

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

October 2023

Polk/Brandon Edition - Monthly

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FREE



**WELLNESS TOOLKITS:
BUILDING YOUR HEALTHIEST SELF**

POST PREGNANCY LEG HEALTH

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

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

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VARICOSE VEINS ARE A MEDICAL CONDITION SERVING CENTRAL FLORIDA FOR OVER 21 YEARS

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Wellness Toolkits: Building Your Healthiest Self

Read More: Each person's "healthiest self" is different depending on their body, mind, living situation and people influencing their lives, and building a personal wellness toolkit can improve your overall well-being.

The National Institutes of Health (NIH), a component of the U.S. Department of Health and Human Services, has created wellness toolkits to highlight tips for living well and improving your health. Focusing on five areas, including your surroundings, feelings, body, relationships and disease defense, it offers practical ways to be your "healthiest self."

Surroundings and environmental wellness

Create a healthier home and reduce health hazards. Be mindful of chemicals in household products that may contain potentially harmful substances. Also identify irritants like lead exposure, mold or radon using a test kit.

Manage your allergies. A change in seasons can increase airborne substances that irritate your nose, so take steps to reduce your exposure to allergens. Both indoor and outdoor environmental exposures, toxins and allergy-inducing substances can impact your health and well-being.

Safeguard yourself in extreme temperatures. Whether it's the summer heat or the frosty air of winter, extreme weather can have a major impact on your overall health. Take steps to guard yourself against illnesses such as overheating or hypothermia by recognizing signs that your body temperature is spiking or dropping too low.

Feelings and emotional wellness

Reduce stress and cope with life's ups and downs, including loss, in a healthy way. Draw from resources at your disposal at work or in your community, or join a support group, to build resilience and safeguard your mental health.

Get quality sleep. A healthy sleep routine will allow you to think more clearly, have quicker reflexes and focus better.

Strengthen social connections. Whether with romantic partners, family, friends, neighbors or others, social connections can influence our biology and have powerful effects on our health.



Be mindful and embrace an attitude of gratitude. Live in the moment and be aware of what's happening in the present.

Body and physical wellness

Get active. Find a physical activity that you enjoy (e.g., walking, playing pickleball, swimming, etc.) and engage in at least 30 minutes of exercise a day. Doing so will help you lower your risk of heart disease, diabetes or cancer.

Eat a healthy diet. A healthy eating plan not only limits unhealthy foods, but also includes a variety of healthy foods such as fruits and vegetables.

Build healthy habits for a lifetime of optimal health. Whether you want to quit smoking, reduce stress or get more exercise, small steps can lead to big changes over the years of your life.

Relationships and social health

Make connections. Look for ways to get involved in your community, join a book club or start a side hustle, as it might help protect your health and lengthen your life. "Connecting to others is part of what makes us human and keeps us mentally healthy," said BayCare's VP/Chief Quality Officer Dr. Laura Arline, MD, FACP, FAAP. "Be sure to carve out time to get together, in-person, with family, friends and even co-workers."

Build healthy relationships. It takes communication, understanding and often forgiveness to build and maintain the relationships in our lives. Seek out individuals who possess the qualities you want in a friend, partner or coworker. Cope with stressful situations in a healthy way, recognizing that these situations are often temporary, and steer clear of drama.

Take care of yourself first. You can't drink from an empty cup, and if you're a parent or in a caregiver position, it's easy to put others first and neglect yourself. It's OK to ask for help, take breaks and take time for yourself to do something you enjoy and not feel guilty about it.

Prevention wellness and disease defense

Get screened. Visit your primary care physician for your annual checkup and stay on top of preventative screenings such as mammograms, prostate exams, and colorectal cancer tests. Use the FIND A DOCTOR tab on baycare.org to find a physician in your area.

Protect yourself and others by staying up to date on vaccines and immunizations. From annual flu shots to COVID boosters, and vaccines for older individuals for pneumonia or shingles, refer to the Centers for Disease Control and Prevention's (CDC) website for the latest immunization schedules.

"This list may seem daunting, but you don't have to check it all off at once," added Dr. Arline. "Start with one item or area that is either the easiest or that you find to be the most important. Then keep adding to your wellness toolkit over time, adjusting the contents as your needs change."

Each person's "healthiest self" is different depending on their body, mind, living situation and people influencing their lives, and building a personal wellness toolkit can improve your overall well-being. Once you start gathering the necessary environmental, emotional, physical, social and preventative tools to create a healthy lifestyle, you will reap the rewards now and in the future.



selfie



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

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

And probably more than you even realize.

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

We are God’s selfie.

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

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

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

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

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

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

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

You are God’s selfie.

Brent Myers



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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.



**WE'RE OPEN & SAFE,
EXCEEDING CDC SANITIZATION
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next to IMA Pichardo Clinic

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
- Physical Medicine & Rehabilitation Experts
- Assistant Professor at University of South Florida and Central Florida
- Tampa's Top Doc Award-Winner
- Over 30,000 Procedures Performed

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



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excelpainandspine.com



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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

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
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The (Not-Scary-At-All) World of Hair Restoration Treatments

Painless. Easy. Nothing to Fear

by Alan J. Bauman, MD, ABHRS



It's that time of the year when movie theaters teem with new heart-stopping horror tales like *The Exorcist: Believer*. The streaming services also make sure we have lots of thrillers to keep us awake at night, while we cower on our couches, wide-eyed and mindlessly stuffing popcorn into our mouths.

