

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

April 2023

Polk/Brandon Edition - Monthly

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**POST PREGNANCY
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**CHRONIC PAIN:
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contents

April 2023

- 4 BayCare Hospitals Expand Catheterization Lab Services
- 5 Spiritual Wellness: I Have a Wait Problem
- 6 Post Pregnancy Leg Health
- 8 Chronic Pain: What You Should Know About Your Treatment Options
- 10 Innovation Senior Living Communities – Redefining Value in Senior Living
- 12 Stop Fooling Around with Hair Loss We Can Help, and That's No Joke
- 14 Joint Support ~ My Balance ~

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BayCare Hospitals Expand Catheterization Lab Services

To keep up with the health care needs of this growing community, two BayCare hospitals have worked to expand cardiac services.

Recently, St. Joseph's Hospital-South, in Riverview, opened its fourth cardiac catheterization laboratory. And in Winter Haven, Winter Haven Hospital's Bostick Heart Center held a ribbon cutting to christen its sixth cath lab.

The cardiac cath lab is a surgical suite where procedures such as angioplasties and stents are performed. Angioplasties and stents open up blood vessels in heart patients. The cath lab is also where pacemakers and defibrillators are surgically implanted in patients.

"The cardiac cath lab is where we can treat everything in your circulatory system and blood vessels," said Brian Frazier, St. Joseph's Hospital-South's interventional services manager who oversees the hospital's cath labs. "We treat anything going wrong in a patient's extremities, your heart and all things that connect those pieces. The cardiac cath lab is a place where we can open up plaque and clear pathways using balloons and stents."

Approximately 3,400 procedures are done annually in St. Joseph's Hospital-South's cath labs. Frazier said the hospital originally had two cath labs. A third was added in 2018. He said the growth of the area and the Riverview hospital necessitated the expansion to four cath labs. St. Joseph's Hospital-South has more than doubled in capacity to its current size of 223 beds since opening in 2015.

We've added more doctors with hospital privileges bringing us more patients, and we've had to accommodate them," Frazier said. "We're meeting the needs brought on by the population growth in the community."



From left, St. Joseph's Hospital-South team members in the hospital's new cardiac catheterization lab, Glorianne Ruiz Ojeda, Brian Frazier and Kristy Bellamy.

At Winter Haven Hospital, cath lab cases have been steadily increasing to more than 4,200 a year as of 2022. Before the Bostick expansion project was announced in 2018, there were three cath labs. The expansion moved the cardiac cath labs to the 2nd floor of the Bostick building directly above the Emergency Room. The new space allowed room for six cath labs, though only five were built-out. The sixth lab was built as a shell space until case numbers necessitated its full outfit as a cath lab. The shell space had all foundational elements for easy installation of needed equipment.

The decision to build-out the sixth cath lab came in 2021. Fast forward to Feb. 9, when community leaders, hospital administration, physicians and team members gathered to mark the official opening of that sixth lab.

"The expansion of our sixth procedure room will help accommodate our growing population who require complex coronary intervention and electrophysiology procedures," said Casey Ford, the director of Winter Haven Hospitals cardiovascular services. "What was once a shelled space has now materialized into our largest and most technologically enhanced procedure room within our Bostick Heart Center."

Ford noted that in addition to its size, the new lab is equipped with an advanced ceiling mounted X-ray system, which is versatile in acquiring vascular images – from the patient's head to their toes.

"I think we also have the best physicians and the best team in the state, and we're doing things here, such as brachytherapy, that isn't happening anywhere else in Florida," he said.

Cath Labs at Other BayCare Hospitals

BayCare has 26 cath labs across its hospitals in Hillsborough, Pasco, Pinellas and Polk counties. In addition to the new cath labs at St. Joseph's Hospital-South and Winter Haven Hospital, several other BayCare hospitals, including Mease Country-side in Safety Harbor, Morton Plant in Clearwater, St. Anthony's in St. Petersburg and St. Joseph's in Tampa, have added or renovated cath labs in the last four years. More additions and renovation are planned for 2023.

