

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

December 2023

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FREE



**ROBOTIC SURGERY:
REVOLUTIONIZING HERNIA REPAIR**

THE ARRIVAL

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

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

**INNOVATION SENIOR LIVING –
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contents **December 2023**

- 4 Robotic Surgery: Revolutionizing Hernia Repair
- 5 Spiritual Wellness: The Arrival
- 6 Skin Changes in The Lower Leg
Are a Sign of Venous Disease
- 8 Chronic Pain: What You Should Know About
Your Treatment Options
- 10 Innovation Senior Living Communities –
Redefining Value in Senior Living
- 12 Hey, Santa, What's Under Your Hat?
(We Don't Know, But We DO Know About Great Gifting)
- 14 Planning For The Inheritance of a Disabled Child
- 15 The Play for 2023? International Stocks!

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Robotic Surgery: Revolutionizing Hernia Repair

Hernias are a common medical condition characterized by the protrusion of an organ or tissue through a weakened muscle or connective tissue. This condition can cause discomfort, pain, and potentially life-threatening complications. Hernias can occur in various parts of the body, with the most prevalent types being inguinal (groin), umbilical (belly button), and incisional (at the site of a previous surgical incision) hernias. While traditional surgical methods have been effective, the advent of robotic surgery has introduced significant advancements in hernia repair. In this article, we will explore hernias, the conventional surgical approaches, and the advantages of robotic surgery as a superior intervention.

Understanding Hernias

Hernias develop when a combination of factors, including muscle weakness and increased abdominal pressure due to activities like heavy lifting, leads to the protrusion of an organ or tissue through a weakened area. This results in a noticeable bulge or lump and may cause discomfort, pain, and other symptoms. If untreated, hernias can lead to complications such as incarceration (where the hernia becomes trapped) or strangulation (causing restricted blood flow to the herniated tissue), both of which pose serious risks to health.

Traditional Hernia Repair

Traditional hernia repair techniques have been employed for many years and are generally effective in addressing hernias. Two primary methods are commonly used:

Open Surgery:

In open surgery, a surgeon makes a sizable incision near the hernia site to access and repair the hernia. The protruding tissue is pushed back into its proper position, and the weakened muscle or tissue is reinforced using sutures or mesh. While effective, open surgery typically involves a more extended recovery period and leaves a more conspicuous scar.

Laparoscopic Surgery:

Laparoscopic surgery, on the other hand, is a minimally invasive approach. It involves creating small incisions through which a camera (laparoscope) and specialized instruments are used to repair the hernia. This technique offers a quicker recovery, less postoperative pain, and smaller scars compared to open surgery. However, laparoscopic surgery may have limitations in complex cases or with larger hernias.

The Rise of Robotic Surgery

Robotic surgery is a relatively recent innovation in the field of surgery, offering several advantages over traditional methods. In robotic surgery, a surgeon operates a robotic system equipped with specialized instruments and a high-definition camera. The surgeon controls the robot from a console, providing enhanced precision, control, and three-dimensional visualization of the surgical site. Here are the key benefits of robotic surgery for hernia repair:

Enhanced Precision and Dexterity:

Robotic surgical systems offer superior precision and dexterity, allowing surgeons to perform intricate tasks with exceptional accuracy. The robotic arms can make precise movements, reducing the risk of damage to surrounding tissues and nerves.

Three-Dimensional Visualization:

Robotic surgery provides a three-dimensional, high-definition view of the surgical area, enabling better visualization of anatomical structures. This enhanced visualization helps surgeons identify and address complex hernias more effectively.

Smaller Incisions:

Robotic surgery involves making smaller incisions compared to traditional open surgery. These smaller incisions lead to less postoperative pain, reduced scarring, and a faster recovery for patients.

Reduced Blood Loss:

Robotic surgery techniques often result in less blood loss during the procedure, reducing the need for transfusions and associated complications.

Shorter Hospital Stay:

Patients who undergo robotic hernia repair typically have shorter hospital stays compared to those undergoing open surgery. This allows patients to return to their normal activities more quickly.

Lower Risk of Infection:

Smaller incisions and reduced tissue trauma in robotic surgery decrease the risk of surgical site infections.

Improved Patient Outcomes:

Studies have demonstrated that robotic surgery can lead to better patient outcomes, including a lower rate of hernia recurrence.

Robotic Surgery for Complex Hernias

Robotic surgery is particularly advantageous in cases involving complex or recurrent hernias. Complex hernias often require intricate dissection and reconstruction of the abdominal wall, which can be challenging with traditional techniques. Robotic surgery's precise movements and three-dimensional visualization make it an ideal choice for addressing complex hernias, leading to improved outcomes and reduced complications.



Hernias are a common medical issue that can cause discomfort and complications if left untreated. While traditional surgical methods have been effective in treating hernias, the advent of robotic surgery has revolutionized hernia repair by offering enhanced precision, three-dimensional visualization, smaller incisions, and faster recoveries.