The other evening as I navigated through the movie menu on Max, I spotted a classic that may have haunted your dreams way-back-when: *The original A Nightmare on Elm Street*. It was the first time we saw Freddy Krueger brandishing frightful claws, and moviegoers were given one especially chilling message: Whatever you do, don't fall asleep (Freddy could attack you in your dreams).

After reflecting for a moment on how terrifying it was for those fictional sleeping characters, it dawned on me how sleeping is the complete opposite of frightful when my patients do it. Believe it or not, many of our treatments and procedures are so gentle that people sometimes fall asleep and might even snore!

When some of those snoozers first came to us, they were playing a horror movie in their heads. They don't like needles. They thought hair procedures would hurt, and they were scared they were going to be told there's nothing that could be done about their hair loss.

Here's what I tell them:

**Every single treatment and procedure we offer is painless. Even hair transplants.
Many of our treatments are non-invasive.
And we have a solution for every hair loss problem.**

IN-OFFICE PROCEDURES

Let's start with three of our most popular in-office procedures: Hair transplants, PRP*, and PDOgro™**.

These in-office procedures require a needle to deliver anesthetic to your scalp, but we have state-of-the-art techniques and technology that makes the process **100 percent painless from start to finish**. Honest.

For those who are super-sensitive, the anesthetic can be delivered very slowly by our high-tech, computerized syringe. The syringe, with its robotic plunger, is controlled by a microprocessor fitted with the smallest needle there is. Once the local anesthetic is in place, your entire scalp is numb and allows us to work imperceptibly. What do you feel? The needle stick? Nope. The anesthetic going in? Nope. You feel absolutely nothing.

We also routinely use a vibration device on the skin at the same time. (Ever catch your finger in something like a cabinet door, then shake it to relieve pain? Same idea!) Vibration blocks the pain where the nerves carrying vibration and pain signals meet at the level of the spinal cord. The result, no pain!

And just in case...we give you Pro-Nox. You hold the Pro-Nox system in your hand and are able to inhale a mixture of oxygen and nitrous oxide whenever you want to. This gas alleviates discomfort (which you aren't going to have) and anxiety. It's safe, quick-acting and provides relief in just a few breaths.

MY FAVORITE NON-INVASIVE OPTION

One of my most popular non-invasive treatments is TED. Alma TED (TransEpidermal Delivery) doesn't use needles

or anesthesia of any kind and is one of the most exciting innovations for defeating hair shedding, hair loss, and thinning hair I've seen in years.

It's not only needle-free but is ideal for people who've avoided getting medical treatment for their thinning hair because they're averse to surgery or needles. Are you needle-phobic? This one's for you!

Here's how it works: First we use a high-tech device that looks like a small massage tool. The TED handpiece is moved slowly over the scalp, emitting safe ultrasonic sound waves and air pressure.

We then apply a specialized topical hair growth serum on the treatment zones and use the device to push it through the skin. (This process is known as sonophoresis.)

The 20-25-minute 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 start minimizing shedding and improve hair growth and scalp health within minutes.

Patients we've used it on say they feel a warm sensation from the device or cooling from the serum along with vibration.

TED's unique serum includes powerful growth factors, peptides, and amino acids that reactivate dormant hair follicles and help anchor hair shafts. It targets follicles to make them grow thicker hair. Research studies have also shown that hair often grows back in its original hue.

TED is ideal for patients who want to improve the overall thickness and appearance of their hair. It can be used to treat early androgenetic alopecia (male or female pattern hair loss), telogen effluvium (excessive shedding), and to enhance other hair growth therapies you may already be doing. It's also effective in treating hair loss after COVID or other infections, patchy beards, and even weak eyebrows.



Before and 12 months after PRP by Dr. Alan Bauman



Before and After 2 TED Treatments by Dr. Alan Bauman

SCARED THAT WE MIGHT NOT BE ABLE TO FIGURE OUT WHY YOU'RE LOSING YOUR HAIR?

Fear not. We have a full array of diagnostic tools, along with an entire Scalp Health department administered by our Certified Trichologist. (A trichologist is a specialist who focuses on the health of the hair and scalp who has undergone specific training to be able to identify and treat issues related to the hair and scalp.)

These are our best tools:

TrichoTest: An innovative tool that tests your 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.

HairCheck: Another quick, painless, non-invasive way to measure and track the amount and quality of hair growing on your scalp. It also measures 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.

Armed with this information we can then decide the best course of treatment in your particular case.

CONTACT US

Ready to unmask your fears and dispose of them like a bag of Halloween candy that got soaked in the rain? Then step away from the frightening myths surrounding hair restoration and contact us today.

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



*PRP is a comfortable, "lunch break" in-office procedure that takes about an hour and has no recovery, 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 hair follicles exist. When performed using the appropriate concentration of platelets and proper techniques, you can expect hair growth improvements that last a year or more from a single treatment.

**PDOgro™ involves applying absorbable PDO (polydioxanone) threads into the scalp to stimulate collagen production, new blood vessel formation, and the release of powerful rejuvenating growth factors.

Genetics and Hair Loss

- There are now over 200 known DNA locations (genes or SNPs) that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two.
- Hair loss can start as soon as puberty ends, depending on your hereditary sensitivity to DHT.
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding – all of those put together will determine how quickly you see loss occur, how quickly it progresses, and at what age it will start.
- Because it's a recessive gene, hair loss can skip generations and siblings.

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.



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
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SENIORS AGING IN PLACE

For 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:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

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

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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