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MAGAZINE

July 2023

Polk/Brandon Edition - Monthly

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# BayCare Partners with Colleges in Polk County

**N**ursing shortages are at an all-time high across the country. In Polk County, a region that has seen some of the fastest growth in Florida, BayCare hospitals – Bartow Regional Medical Center, Winter Haven Hospital and Winter Haven Women’s Hospital – have strengthened their partnerships with local institutions of higher learning.

“It’s been exciting to meet these aspiring health care professionals and give them the opportunity to learn about providing excellent patient care from our extraordinary team,” said Kristen Smith, the chief nursing officer of BayCare hospitals in Polk County. Students from many local colleges have been able to obtain hands-on training at BayCare hospitals in continuing longtime partnerships. In addition, two new programs have been launched: an externship at Polk State College and a fellows program at Florida Southern College. The Polk State College Faculty Externship is a program developed specifically for the college’s nursing faculty. In this program, the extern can become immersed in BayCare’s system and expand their professional competencies. The externs can experience challenges that nurses face daily and then better prepare their students for the nursing world. “This is something that textbooks cannot always capture and demonstrate,” Smith said. A unique schedule is developed for each participant, based on their learning objectives. Each person can design the length of the shift worked and complete up to 80 hours of clinical activities.



Corie Cross, center, is a faculty member at Florida Southern College and works with students on the Bartow Regional Medical Center campus twice a week.

The funding for the externship comes from Winter Haven Hospital and the Department of Education’s Linking Industry to Nursing Education (LINE) Funding Grant. The Florida Southern College (FSC) Fellows Program awards up to six FSC recipients a \$30,000 scholarship for their senior year of nursing school. Each fellow is provided employment at Winter Haven Hospital as a nurse apprentice, a role exclusively for student nurses that offers flexible schedules to accommodate class and clinical dates as well as time to do homework and study for exams. Each fellow is hired to work on the patient care unit where they will ultimately work as a nurse, upon graduation and licensure. The employment provides paid hours in the clinical environment, enabling them to practice and perfect basic skills they have learned in school, such as taking vital signs and assisting with patient care. These clinical

hours also provide added opportunities for students to learn how to effectively interact with patients, families, coworkers and providers. Funding for the scholarships associated with the fellows program comes from Winter Haven Hospital’s Foundation, as well as the LINE grant. Since the program was announced last month, three fellows from FSC have started with BayCare, Smith said. BayCare partners with multiple academic programs and many of their students obtain hands-on training at its hospitals. Student clinical experiences range from “shadowing” (observing) hospital staff to performing patient care and nursing skills such as taking vitals, assisting with activities of daily living and administering medications under the guidance of program instructors and/or hospital nurses. All students are encouraged to practice and build effective communication skills during their many patient interactions.



Kristen Smith, the chief nursing officer of BayCare hospitals in Polk County, addresses nursing students at Winter Haven Hospital during a recent Lunch and Learn event.

Corie Cross is a faculty member at Florida Southern College and precepts two groups of nursing students at Bartow Regional Medical Center twice a week.

“These students have already shown a passion for the nursing profession, and this is how they get that hands-on experience to understand what they’re going into,” said Cross. “BayCare has been an incredible partner and the students are getting a unique perspective working in a hospital with a varied patient population and medical diagnoses.”

The state Department of Education’s LINE grant also helps support six \$15,000 scholarships for senior FSC students. Those who are awarded the scholarship will be eligible to work at any Polk County hospital, including the three BayCare facilities.



Students from Florida Southern College learn about nursing and patient care twice a week at Bartow Regional Medical Center, where they shadow hospital staff and assist patients under the guidance of program instructors.

BayCare is also continuing its collaboration with Polk State College’s College of Nursing through Partnership for Success, Version 2 (Pv2). This program, which relaunched in 2019, reserves up to 16 nursing slots per year in the school’s program for BayCare team members who want to pursue a career in nursing in Polk County. Any team member can apply who meets the admission requirements in accordance with Polk State College and BayCare. May and August application periods are open for this program.

In 2022, 974 nursing students across all levels gained clinical experience at BayCare’s Polk hospitals. In that time, they gained 42,471 hours of experience towards their future careers.

