

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup>

MAGAZINE

August 2023

Polk/Brandon Edition - Monthly

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

**FREE**



**ROBOTIC BARIATRIC SURGERY:  
PIONEERING A HEALTHIER FUTURE**

**SENIORS AGING IN PLACE**

**INNOVATION SENIOR LIVING –  
REDEFINING VALUE IN SENIOR LIVING**

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

**RADIOFREQUENCY ABLATION  
FOR PAIN MANAGEMENT**



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# Robotic Bariatric Surgery: Pioneering a Healthier Future

In the landscape of modern medicine, the advent of robotic technology has revolutionized surgical procedures, offering remarkable advancements in precision, efficiency, and patient outcomes. One area where this technological marvel truly shines is in bariatric surgery, a powerful tool in the fight against obesity. With obesity rates soaring and its societal costs escalating, robotic bariatric surgery emerges as a game-changing solution, promising enhanced recovery, improved long-term health, and a brighter future for countless individuals.

## The Obesity Epidemic: A Growing Concern

The United States faces an obesity crisis of alarming proportions. According to the Centers for Disease Control and Prevention (CDC), nearly 42% of American adults were classified as obese and 9% classified as severely obese in 2020, a staggering increase from previous decades. The consequences of obesity extend beyond personal health; they ripple through society in the form of increased healthcare costs, reduced productivity, and a diminished quality of life. The financial burden of obesity on the U.S. healthcare system was estimated at \$147 billion annually, with indirect costs exceeding \$4,000 per person. As these figures highlight, addressing obesity is not just a health imperative but also an economic necessity.

## Robotic Bariatric Surgery: Precision and Promise

Enter robotic bariatric surgery – a cutting-edge approach that combines the abilities of skilled surgeons with the precision of robotic technology. This approach offers numerous benefits, starting with unparalleled accuracy. The robotic instruments are capable of delicate maneuvers and fine-tuned adjustments, can result in smaller incisions, less trauma to surrounding tissues and reduce blood loss. These factors translate into quicker recovery times, reduced pain, and less scarring for patients. Typical hospital stays are overnight with a return to work and daily tasks within one week.

Furthermore, robotic systems provide surgeons with an immersive, high-definition view of the surgical site, enhancing their ability to identify and navigate complex anatomical structures. This heightened visibility, coupled with the robot's precise movements, can minimize the risk of complications. The intended outcomes are achieved with a high degree of predictability.

## A Path to Long-Term Health

The benefits of robotic bariatric surgery extend well beyond the operating room. Weight loss achieved through bariatric procedures can lead to dramatic improvements in overall health. Weight loss has



been linked to a decreased risk of numerous chronic conditions, including type 2 diabetes, high blood pressure, cardiovascular disease, and sleep apnea. By tackling obesity at its roots, robotic bariatric surgery sets patients on a path toward long-term health, allowing them to regain control of their lives and reduce the burden of chronic illnesses.

## Investing in a Healthier Future

The quality of life can be dramatically improved for those who treat obesity with bariatric surgery. Daily living and recreational options are significantly increased when chronic illnesses are controlled and substantial weight loss occurs. Bariatric patients can expect to lose 60-80% of excess weight within one year.

While initial thoughts about surgery may be scary, the option of robotic bariatric surgery can significantly reduce risk and recovery. Investing in a healthier future will be life altering for the individual as well as society as a whole. The reduced hospital stays, faster recovery times, and diminished need for follow-up interventions ultimately contribute to lower healthcare costs over time. Moreover, the increased productivity and improved quality of life that result from healthier individuals translate into a stronger, more resilient society.

In conclusion, the rise of robotic bariatric surgery marks a monumental leap forward in the battle against obesity. As obesity rates continue to climb, and the financial toll on society escalates, embracing technological innovations is not just prudent – it's imperative. By opting for robotic bariatric surgery, patients can look forward to quicker recovery, enhanced long-term health, and a brighter future. As we stand at the crossroads of medical progress, let us embrace the

promise of robotics and strive toward a healthier nation for ourselves and generations to come.

Robotic bariatric surgery is covered by many insurance companies. Please reach out to us for a consult to determine if bariatric surgery is right for you.



