

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

March 2023

Polk/Brandon Edition - Monthly

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FREE



**ROBOTIC
GALLBLADDER SURGERY**

**SKIN CHANGES
IN THE LOWER LEG AREA
SIGN OF VENOUS DISEASE**

**RADIOFREQUENCY ABLATION
FOR PAIN MANAGEMENT**

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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.

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BayCareMedicalGroup.org

Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

Act differently. “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*



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SKIN CHANGES IN THE LOWER LEG ARE A SIGN OF VENOUS DISEASE



Skin changes – discoloration (pinkish or brownish), thickening, dryness and itching in the lower leg are usually signs of venous (vein) disease. If you have any of these in your lower legs and ankles, the specialists at Vascular Vein Centers can help with a careful evaluation and explanation of what is going on and provide the most effective, up-to-date, and minimally invasive treatments for the causes of skin changes.



WHAT DO SKIN CHANGES INDICATE?

Skin changes may be an indication that you have underlying vein disease. **Changes to look for include:**

- Dry skin
- Discoloration- pink or brownish
- Thickening, stiff, or firm skin
- Itchiness
- Prominent spider patterns especially around the ankle

Even if you don't see bulging varicose veins, you may have advanced vein disease and it's worth visiting Vascular Vein Centers if skin changes are present.

WHAT SYMPTOMS MIGHT I HAVE ALONG WITH SKIN CHANGES?

If you have vein disease, you might be experiencing increasing tiredness, fatigue, aching, and heaviness in your lower legs, along with skin changes. These symptoms are usually felt more in the mid-late afternoon and can occur long before bulging veins or skin changes are present.

As vein disease progresses, skin changes become more noticeable, and lower leg and ankle swelling (edema) increases, especially towards the end of the day. You may find your skin is extra sensitive and prone to rashes. Dry, brittle skin is more likely to crack and form a sore.

If you ignore skin changes, underlying vein disease can lead to venous ulcers. These painful, open wounds take a long time to heal and are prone to infection. If you get help for skin changes and the veins that cause them early, you can usually avoid future problems.

HOW ARE SKIN CHANGES TREATED?

Your provider will probably recommend a Doppler ultrasound for a definitive evaluation of your

venous system. The Vascular Vein Centers team uses the latest state-of-the-art GE Healthcare ultrasound equipment to view your venous system in detail. We can then discuss the best way to treat your skin changes if veins are in fact the cause.

Graduated medical-grade compression garments are the gold standard to help with symptoms of vein disease. However, if further treatment to resolve skin changes and underlying vein problems is recommended, the Vascular Vein Centers team can perform endovenous laser therapy or VenaSeal™ medical adhesive treatment. These are our primary procedures for treating the "source veins"; the origin of the problem.



Compression socks help you maintain your active lifestyle

Ultrasound guided foam sclerotherapy will be required in most cases to treat the "branch veins" (varicose veins) coming off the "source veins". The Vascular Vein Centers team uses the latest in FDA approved advanced treatments such as Varithena® foam sclerotherapy and VenaSeal™ medical adhesive to treat the remaining problem veins. Each has its specific indication and most insurance carriers cover the procedures.

If you have noticed skin changes in your lower legs, call Vascular Vein Centers today or book an appointment online.



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RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



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

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

What is radiofrequency ablation?

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

What conditions are treated by radiofrequency ablation?

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

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

How does radiofrequency ablation work?

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

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

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

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

Is radiofrequency ablation effective?

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

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



Are there any risks associated with radiofrequency ablation?

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

They include:

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

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

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



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

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

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

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

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

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

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

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

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

LOCATIONS

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Wauchula
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Wauchula, FL 33873



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Innovation Senior Living – *Redefining Value in Senior Living*



The Innovation Senior Living family of senior living communities offers an exceptional array of options for Florida residents and their loved ones. Our unique communities stretch across the state

When we envision getting older, many times we picture it in our current homes. While this may work for some, many decide not to stay in their long-time home after retirement.

Remaining at home can be an overwhelming and isolating experience.

When researching senior living options, many adults do not consider senior living because of the cost. However in looking further, many find communities like those at Innovation Senior Living, may be more affordable than they think.