Polk State College is also a beneficiary of the LINE Funding Grant. Both Winter Haven Hospital and Bartow Regional Medical Center Hospital are providing match dollars to support the purchase of equipment for the PSC Center for Human Simulation, a program that allows students exposure to real-life clinical scenarios. Winter Haven Hospital has committed \$10,000 and Bartow Regional Medical Center has pledged \$5,000 to PSC.

In addition, students at Keiser University, Southeastern University and Triviss Technical College have obtained clinical hours towards their degrees, and a similar partnership for Licensed Practical Nurse students with Triviss and Ridge technical colleges is in the works.

Read more about BayCare’s efforts to train more nurses: 1 Million in Federal Funds to Help Train More Nurses.



# EVERYTHING YOU WANTED TO KNOW ABOUT EARWAX (but were afraid to ask)

**W**hy do we produce earwax? Why do some people develop more than others? Why? Let's try to answer some questions.

## What is earwax?

Earwax, known medically as cerumen, is a naturally occurring sticky substance made up of oil and sweat, mixed with dirt and dead skin cells.

## Earwax is natural and helpful

- Earwax is a natural barrier that prevents dirt and bacteria from entering the deeper end of the ear canal. Because it is sticky, it is able to collect microscopic debris that can cause infections.
- Earwax acts a moisturizer and protective coating of the ear canal. Without wax, your ear canal can become irritated and itchy, which can lead to an outer ear infection.
- Surprisingly, earwax acts as an insect repellent. The smell of earwax keeps bugs out of your ears. The stickiness of earwax traps any bugs that might have a bad sense of smell.

## Why cleaning your ear canals daily is not necessary

Contrary to popular belief, we do not need to clean our ears with cotton swabs. Keep cotton swabs, paper clips, fingers etc out of your ears. An ear that is too clean is susceptible to infections and to wax impactions.

However, hearing aid users do need to clean their ears periodically. Earwax is the most common reason why a hearing aid will stop working. Please consult with your hearing care professional for advice on your particular needs.

## What to do if you have impacted wax?

- Buy an over-the-counter ear cleaning kit from the pharmacy; however, if you are prone to ear infections or you have PE tubes, see your physician before trying any over-the-counter products.
- Do not use cotton swabs (Q-tips), paperclip or any other device you have lying around. This only pushes the wax further down into the ear canal which can impact on the eardrum or worse, puncture the eardrum.
- Do not try ear candling. Besides not being effective, people have experienced burning from the candle, furthering of the impaction, and puncturing of the eardrum.
- If you are not sure what to do, see your Physician or Audiologist for a professional cleaning. Your hearing care professional can look in your ears to determine if the wax needs to be removed or if it is not an issue.

## Summer Fundraiser

**We are taking ticket orders for the Summer Fundraiser!**  
**The drawing will be August 4, 2023.**

**Grand Prize:** a new set of Phonak Slim premium hearing aids

**2nd Prize:** TV transmitter

**3rd Prize:** \$50.00 cash

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## What your earwax says about you






### Wet or dry?


**Wet earwax** is more common in Caucasian and Africans.

**Dry earwax** is more common among Native Americans, Pacific Islanders and Asians.


### What color is it?




Dark brown or black colored earwax is typically older, so its color comes from the dirt and bacteria it has trapped. Adults are more likely to have this kind.



Light brown, orange or yellow earwax is healthy and normal. Children tend to have softer, lighter-colored earwax.



Dark brown earwax that is tinged with red may signal a bleeding injury.



White, flaky earwax indicates you lack a chemical associated with body odor.

### Super producers


Stress and exercise can increase earwax production. Excess earwax is more common in people:

- with a lot of hair in their ear canals.
- who suffer from chronic ear infections.
- who have abnormally-formed ear canals or osteomata.
- who are elderly, have certain skin conditions or certain learning disabilities

### A wide range of normal

For the most part, your ears are self-cleaning. Never insert an object in your ear, including a cotton swab, to remove earwax.

Hearing aids can sometimes get clogged with earwax. Over-the-counter ear cleaning kits and wax guards can help.







# POST PREGNANCY LEG HEALTH

**P**regnancy can cause varicose veins which persist after delivery. Post pregnancy, with time, they only get worse; especially if there are further pregnancies. Vascular Vein Centers is here to help during and after pregnancy and treat your varicose veins with minimally invasive procedures.