**DR. ANTHONY ROSSI** is board certified in general surgery by the American Osteopathic Board of Surgery and serves the Plant City, Florida area as part of BayCare Medical Group. His clinical interests include da Vinci® robotic surgery, bariatric surgery, endoscopy, all aspects of general surgery, breast surgery and thyroid surgery. He is also a wound care and hyperbaric medicine specialist. Dr. Rossi is a Fellow of the American College of Osteopathic Surgeons and a member of the American Osteopathic Association, American College of Osteopathic Surgeons, Florida Osteopathic Medical Association and the American Society for Metabolic & Bariatric Surgery. Dr. Rossi is the Chief of Surgery and Director of Metabolic & Bariatric surgery, A Bariatric Center of Excellence, at South Florida Baptist Hospital.

For An Appointment or Consultation, please call  
**(813) 708- 1312.**



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# SENIORS AGING IN PLACE

**F**or today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

## IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

## HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

## HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.

3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.

4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.

5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.

6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

## OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

## TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at  
Trusted HomeCare and let's discuss  
how we can support  
you or your loved one  
**561-314-3976**



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



**S**kin 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.



**WE'RE OPEN & SAFE,  
EXCEEDING CDC SANITIZATION  
STANDARDS**

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of Davenport / Haines City**

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# RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



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

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

## **What is radiofrequency ablation?**

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

## **What conditions are treated by radiofrequency ablation?**

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

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

## **How does radiofrequency ablation work?**

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

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

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

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



### Is radiofrequency ablation effective?

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

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



### Are there any risks associated with radiofrequency ablation?

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

#### They include:

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

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

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



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

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

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

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

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

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

**Arpit Patel, D.O.**  
Board Certified - Pain Medicine  
Board Certified - Physical Medicine  
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**Sun City Center**  
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**excelpainandspine.com**

# 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

Our 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 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 communities 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





**\$500 off**  
**Community Fee**

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.

Our communities are home to our Enrichment 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



**BARBARA BERRY**  
Senior Executive Director

**TILLIE BRICKNER**  
Senior Marketing Director



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Assisted Living License 9888

**www.Innovationsl.com**



# Don't Be “Losin’ It”

## Help *Us* Help *You* During Alopecia Awareness Month

by Alan J. Bauman, MD, ABHRS



**A**s I scanned an article the other day in a business magazine about retail theft, I saw the term “loss prevention.” Loss prevention is what stores employ to try to minimize the loss of merchandise people haven’t paid for.

It struck me that although I’m a hair restoration expert, I’m also a loss prevention expert. My focus, however, is helping minimize my patients’ hair loss. And just like retailers, I employ every state-of-the-art tool and technology available to do it—just different ones.

### ALOPECIA

There are many causes of hair loss, known in the medical community as “alopecia.” Alopecia is nothing more than a fancy medical term for hair loss, and there are many types.

Because September is Alopecia Awareness Month, I want to tell you about one type of alopecia in particular, *androgenetic alopecia*. It’s the most common type of hair loss, accounting for almost 95 percent of hair loss cases. You may have heard of it. It’s known colloquially as male (and female) pattern baldness.

Male and female pattern baldness are lumped together because both are caused by a hereditary sensitivity to DHT (dihydrotestosterone), a derivative of the male hormone testosterone. In people with a genetic predisposition to it, DHT causes hair follicles to shrink over time and eventually stop producing new hairs, whereas for others DHT is harmless.

They’re unlumped, however, in terms of how the hair loss expresses itself. (I’m not sure “unlumped” is a real word, but if it’s not, it should be).

Androgenetic alopecia in most men starts as a receding at the temples/hairline or decreased coverage in the back or crown of the head and proceeds towards the top of the scalp, often leading to partial or complete baldness, save for a fringe around the head. Androgenetic alopecia in women typically first causes diffuse thinning in the frontal half of the scalp and can later on cause some recession in the temples.

And speaking of women, here’s an eye-opening fact: About 40% of individuals with androgenetic alopecia are *women*. Surprised?

If you’ve noticed some thinning and are concerned about it getting worse, we have a number of tools for evaluating, slowing, stopping, or even reversing your hair loss. Here are a few of my favorites:

### DIAGNOSTICS

**TrichoTest™:** An innovative tool that tests your unique DNA to identify which hair loss treatments are most likely to provide the best results for you. The process involves a simple cheek swab taken in our clinic or at home to

obtain a sample of your DNA, and some details about your lifestyle. A computer then analyzes the genetic characteristics of your metabolism contributing to your particular hair loss situation. An algorithm identifies the treatment options likely to be the most beneficial to you, saving time and improving results.