Robotic surgery is particularly beneficial for complex hernias, where its advanced capabilities shine. Patients undergoing robotic hernia repair can expect shorter hospital stays, less postoperative pain, reduced scarring, and a lower risk of complications. As technology continues to advance, robotic surgery is likely to become the preferred method for hernia repair, providing patients with the best possible outcomes and improved quality of life. If you or a loved one is facing hernia surgery, consider benefits of robotic surgery if you would like explore if robotic surgery is right for you Dr. Enders and his team will be happy to determine the most appropriate and effective treatment plan for you or your loved one.



DR. RYAN J. ENDERS is a general surgeon with BayCare Medical Group. He has a special interest in robotic hernia and bariatric surgery and is highly trained and certified in minimally invasive interventions, including advanced endoscopic, laparoscopic and da Vinci® robotic surgical techniques. Dr. Enders specializes in the diagnosis and surgical intervention of complex health conditions, like colon and breast cancers and gallbladder and hernia issues. Many of the procedures he performs can be done on an outpatient basis.

Dr. Enders earned his Doctor of Osteopathic Medicine from Nova Southeastern University College of Osteopathic Medicine in Fort Lauderdale, Florida. He completed his residency in General Surgery at the University of Pittsburgh Medical Center's Horizon Campus in Farrell, Pennsylvania.

Dr. Enders is a member of the Society of American Gastrointestinal and Endoscopic Surgeons and is affiliated with Bartow Regional Medical Center. He believes in building honest and trusting relationships with his patients and providing a supportive and healing environment throughout the health care experience.

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THE ARRIVAL

Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”

Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers

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



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



WHAT DO SKIN CHANGES INDICATE?

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

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

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

WHAT SYMPTOMS MIGHT I HAVE ALONG WITH SKIN CHANGES?

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

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

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

HOW ARE SKIN CHANGES TREATED?

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

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

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



Compression socks help you maintain your active lifestyle

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

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



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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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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 members 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 members, who appreciate the security a community brings. Members who need physical assistance, members 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 members 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 member needs.

Members are able to remain as independent as possible with the peace of mind that support is steps away if needed. Members in our assisted living community have all



\$1000 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 members enjoy the experience so much, they either move-in becoming permanent members 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 members, their families and our guests. Members 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 members feel right at home – and keep members engaged and excited about what's next.

COMMUNITY AMENITIES

- | | |
|-------------------|-------------------------|
| • Recreation Room | • Group Exercise |
| • Meal Service | • Availability 24 Hours |
| • Media Room | • Courtyard |
| • Housekeeping | • High Speed Internet |
| • Library | |

APARTMENT AMENITIES

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



BARBARA BERRY
Senior Executive Director
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Assisted Living License 9888

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Hey, Santa, What's Under Your Hat? (We Don't Know, But We DO Know About Great Gifting)

by Alan J. Bauman, MD, ABHRS



Have you ever wondered why Santa Claus always wears a hat?

Maybe it's not just about keeping warm. Maybe Santa's hiding a secret. Perhaps he's lost his hair and is embarrassed. Or maybe he's too busy stuffing his bag with goodies to take care of himself. Hmmm... How do you like them apples?

If you (or someone you love) wears hats a lot even when it's not snowing in South Florida (as in, well, always!), perhaps you and this benevolent North Poler could have more in common than you imagined.

Maybe this holiday season is a reminder to be generous with yourself and others in new ways you may have never thought of. Imagine unwrapping a present that's not just another sweater or "whatsit?" but one that promises the gift of fantastic hair.

Who knew Santa's bag could include the secret to fabulous hair?"

We did.

Whether you've been naughty or nice with your hair care, our gift guide will turn your hair WOES into hair WOWS. Read on for a few of the many great gift ideas for stuffing your stocking. And don't forget to add your own name on the "nice" list (even if you've actually been naughty—we won't tell).

DEVICES

Low-level laser therapy (also known as red light therapy or photobiomodulation)

The medical grade Bauman TURBO LaserCap® is FDA-cleared for hair regrowth. This low-level laser device is portable, hands-free, cordless, rechargeable, and fast, requiring only five minutes of treatment per day for improved hair growth at home. It's drug- and chemical-free with no risk of side effects and small enough to fit under Santa's hat.



The award-winning Bauman Turbo LaserCap is the most technologically advanced portable FDA-cleared low-level laser light therapy (LLLT) device for hair regrowth currently available. Recommended for both men and women with thinning hair, as well as hair loss prevention and overall hair health.

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 online, as they are almost certainly underpowered, and many aren't very portable.)

SERVICES

Scientific Scalp Makeover*

(AKA: "Hair Grows While You Doze" treatment)

Ahhh. The Scientific Scalp Makeover. A patient favorite—an ultimate indulgence experience with a bonus for your hair and scalp.

Prepare to be pampered.

The scalp makeover is offered in our SalonB Trichology Lab, a mega-relaxing spa environment. SalonB is equipped with low lighting and soft music, just like an indulgent spa.

While the makeover is particularly geared toward helping reverse hair loss in people with stress-related conditions, lots of folks without scalp issues come regularly to enjoy a non-fattening treat (no calories to burn off) and shut out the rest of the world for a while.