## POST PREGNANCY Q & A

### WHY DOES PREGNANCY CAUSE VEIN PROBLEMS?

Pregnancy causes significant changes in your body, and these can adversely affect your legs. The fluid in your body increases by as much as 50% during early pregnancy, and you retain more sodium from the salt you eat. These two factors can cause edema resulting in swollen legs and ankles. Levels of hormones like relaxin, estrogen, and progesterone change dramatically during pregnancy, causing your veins to dilate and weakening the vein walls. At the same time, your growing baby is compressing the veins in your pelvis, increasing pressure in the veins of your legs, and resisting the outflow of blood from the legs.





These factors make pregnancy a tough time for your legs. Although the causes of vein problems reduce after you give birth, the effects of pregnancy can leave you with lasting issues.

### **WHAT POST-PREGNANCY VEIN PROBLEMS MIGHT I HAVE?**

*Common post-pregnancy vein problems are:*

#### **Varicose veins**

Varicose veins develop because of the pressure and dilation of your veins and resistance to the outflow of blood from your legs. The result can be spider veins with underlying varicose veins even if they aren't visible. Most often there are visible rope-like, bulging varicose veins which may be tender or itchy.

#### **Vulvar varicosities**

Vulvar varicosities are varicose veins that affect your vulva. There are rare during pregnancy, and usually disappear over the months following delivery. If you have vulvar varicosities that don't clear up, Vascular Vein Centers provides effective treatments. Pregnancy and post-pregnancy for up to 3 months is a time when you are at greater risk of developing deep vein thrombosis (DVT). DVT risk is higher during pregnancy and peaks after giving birth. Your body is dealing with high hormone and fluid levels and an enlarged uterus, as well as a more sedentary lifestyle.

### **HOW ARE POST-PREGNANCY VEIN CONDITIONS TREATED?**

If you have vein problems after giving birth or persisting swelling, it's advisable to seek an evaluation at Vascular Vein Centers. Hormonal changes continue to affect your veins and fluid volume for some months after having your baby and when you're breastfeeding. This is a good time to wear compression and begin exercising. You might find that once the hormones and fluid volume return to normal, the problem veins get smaller, but they don't go away and will become worse with time. Vascular Vein Centers provides advanced treatments for varicose veins, spider veins and vulvar varicosities, including:

- Foam sclerotherapy using Varithena®; an FDA approved treatment
- Endovenous laser therapy (EVLT)
- Ultrasound-guided sclerotherapy
- Cosmetic sclerotherapy for spider veins

These treatments seal off and eliminate affected veins, so your body directs your blood through healthy veins. The treated veins disappear over time. The procedures are all minimally invasive outpatient procedures that the Vascular Vein Centers team performs in-office. To find out more about post-pregnancy vein therapy and the challenges of maintaining healthy legs during and post pregnancy, call Vascular Vein Centers today. For your convenience, appointments can be booked online.



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# RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



ARE YOU  
ONE OF THE  
MILLIONS OF  
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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.

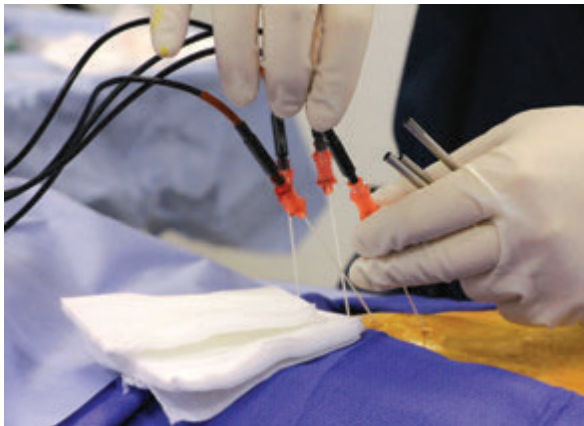
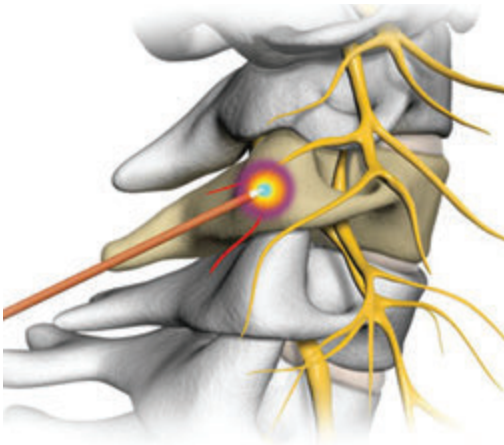
Excel Pain and Spine will provide you with specific post-procedure instructions, and these usually include avoiding driving for 24 hours as well as resting and avoiding strenuous activity for 24 hours.