Several hospitals also have hybrid cath labs that allow for catheterization and more advanced surgical procedures to be done in one suite. The investments in new and renovated cath labs with technologically advanced equipment allow BayCare's expert teams to better meet the needs of the communities they serve.

The bottom line, noted Frazier of St. Joseph's Hospital-South, is that the hospitals are better equipped to treat the various issues affecting our cardiac patients.

"The notion of a work family is what I believe separates us and BayCare in general," he said. "We do not treat patients as numbers, BayCare doesn't do this, team members know this and I believe the community knows this when they come here for treatment. We take care of our patients like we would take care of our family members. We're here for something bigger than ourselves, we're a team and work family. To me that's the most important thing."



Team members at Winter Haven Hospital celebrate the opening of a new catheterization lab along with members of the Chamber of Commerce.

I Have A Wait Problem

Brent Myers

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual

or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



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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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CHRONIC PAIN: WHAT YOU SHOULD KNOW ABOUT YOUR TREATMENT OPTIONS



CHRONIC 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
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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.



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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!



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,



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.

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Stop Fooling Around with Hair Loss

We Can Help, and That's No Joke

by Alan J. Bauman, MD, ABHRS



Have you ever fallen for an April Fool's joke?

Last year on April 1, 7-Eleven introduced its Tiny Gulp (7-ounce) drink for just 7 cents. It was touted as being better for your health, and the cup could be used as a water dish for pets afterwards. People actually went into the store and asked for it.

In 2021 eHarmony told the world on April 1 that it was debuting a doggie dating service. Dog pix flooded in.

And in 2018 Google announced on April 1 that it was releasing its "bad joke detector" app which used artificial intelligence (AI) to identify bad jokes that were sent to users by friends and family, and delete them (I could use that one!)

Millions of people fall for these pranks every year, so we've decided to get in on the fun, but with a twist.

We know how to help you get more hair in a way that's so clever it will fool everyone.

They'll never catch on unless you tell them.

What is it?

VIP|FUE™

VIP|FUE™ is the ultimate hair transplant procedure, so discreet that people you come into contact with will have no idea you've had a transplant. Ever. No fooling.

How is that possible?

The VIP|FUE™ hair transplant procedure offers patients all the advantages of traditional minimally invasive FUE (follicular unit extraction), and often with the VIP (Very Impressive Preview) bonus.

As the only transplant procedure that doesn't require the donor area to be trimmed or shaved, hair taken from the donor area remains the same length it was when you came in, after harvesting and implantation of other hairs from that area. It's the ultimate in discretion because your hairstyle doesn't change.

And the bonus? By not trimming or shaving your hair, you can often see the results right away, before you leave our clinic—a preview of exactly how your transplant will look.

The FUE part of the procedure involves removing individual follicles along with their uncut hairs from one area of your scalp and transplanting them to a part

of your scalp where they're needed. Unlike older hair transplant procedures that used "strip harvesting," FUE does not create a "pluggy" look nor leave a telltale linear scar. It employs no staples or stitches.

The result: VIP|FUE™ is a perfect combination of discretion and satisfaction for both men and women. But wait...there's more.

Just like Google's April Fool's prank, we say we use AI, too, but our AI tools are real.

HAIRMETRIX®

Recently Bauman Medical became one of the first hair restoration practices in the world to offer AI-powered HairMetrix®, a major advance in evaluating your hair and tracking your restoration progress.

For many years we've used the HairCheck™ device to measure hair loss and hair restoration results. HairCheck™ continues to be an informative tool, but HairMetrix® gives us even more valuable information.

HairMetrix® uses AI to take a snapshot of your scalp, without trimming any hair, and applies an algorithm to get a readout of your precise hair quantity and quality (and other metrics). And we can track this over time. This information helps us make diagnosis and treatment decisions and to monitor *better than ever before* how well you're responding to your treatment.