In senior living, there is no more mortgage payments, utility bills, property taxes, home repairs, grocery bills. There are also several resources available to older adults to help cover the cost of senior living.

These resources include Long Term Care Medicaid and Veterans Adi & Attendance. Please call our community for more information.

COMMUNITY OPTIONS

Both the Club at Haines City and The Club at Lake Wales, senior assisted living communities are full of vibrant activity while offering a warm and comfortable feel throughout. The Club 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. 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, The Club at Lake Wales offers an abundance of opportunities for maintenance free living, meaningful engagement and value.

Assisted Living

Assisted living at The Club is individualized. Residential private apartments with support and care close at hand. The Club at Lake Wales and Haines City offers support and personalized lifestyle while encouraging privacy and independence.

Life is resident centered.

The associates at The Club 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.

Short Term Respite Care

The Club's 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!



\$500 off
Community Fee

chauffeur, maintenance team as well as a vibrant social calendar.

The Club at Lake Wales and Haines City is home to Resident Programming Department that tailors their programming to the personalities that live at The Club. 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

APARTMENT AMENITIES

- Private Senior Apartments
- Renovated Apartments
- Private AC
- Private Bathrooms
- Kitchenettes
- Handicap Accessible
- Pets – allowed



Adult Day Services

Day Programming is perfect for seniors who need a little socialization during the day! Generally available 5 days a week, The Club's Adult Day Care Programs are a great alternative to staying at home!

Community Benefits

The goal is offers worry free living to all residents, their families and our guests. Residents enjoy the benefits of a chef, housekeeper, concierge,

INNOVATION
Senior Living

BARBARA BERRY
Senior Director
of Lake Wales & Haines City

TILLIE BRICKNER
Senior Marketing Director
of Lake Wales & Haines City



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In the 1960s DC Comics introduced a comic called Bizarro World, featuring a square planet, where everything was opposite. What would be up on Planet Earth was down. A compliment was an insult. Marilyn Monroe was ugly, and people bought investments guaranteed to lose money.

Well, your favorite hair restoration doctor (me) has found himself doing something that would be a perfect fit for a hair restoration practice on Bizarro’s Planet htraE (Earth spelled backwards).

I’m helping folks get rid of hair. Permanently.

Yes, you read that right.

I recently added Laser Hair Removal to my practice because many of my patients—both men and women—got such great results from their hair restoration treatments that they were getting thicker hair in UNWANTED places. This is especially true for certain prescription medications. Many also asked if there was any modern hair removal process that wasn’t fleeting or downright barbaric.

Documented hair removal tools date to at least 3000 BCE, when the first razors were made from seashells. Egyptians are credited with developing sugar-based waxes similar to what’s used today. And all these centuries later we’re still using archaic practices: tweezing, plucking, waxing (all “ouchies”), and goeey, stinky chemicals. Now, those are some practices that would be blockbusters on htraE!

A Hair Restoration Practice Helping Patients Get Rid of Hair? How Bizarre!

by Alan J. Bauman, MD, ABHRS

The good news is that we aren’t living on htraE, and Bauman Medical offers a truly modern technology for hair removal. It’s called Clarity by Lutronic, the most powerful, multi-purpose laser on the market. The Clarity laser employs a unique, state-of-the-art system that provides real-time feedback during the treatment. This feedback allows us to customize your treatment, providing quick, comfortable, and very effective hair removal. Here are some of the reasons I love it:

- It’s twice as fast as any other laser hair removal system on the market.
- Results are permanent because it targets the melanin in the hair follicles, destroying their roots and preventing regrowth
- It can be used on people of all skin types
- It’s virtually pain-free. (Patients most commonly report feeling a warm or tingling sensation.)

Clarity can remove unwanted hair, including vellus hair, the fine “peach fuzz” that some women experience on their face, from virtually anywhere on your body.

What are your “trouble spots”?

For women, they’re typically the upper lip, cheeks, bikini area, legs, arms, underarms, and stomach. For men, common spots include the back, chest, neck, and ears.

So if you’ve got some problem hair and you’re tired of tweezing, shaving, waxing, messy creams, or just “living with it”, then I invite you to try laser hair removal with Clarity here at Bauman Medical.