**HairMetrix:** Uses artificial intelligence 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) in specific areas over time. No “educated guess” required. This information helps us make diagnosis and treatment decisions, and to monitor *better than ever before* how well you’re responding to your treatment. HairMetrix is our most-powerful hair density measurement tool.

**HairCheck:** Another quick, painless, non-invasive way to measure and track the amount and quality of hair growing on your scalp. It also can measure the percentage of hair breakage you’re experiencing, a common cause of hair loss and hair thinning. If you’re on a hair growth or anti-breakage treatment, HairCheck measurements can scientifically verify any changes.

### REGENERATIVE OPTIONS

**Low-level laser therapy (also known as red light therapy or photobiomodulation):** The medical grade Bauman TURBO LaserCap® is FDA-cleared for hair growth. It’s portable, hands-free, cordless, rechargeable, and fast, requiring only five minutes of treatment per day for improved hair growth at home. It’s also drug- and chemical-free with no risk of side effects.

Proper and consistent use of medical-grade low-level laser therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth. (Hint: Stay away from clunky helmets and weak consumer versions seen on Amazon, etc. as they are underpowered and not very portable.)

**PRP (Platelet-Rich Plasma):** A comfortable in-office procedure that takes about an hour with no recovery time, downtime, or significant risk. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak or at-risk hair follicles exist. When performed using the appropriate number and concentration of platelets and proper application techniques, you can





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



Before and after Female Hairline Lowering Hair Transplant by Dr. Alan J. Bauman

expect hair growth improvements that last a year or more from a single 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, and more recently in aesthetic procedures to reverse the appearance of skin aging, 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.

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

### HAIR TRANSPLANTATION

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. Luckily, Bauman Medical’s minimally invasive FUE (Follicular Unit Extraction) procedures are effective, comfortable, and 100% natural-looking due to major innovations in techniques and technology.

### GET IN TOUCH

Ready to stop losin’ it and put loss prevention on top of your to-do list before the situation worsens? You have to take the first step. Give us a call at **561-220-3480** or point your mobile camera at the QR code below to schedule your private one-on-one in-person or virtual consultation.



## Help for COVID-Related Hair Loss

Did you know that a common post-COVID condition is hair loss? Lately we’ve seen many patients with COVID hair loss due to the recent spike in cases, both male and female. Many are surprised to learn that COVID might be the root cause of their shedding hair.

If you’ve had COVID and are experiencing hair loss, don’t just wait and hope that your hair grows back someday. (The faster the problem is addressed, the better the results). We have two therapies that are particularly useful in stimulating and reinvigorating hair follicles impacted by COVID.

### BaumanMD’s The BODYGUARD™

The BODYGUARD™ is part of our superb line of BaumanMD nutritional supplements geared toward hair and scalp health. This unique blend of herbs and mushrooms supports a healthy immune system, important in addressing ailing hair follicles, and defends against environmental toxins. Scientific research confirms the benefits of the formula’s immune-enhancing herbs, together with the fungi, which include Asian mushrooms.

### TED

TED (TransEpidermal Delivery) is a needle-free, pain-free method of infusing your scalp with a specialized topical hair growth serum packed with peptides and growth factors.

We apply the serum on the scalp and The TED device 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. TED is clinically proven to start minimizing hair shedding and improve hair growth and scalp health soon after your first treatment. Treatment takes only 20-25 minutes.

This dynamic duo approach has helped dozens of our patients with post-COVID hair loss re-grow the hair they are used to, and we can probably help you, too. Now that you know, contact us to learn more.

### 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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# The Play for 2023? International Stocks!

By Chris Rowe



I sent a special briefing to our flagship *Sector Focus* members.

In it, I give them everything they'll need to know to stay well ahead of other investors at least for the first half of this year.

And while I can't reveal all of that here, I think that the main points are so important that you deserve to know them.

So here are some of them.

Climbing the wall of worry, U.S. stocks seem to be stumbling up the stairs. (At least they're stumbling up and not down.)