TRICHOTEST™

Trichotest®, another AI-assisted tool we have for our patients, 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 saliva sample and some details about your lifestyle. The AI then analyzes the characteristics of your metabolism contributing to your particular hair loss situation. Then, an algorithm identifies treatment options likely to be the most successful for you.

The Trichotest™, which can be performed at home or in the office, is for anyone who wants to understand how genetics affects their hair loss and treatment options. It's useful for men and women with a family history of hair loss and for those who've tried different treatments with minimal or no success. It gives you and your doctor a deeper understanding of your genetic characteristics,

how they relate to your hair loss and personalized actionable steps for hair restoration treatment based on your unique genetic makeup.

Going beyond evaluation, here are two of the most discreet options we offer for improving your hair, guaranteed to fool anyone you know:

PRP (PLATELET-RICH PLASMA):

This comfortable in-office procedure takes about an hour with no recovery time, downtime, or significant risk. Derived from a small blood sample, your platelets are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist. When performed using the appropriate concentration of platelets and proper application techniques, you can expect hair growth improvements that last a year or more from just a single PRP treatment.

PDOGRO™:

Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery, PDO threads placed into the scalp have been shown to stimulate hair regrowth. Typically performed in combination with PRP in a no-downtime “lunch-break” procedure, the threads are comfortably applied into the scalp. They dissolve and are absorbed over time, safely stimulating collagen production, new blood vessel formation, and a release of powerful rejuvenating growth factors.



Before and one day after No-shave VIP|FUE™ Hair Transplant by Dr. Alan Bauman



Dr. Alan Bauman uses HairMetrix® and its AI technology to gather key metrics and vital information to help him make diagnosis and treatment decisions for his patients, and accurately tracks treatment results over time.

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

LEARN MORE

Ready to stop fooling around and doing something about your hair loss?

Call **561-220-3480** with questions or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

A hair restoration physician specializes in the medical diagnosis, treatment, and tracking of hair loss and regrowth, as well as the latest hair transplantation procedures.

- Look for a full-time hair transplant surgeon certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Avoid part-time or “non-core” cosmetic physicians/plastic surgeons who may offer multiple types of cosmetic procedures but lack specific expertise, training, credentials, and experience in hair restoration.
- Avoid the lure of coupons, discounts, or free consultations. Consider if a surgeon offering a free consultation or rebate has your best interest in mind.
- Before deciding on a surgeon, visit the clinic, read reviews, request before-and-after pictures, and ask about options to achieve your desired results.
- Request a referral from your primary care doctor or dermatologist to a full-time hair restoration physician who is fully equipped and trained to diagnose, treat and track your hair loss process and realize your hair restoration goals.

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, VIPIFUE™, Low-Level Laser Therapy, PRP Platelet Rich Plasma, PDOgro™, eyelash Transplants and others.

Dr. Bauman was voted “#1 Top Hair Restoration Surgeon” in North America by Aesthetic Everything for the 6th consecutive year, “Top Hair Restoration Surgeon of the Decade”, and received the 2022 “Lifetime Achievement Award in Hair Restoration”. He was also recognized by Forbes as one of “10 CEOs Transforming Healthcare in America.”



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

Hair Restoration
for Men and Women

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561-220-3480

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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“I put my heart into saving yours.”

**It's not just an ID badge.
It's a badge of honor.**

At Winter Haven Hospital, we give you compassionate, high-quality care in a comfortable atmosphere. Our Bostick Heart Center focuses on providing a full continuum of cardiac care to the communities of central Florida. You'll get cutting-edge heart care at our center, which can now meet the growing demand for minimally invasive procedures that include transcatheter aortic valve replacement (TAVR) and WATCHMAN™. And our state-of-the-art catheterization labs and intensive care units use the latest technologies. At Winter Haven Hospital, we make sure you'll receive the extraordinary heart care you deserve. **Learn more:** WinterHavenHeart.org