GROWING MORE OF THE HAIR YOU DO WANT

Now that you know about getting rid of hair, let’s return to Earth and discuss giving you more hair in the place where most people *do* want it (the head).

It starts with improving your scalp health.

Scalp health is one of the most important factors in growing a beautiful, healthy head of hair, yet it’s something most people never think about—you know, *out of sight, out of mind*.

Most people only pay attention to their scalp when a problem crops up that they can’t ignore: dry or oily hair, itchiness, flaking (dandruff) or even sensitivity when you comb or brush.

But even if you don’t have those issues, optimizing your scalp health will benefit your hair going forward, because *healthy hair starts with a good foundation*.

That’s why I created SalonB for both men and women. SalonB is where your scalp takes center stage with the following services.

TRICHOLOGICAL EVALUATION

This 60-minute service consists of an in-depth evaluation of your scalp. It addresses every possible aspect of scalp health including:

- Determining the acid mantle (pH) balance of your scalp
- Sebum production and hydration status (is it too oily, blocking the hydration element? Is it too hydrated, impeding the secretion of oil?)



Before and after Laser Hair Removal by Clarity

- Measuring your scalp's elasticity
- Microscopic photos to see what's happening on your scalp (looking for inflammation, dandruff, and other abnormalities like evidence of microorganism overgrowth)
- Asking questions about your lifestyle, health and your stress levels

Your evaluation is followed by an analysis used for formulating a treatment plan and perhaps recommending a Scientific Scalp Makeover™ (see below). You might also receive recommendations of some high-quality hair products that we've carefully chosen for you that will help, not hinder, the health of your particular scalp.

Note: Everyone's scalp is as unique as a thumbprint and can change over time. These recommendations take the guesswork out for you. You won't encounter this type of hair product customization by speculating on what your scalp issues are and reading labels on over-the-counter products that end up being exactly what you *shouldn't* be using.

SCIENTIFIC SCALP MAKEOVER™

Scientific Scalp Makeovers are for everyone, not just for people who had a trichological evaluation. Lots of our patients come just for the chance to relax and rewind with a therapeutic, 90-minute-to-three-hour session in our "head-spa" room.* We dim the lights and provide a variety of soothing treatments including:

- Aromatherapy treatment
- A customized scalp mask treatment for optimum scalp health and hair beauty
- A deep scalp massage to stimulate and purify the scalp, and increase circulation
- Deep cleansing shampoo
- A customized conditioner or hair mask

*(Warning: these sessions are so relaxing you may fall asleep).

A scalp makeover is beneficial whether you've had a hair transplant, are using our other services, are concerned about your hair quality, or simply enjoy an occasional indulgence.



A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles.

These sessions are more than an indulgence. They are necessity for people whose hair isn't responding like it used to. Your scalp is skin, too, so treat it like skin.

Want out-of-this-world results that will make you the opposite of unhappy with your hair?

No need to travel to htraE. We have everything you need right here on our own planet.

Pick up the phone and call us at **561-220-3480** or point your camera at the QR code below. We'll be glad to tell you about the many options we offer, including a private *one-on-one in-person or virtual consultation*.



GIVE THE GIFT OF A BAUMAN MEDICAL E-GIFT CARD

- With so many options at Bauman Medical, maybe too many for you to choose, you might want to consider one of our e-gift cards instead. These can be applied to any product or service, in-person, remotely, or for purchases in our eStore.
- Here are a few ways of the many ways your e-gift card recipient might want to use it (in addition to what you read about above):
- **Consultations** with Dr. Bauman or Trina Arce, our nurse practitioner
- **Hair transplantation**
- **Trichotest™** (identifies the exact hair loss treatments that will perform best for you based on your genetics)
- **High-density Platelet Rich Plasma (PRP)** "Vampire" hair regrowth therapy
- **Compounded Formula 82F Topical Finasteride + Minoxidil** (designed to reduce the risk of side effects from oral finasteride/Propecia)
- **TED** (TransEpidermal Delivery) Non-invasive technology that uses ultrasonic sound waves and air pressure to enhance the penetration of a specialized topical hair growth serum into the scalp
- **Laser hair removal**
- **Non-surgical 3D-printed hair systems or cranial prostheses**

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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JOINT SUPPORT ~ MY BALANCE ~

One thing is certain in life: as we age, our bodies undergo a lot of changes. Like the skin starting to wrinkle, hairs turning grey, bones shrinking in size, and the joints getting weaker and weaker.