International stocks, however, are running up the stairs like children who just ate a sugar-filled dessert. While everyone you know is debating the strength of the U.S. markets, you'll be cranking out profits using stocks and ETFs they've never heard of.

Here's some context...

The current global bull market in stocks is in its early stages, although International stocks got a major head start right under the noses of many investors.

Expect to continue to hear bad economic news but don't let that sway you from buying stocks. Especially International stocks. The economy is not the stock market.

The stock market behaves based on what investors believe the economy will be doing in 6-9 months. In fact, today's stock market strength suggests the economy will be doing pretty well in 6-9 months.

Unlike a *mature* bull market, where stock prices advance due to clear economic skies ahead with the world partying like it's 1999, an *early-stage* bull market happens when life is scary. In this type of bull market, stocks advance as they "climb the wall of worry".

The "wall of worry" is when there's clearly bad news but as the bad news is removed, the stock market moves higher.

Inflation subsidies so stocks climb...

China's economy comes back online after being hampered by harsh covid restrictions so stocks climb...

You get the idea.

## The Play Is in International Stocks.

Don't take this as just another article in a sea of stock market jargon you see each week that's quickly forgotten about before the week ends.

The pivot to International Equities is the most important shift you can make in 2023. So far it looks like, although U.S. stocks look good, we should focus even more on non-U.S. stocks.

Notice how strong the **Vanguard Total International Stock Index Fund (VXUS)** (Diversified Global Stocks, all Except U.S. Stocks) looks. It has broken well above both trend lines and confirmed that the old resistance level is a new support level.



And if you think that's impressive, wait until we narrow down to the strongest International stock markets, long-term and short-term.

**Subtle Brag:** As far as I can tell, I am **the** top dog in the industry when it comes to calling market direction and specifically the areas of the market liable to be strongest or weakest. I've had a knack for it since the 90s.

The stock markets of Emerging Europe and Latin America are the strongest with confirmed long-term market strength. But Asia-Pacific is the strongest in the short-term.

Even though the Asia-Pacific stock markets haven't yet shown enough confirmation to be considered strong in the long-term, for sure they are **the strongest markets in the short-term**.

One very easy and great way to quickly gain exposure to a stock market with huge upside potential and confirmed strength is to own the **iShares MSCI All Country Asia ex-Japan ETF (Symbol: AAXJ)**.



It has a quick 21% - 33% upside in it just in the next 6 months or sooner. This is based on a 100% or 161% Fibonacci extension of the recent move off of the low.

Look at how much higher Fibonacci studies say these Asia-Pacific markets are likely to go this year. First, look at the strongest China Market ETFs.

- China Internet (KWEB) – Fibonacci ext. 45% higher
- China Consumer Cyclical (CHIQ) – Fibonacci ext. 45% higher
- "Chindia" (FNI) – Fibonacci ext. 33% higher
- Hang Seng Tech (KTEC) – Fibonacci ext. 47% higher
- China Tech (CQQQ) – Fibonacci ext. 35% higher
- China 50 Large-Cap (FXI) – Fibonacci ext. 37% higher

Here are some other indexes based on **Asia Pacific excluding Japan**.

- iShares MSCI Pacific ex-Japan (EPP)
- The above has a "total return" index that reinvests its dividends (EPP.TR)
- Australia (EWA)
- The above has a "total return" index that reinvests its dividends (EWA.TR)
- BetaBuilders Developed Asia (BBAX)
- All Country Asia ex-Japan (AAXJ)

U.S. stocks may be going up but their strength, relative to International, is declining. It's not even that they're accelerating at a slower pace than International. It's that the strength of U.S. stocks is slightly decelerating. Again, we are talking about relative direction and relative speed. And relative strength tells us much more about the likely future than absolute direction or strength.

Now is the time to erase your old stock market stance and quickly get with the program if you haven't yet done so.

The global markets' price behavior reveals it currently makes sense to also have exposure to the U.S. stock market, but definitely direct your attention to International markets. That's the real play.

Thanks for reading, and I'll have a LOT more to say about International Equities in the coming weeks and months.



Chris Rowe  
Founder and CEO  
True Market Insiders



*"You see it in the price before you see it in the news."*

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

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

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

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

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

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

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

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



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