

#### INTRIGUED? WANT TO LEARN MORE?

You’ve read this far, so please note that these services are just a *fraction* of the many hair restoration options we offer, both surgical and non-surgical, and none of them are scary. Promise.

For more information on how we can help you have the best hair possible, please visit [www.baumanmedical.com](http://www.baumanmedical.com).



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

#### GENETICS AND HAIR LOSS

- There are now over 200 known genes(or “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 it is a recessive condition, hair loss can be passed on but skip generations, skip siblings, etc.
- Many consumer DNA tests (e.g., 23andMe) include a prediction of whether you are likely to experience hereditary hair loss.
- Genetic testing like TrichoTest™ can help determine what hair growth treatments will work best for you based on your unique genetics.

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



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

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



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

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

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

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

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

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



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

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



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



# OUR FURRY FRIENDS

## Offer More Than Just Love And Laughs

**O**ur furry little friends offer more than cuddles and love. Although we may not realize it, picking up pet waste 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 though 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 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](http://www.wagswipesandbags.com)



# Keeping You Healthy and Safe

## Schedule your appointment today.

### Primary Care

#### Auburndale

2028 U.S. Highway 92 W.  
Auburndale, FL 33823  
(863) 965-9327

#### Bartow

2250 Osprey Blvd., Suite 102  
Bartow, FL 33830  
(863) 533-1448

#### Haines City

36245 U.S. Highway 27  
Haines City, FL 33844  
(863) 421-9801

#### Lakeland

619 Midflorida Drive, Suite 1  
Lakeland, FL 33813  
(863) 701-7188

#### Plant City

1601 W. Timberlane Drive, Suite 300  
Plant City, FL 33566  
(813) 754-4611

#### Winter Haven

400 Ave. K S.E., Suite 11  
Winter Haven, FL 33880  
(863) 294-4404  
  
7599 Cypress Gardens Blvd.  
Winter Haven, FL 33884  
(863) 324-4725  
  
1201 First St. S., Suite 100A  
Winter Haven, FL 33880  
(863) 280-6080

### Specialists

#### Cardiac Electrophysiology

200 Ave. F N.E., Suite 9118  
Winter Haven, FL 33881  
(863) 292-4004

#### Cardiovascular Surgery

200 Ave. F N.E., Suite 9118  
Winter Haven, FL 33881  
(863) 292-4004

#### General Surgery

2000 Osprey Blvd., Suite 205  
Bartow, FL 33830  
(863) 733-4390  
  
1601 W. Timberlane Drive, Suite 100  
Plant City, FL 33566  
(813) 708-1312

#### Hematology-Oncology

1601 W. Timberlane Drive, Suite 100  
Plant City, FL 33566  
(813) 708-1312  
  
200 Ave. F N.E.  
Winter Haven, FL 33881  
(863) 292-4670

#### Obstetrics-Gynecology

1601 W. Timberlane Drive, Suite 400  
Plant City, FL 33566  
(813) 321-6677

#### Pediatric Hematology and Oncology

1417 Lakeland Hills Blvd.  
Lakeland, FL 33805  
(813) 321-6820

#### Structural Heart and Valve Program

200 Ave. F N.E., Suite 9118  
Winter Haven, FL 33881  
(863) 292-4004

#### Urology

7599 Cypress Gardens Blvd.  
Winter Haven, FL 33884  
(863) 845-2688



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)