Weak joints are certainly uncomfortable, as they are often accompanied by swellings, numbness, clicking sounds, and sometimes, excruciating pain. As you age, the joints in your body become stiffer and less flexible. This happens because the lubricating fluid in the joint, synovial fluid, reduces in quantity, and the cartilage gets thinner. Cartilages act as shock absorbers to protect bones from coming together when you use your joints.

Thankfully, there are many ways you can promote the health of your joints. Some of these ways include engaging in regular physical activities like walking and jogging, eating a nutrient-rich diet, maintaining a healthy body weight, getting enough sleep, and consuming research-backed supplements.

Taking supplements to improve the health of your joints is especially beneficial to people who are getting old, as their body might no longer be getting enough nutrients to support the proper functioning

of their joints and bones. One supplement that can help with weak joints, by improving its mobility and stability, is *My Balance's Joint Support*, which is made from the most popular joint-supporting compounds in the planet. They include glucosamine sulfate, boswellia extract, chondroitin sulfate, turmeric, quercetin, methionine, Methylsulfonylmethane, and bromelain.

GLUCOSAMINE AND CHONDROITIN

Glucosamine and chondroitin are both structural components that make up the cartilages between our bones. They are naturally produced in the body and can also be available as supplements. These two compounds are popularly combined in nutritional supplements to fight non-specific joint pain and osteoarthritis.

There's evidence that intake of glucosamine and chondroitin as supplements may help reduce systemic inflammation in healthy, overweight

individuals. There's also research-based findings that these compounds may be able to prevent the activation of inflammatory pathways in the synovial cells that make up the lubricating fluid between our joints. Lastly, glucosamine has been found to protect joint tissues by limiting the breakdown of cartilage in certain athletes.

BOSWELLIA EXTRACT

This herb is known to possess great anti-inflammatory and analgesic properties. In a bid to test its efficacy against the most common form of arthritis, research published in the *Journal of Phytomedicine*, found its intake to decrease knee pain, increase knee flexion, and improve walking distance in patients with osteoarthritis of the knee.

TURMERIC

This increasingly popular spice is thought to possess great anti-inflammatory and antioxidant effects. It is believed that the most active ingredient in turmeric, curcumin, is responsible for these beneficial properties. In fact, research has found that curcumin could have similar efficacy to a conventional anti-inflammatory drug, diclofenac, but with even better tolerance rate among patients with knee osteoarthritis. Also, curcumin has been shown to be non-toxic, as opposed to conventional nonsteroidal anti-inflammatory drugs that can cause kidney failure, coma, and convulsions.

QUERCETIN

As a bioflavonoid, quercetin has been found to possess great anti-inflammatory and anti-nociceptive effects. Its intake as a supplement may help improve symptoms of rheumatoid arthritis (RA), an autoimmune disease that's characterized by painful inflammation in the joints. In RA, Adenosine deaminase (ADA) is an enzyme that increases joint pain and stiffness. Fortunately, research has found quercetin to reduce the specific activity of ADA in joint tissues.



METHIONINE

Methionine is the amino acid that partly supplies our joints with sulfur, which is crucial for supporting and maintaining cartilage health. A study, although in laboratory animals, found the intake of a high-methionine diet to reduce the severity of arthritis.

METHYLSULFONYLMETHANE

Methylsulfonylmethane (MSM) is a popular dietary supplement that's found naturally in plants and animals. There is evidence that MSM can reduce muscle damage, decrease joint pain, lower inflammation, and relieve symptoms of arthritis.

BROMELAIN

Bromelain, a phytochemical extracted from pineapple, has been shown to possess analgesic and anti-inflammatory properties that can help in a safer treatment for osteoarthritis.

If you are constantly battling with weak joints or other joint related problems, intake of My Balance's Joint Support can be found helpful, as it is formulated with some of the best research-proven joint-supporting compounds like the glucosamine, chondroitin, and quercetin.

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Warmly remind: All above products are not intended to diagnose, treat, cure or prevent any disease.



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



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