### 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  
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**Neal Shah, M.D.**  
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# Innovation Senior Living – *Redefining Value in Senior Living*



**T**he 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

**W**hen 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





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**Community Fee**

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.

#### COMMUNITY AMENITIES

- Recreation Room
- Meal Service
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- Group Exercise
- Availability 24 Hours
- Courtyard
- High Speed Internet

#### APARTMENT AMENITIES

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# Declare Your Independence from Hair Loss

by Alan J. Bauman, MD, ABHRS



If you're like many of the men I see, you may not realize that thanks to advances in science and medicine there are numerous effective options for hair loss that are much, much better than anything you'll find in a drugstore or barber shop or touted in an infomercial.



As a nod to July, the month when we celebrate independence, why not join the growing army of men who've freed themselves from the tyranny of balding imposed on them by the rule of their genetics; men who are now pursuing happiness with a full head of healthy, youthful-looking hair that's there to stay.

**L**osing hair presents a dilemma for lots of men. Ignore what's happening and "live with it" or flounder around for a solution and be constantly on the march to adapt to their head's ever-shifting geography.

Maybe you've tried some of these remedies?

- Shaved your head
- Got a buzz cut
- Perfected your comb-over
- Slicked your hair back with "product"
- Sprayed on artificial hair fibers or pigment

The problem is that these remedies are all temporary and—let's face it—they don't fool anyone.

## Am I right?

Tell me if I'm right: You've been worrying about your hair loss for a long time. You've been wondering what could be done, if anything. It's kicking your self-confidence in the butt. You think a transplant is your only recourse. And you're too embarrassed to make that call to a hair restoration doctor to even ask.

...but did you know there are several very powerful non-transplant options you may not have heard of that can give you the freedom to have more hair on your head than you ever dreamed possible?

Read on. I think you'll be pleasantly surprised.

## Low-Level LaserCaps

Bauman's low-level LaserCaps—we offer five of them—are drug-free, chemical-free, non-invasive, FDA-cleared, and scientifically proven to improve the

appearance of hair quality, strength, and thickness of thinning hair and to stimulate measurable and visible hair growth.

And another plus: they can be used at home on your schedule.

Proper and consistent use of medical-grade low-level laser light therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth.

**Our newest and most high-tech LaserCap, the Bauman TURBO LaserCap™, is especially popular. Here's why:**

- Usage requires just five minutes per day.
- Its >300 high-quality laser diodes deliver more energy and power to 25% more area of the scalp than any other portable hands-free laser hair regrowth device on the market.
- It's easy to travel with. Its flexible spine lets you fold it flat.
- It has a long battery life, requiring fewer recharges.
- It's adjustable for a perfect fit for you and someone else you'd like to share it with.
- It has a lifetime warranty.

## PRP (Platelet-Rich Plasma)

PRP is a comfortable in-office procedure requiring no recovery, downtime, or significant risk. With our methods, which use 10-12 billion platelets per treatment, you can expect hair growth improvements from a single treatment that last a year or more.

Derived from a small sample of your blood, platelets and plasma are separated from other components of the blood, concentrated, then applied into the scalp under local anesthesia to invigorate weak hair follicles.

## 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, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp stimulate hair regrowth. This procedure is typically performed





Before and 12 months after PRP by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

in combination with PRP. Hidden under the skin, the threads dissolve and are absorbed over time, stimulating collagen production, new blood vessel formation, and a release of powerful rejuvenating growth factors.

### **TED (TransEpidermal Delivery)**

TED is ideal for people averse to surgery or having their blood drawn. It's *needle-free, pain-free, requires no anesthesia of any kind*, and is highly effective, especially for people with early androgenic alopecia (male pattern hair loss).