It's so relaxing, in fact, that many people fall asleep!

The makeover consists of a 60-minute-to-three-hour session during which you're pampered with variety of soothing services, including:

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

HAIR AND SCALP PRODUCTS

BaumanMD BOOST and SOOTHE Shampoos and Conditioners

Help your hair shine as brightly as your dazzling holiday decorations by treating it with as much care as you would when decking the halls.

Start with a thorough cleansing, then finish with a dose of our decadent conditioner so that your hair shines brightly throughout the holiday season and beyond.

These must-haves are designed for daily use for all types of hair, and especially good for anyone with thinning, transplanted, or laser-treated hair.

BOOST products are sulfate-free, color-safe, and include no parabens or artificial fragrances. Used in combination, they:

- Inhibit DHT production (DHT is a by-product of testosterone metabolism that can cause hair loss in people sensitive to it)
- Stimulate hair growth
- Prolong the anagen (active) phase of the hair growth cycle
- Enhance blood flow to the scalp to keep follicles nourished and healthy
- Reduce dryness, dandruff, and itching
- Help moisturize the scalp and soothe inflammation and irritation via its infusion of CBD



Dr. Bauman has created Nutra-Team Bauman, a team of hair-healthy supplements that work together in a dynamic way because he believes that hair grows best when your system is balanced. These make great holiday gifts and are available on our eStore.

NUTRITIONAL SUPPLEMENTS

Comprised of a superb line of proprietary nutritional supplements, Nutra-Team Bauman nutraceuticals help anyone who's experiencing hair loss or thinning or who wants thicker-looking hair. The lineup:

- **The Recruiter™:** This special blend of probiotics, plant extract, and Vitamin D3 promotes the release of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress). It increases the number of circulating stem cells in your body to promote hair growth and overall health.
- **The Good Guys™:** This hair probiotic complex infuses the gut with elements needed to optimize the digestive process and maximize overall health and wellness. It supports a robust scalp and strengthens follicles for optimal hair growth.

- **The Bodyguard™:** A unique blend of herbs and mushrooms, The Bodyguard™ supports a healthy immune system 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.
- **A-List Hair Vitamin Complex™:** It's called our "strategic supplement" because it's compounded with top-tier ingredients shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, and promote collagen renewal for hair, skin hydration, and wound healing.
- **The Hero Super-Biotin Mega Hair Support Caps™.** Biotin creates enzymes that strengthen hair and nails and assist digestion and cellular metabolism.
- **The Zenmaster™:** Contains the herb ashwagandha which helps reduce stress and its byproduct, cortisol. Cortisol negatively affects the hair follicle as well as other organs in the body.
- **The Builder™:** This Hair Multi-Collagen Complex Peptide Protein Powder contains three proprietary ingredients that deliver vital proteins that multiply natural collagen levels, providing a boost to hair productivity, follicle strength, and a youthful shine.

As you survey your gift list, keep in mind that the gift of better hair is the gift that keeps on giving, whether it's a gift to someone else or yourself. Here's to a holiday season filled with generosity, love, and of course, fabulous hair!

Call us today at **561-220-3480** so we can help guide you toward the supplements best for your particular situation or point your camera at the QR code below to go directly to our eStore:



Give the Gift of a Bauman e-Gift Card

With so many options at Bauman Medical, maybe too many for you to choose, you might want to consider one of our e-gift cards instead. These can be applied to any product or service, in-person, remotely, or for products in our eStore.

In addition to what you just read about, here are some other ways to spend a Bauman gift card.

- Consultations with Dr. Bauman or Trina Arce, our nurse practitioner
- Hair transplantation
- Trichotest™ (identifies the exact hair loss treatments that will perform best for you based on your genetics)
- High-density Platelet Rich Plasma (PRP) "Vampire" hair regrowth therapy
- Compounded Formula 82F Topical Finasteride + Minoxidil (designed to reduce the risk of side effects from oral finasteride/Propecia)
- TED (TransEpidermal Delivery) Non-invasive technology that uses ultrasonic sound waves and air pressure to enhance the penetration of a specialized topical hair growth serum into the scalp
- Laser hair removal
- Non-surgical 3D-printed hair systems or cranial prostheses

About Dr. Alan J. Bauman



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

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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PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



Many families are not aware that once a disabled child (minor or adult), who is receiving government benefits, receives an inheritance all their government benefits will be stopped until the inheritance is spent down.

All parents worry about what will happen to their children after they die. Parents of adult children with a chronic disability have an additional concern: whether the child will have financial security.

Additionally, many families are not aware that with proper planning through a Third-Party Special Needs Trust the loss of government benefits can be avoided.

The disabled child can utilize their inheritance to provide for their health, maintenance, education and support. The Trusted Law Office welcomes you to contact us at (561) 998-6039 to schedule a free consultation with us to discuss your specific planning needs.

How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?

Do you have a disabled child who will be inheriting from your estate?

Does this disabled child receive government benefits?



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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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