It involves massaging a specialized topical hair growth serum into your scalp, assisted by ultrasonic sound waves and air pressure. The process gently enhances the penetration of the serum into the scalp by temporarily increasing scalp permeability. At the same time, increased blood flow optimizes scalp health and stimulates hair follicles to produce thicker, stronger, healthier hair. This FDA-cleared Class 1 medical device is clinically proven to quickly start minimizing shedding

and improve hair growth and scalp health. TED can also be used to apply Exosome Therapy topically, as well as deliver medications such as finasteride and dutasteride to the scalp.

### **Hair Transplantation**

Alas, in some cases, hair loss is so advanced that 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. *But you won't know that for sure until you've had a consultation.*

The good news is that transplant procedures have become more effective, comfortable, and are 100% natural-looking due to major innovations in techniques and technology.

FUE (follicular unit extraction) is one of Bauman Medical's most

popular hair restoration technologies. Using a variety of techniques that we helped pioneer over a decade ago, we employ several types of FUE, depending on each patient's particular need or situation.

Using robotics, or with the aid of mechanical instruments, we harvest hair follicles directly from the scalp, replacing the older, invasive method of "strip harvesting." FUE hair transplantation allows for the minimally-invasive harvesting of follicles without leaving behind a telltale linear scar and with the added benefits of a shorter, less restricted, and more comfortable recovery.

### **Learn more**

Ready to declare your independence from hair loss? It's easy to get started. Take a minute to call us at **561-220-3480** to schedule your in-person or remote consultation, point your camera at the QR code below, or visit us at **www.BaumanMedical.com**.



## **About Dr. Alan J. Bauman**



### **Alan J. Bauman, MD, ABHRS, IAHRs Hair Loss Expert**

With over 25 years of specialization in hair restoration, he offers an impressive array of state-of-the-art technologies, including proprietary hair restoration procedures, low-level laser light therapy, customized hair growth medications, supplements, and other modalities that produce excellent results. Thanks to his many tools, you may not even need a transplant!

Dr. Bauman's "Hair Hospital," housed in a dedicated 12,000-square-foot building, is recognized as one of the premier hair restoration practices in the country.

As one of approximately 250 physicians worldwide to achieve board certification from the American Board of Hair Restoration Surgery (ABHRS), Dr. Bauman has treated over 33,000 patients. He's also a pioneer in numerous technologies in the field of hair restoration, both for diagnostics and treatment.

In recognition of his expertise, Dr. Bauman was voted "#1 Top Hair Restoration Surgeon" in North America by Aesthetic Everything for the 7th consecutive year, "Top Hair Restoration Surgeon of the Decade", and received the 2022 "Lifetime Achievement Award in Hair Restoration."

Forbes magazine recognized him as one of "10 CEOs Transforming Healthcare in America" for bringing restorative hair treatment into the mainstream and pioneering robotic technologies.

Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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## **Why Choose Bauman Medical? Experience the Difference**

The demand for hair restoration services has grown significantly in recent years, leading to an increase in the number of medical professionals offering hair transplant services. While some dermatologists, plastic surgeons, and other medical professionals have received specialized training to offer hair restoration services, for many doctors, it's a sideline. Therefore they may have limited experience and may provide only minimal hair regrowth options beyond transplantation, and most don't even bother to accurately measure and track their patients hair growth.

# Christmas IN JULY DONATION DRIVE JULY 1–28

## Meet Leo

When Leo was diagnosed with a brain tumor, it was devastating news for his parents. But they knew he was in great hands at St. Joseph's Children's Hospital. From the start, Child Life Specialists worked with Leo to keep him comfortable, helped him overcome the stress and anxiety of the hospital surroundings and kept him happy. "The support we've received here is irreplaceable," said Leo's mom. "It's frightening and difficult, but the Child Life team found ways to make the hospital seem like not such a scary place." Leo now walks into St. Joseph's Children's Hospital with confidence and looks forward to visiting his "friends."

Be a bright light for children like Leo during what can be an overwhelming time in their lives. Making a donation during the Christmas in July event is a way to give kids comfort and help them cope while they're in the hospital.

**You can help: [StJosephsChristmas.org](https://StJosephsChristmas.org)**



**Leo**  
Medulloblastoma patient, age 3



## IT'S HOT EVERYWHERE IN JULY

Brent Myers

**H**ave you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.



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