

CENTRAL FLORIDA'S

# **Health & Wellness** MAGAZINE

February 2024

Polk/Brandon Edition - Monthly

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

**FREE**



**UNSIGHTLY VEINS CAN INDICATE  
DEEPER PROBLEMS**

**HEART DISEASE IN SENIORS:  
UNDERSTANDING  
THE SILENT THREAT**

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

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

**THE HEART-HEALING  
POWERS OF YOGA**



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## CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Sybil C. Berryman**  
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE  
**Bryan Berryman**  
bryan@sflhealthandwellness.com

  
**BERRYMAN**  
Marketing Group LLC

GRAPHIC DESIGNER  
**Sonny Gensing**  
sonny@gwhizmarketing.com

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**sybil@sflhealthandwellness.com**

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# Heart Disease in Seniors: Understanding the Silent Threat



**H**ear disease is the leading cause of death for all genders, races, and ethnicities in the United States. According to the CDC, it claims a life every 34 seconds. That makes it so that roughly one out of every five deaths is a direct result of heart disease. That's a statistic that's hard to swallow. Are you at risk?

With the advancement of modern-day medicine, doctors can look at various known risk factors and determine with some degree of accuracy what your odds of developing heart disease will be. Heart attacks and strokes can be catastrophic, but 80 percent of premature heart disease is preventable. That's why it's important to know and understand your risk.

Heart disease is a significant health concern for people of all ages, but it poses an even greater risk to seniors. As we age, our cardiovascular system undergoes various changes that can contribute to heart disease. Arteries can become less flexible, leading to atherosclerosis (hardening of the arteries), and blood vessels may lose their elasticity. The heart's pumping efficiency may decrease, which can result in reduced blood flow. These age-related changes can raise the

risk of heart disease, such as coronary artery disease, heart failure, and arrhythmias.

In addition to an aging heart, older adults often have a higher prevalence of heart disease risk factors, including hypertension, high cholesterol, diabetes, and obesity. Additionally, lifestyle factors like a sedentary lifestyle, poor diet, and smoking can exacerbate the risk of heart disease in seniors.

While heart disease is a significant concern for older adults, several strategies can help prevent or manage the condition.

**Regular Medical Check-ups:** You should schedule regular check-ups with your healthcare providers. These visits can help identify risk factors and early signs of heart disease, allowing for prompt intervention.

**Healthy Lifestyle:** Maintaining a healthy lifestyle is crucial. This includes a balanced diet, regular exercise, and avoiding smoking and excessive alcohol consumption.

**Medication Management:** Seniors with established heart disease may need medications to

manage their condition. It's essential to follow the prescribed treatment plan and monitor any potential side effects.

**Stress Management:** High stress levels can contribute to heart disease. You should explore stress-reduction techniques like meditation, yoga, or counseling.

Heart disease is a critical health issue that demands attention and proactive management. You can reduce your risk through healthy living and regular medical care. Understanding the unique challenges and strategies for prevention and management is key to ensuring a longer and healthier life. Take action now and get on the road to Better Health and a healthier heart.

VIPcare stands out for our commitment to delivering personalized care that goes beyond traditional healthcare models. Our key initiative and mission is prioritizing preventative care to improve overall health outcomes. By offering comprehensive wellness checks, screenings, and preventative measures, we focus on identifying potential health issues before they escalate. This proactive approach not only reduces healthcare costs in the long run but also significantly improves your quality of life. Schedule your VIPcare appointment today! Call **727-263-3786** or visit [www.getvipcare.com](http://www.getvipcare.com).



Jason Waugh, D.O.

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**I**n 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as

yourself.' The entire law and all the demands of the prophets are based on these two commandments." – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

*Brent Myers*


What is

## RECOVERY CHURCH


Recovery Church is both a church, and a recovery fellowship. Recovery Church is all about Jesus, discipleship, and the 12 steps! Everyone is always welcome and our weekly gathering includes music, fellowship, and teaching or testimony.



**Wednesdays**  
**6:33 PM**  
**322 N Scenic Hwy.**  
**Lake Wales, FL 33853**



<https://www.facebook.com/RecoveryChurchLakewales/>  
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# UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

**“YOU CAN’T TELL A BOOK BY LOOKING AT ITS COVER.”**



**M**any women and men are concerned about the appearance of spider veins and varicose veins. These veins, which can cause a spider web appearance in the skin, or big, unsightly bulges underneath the skin, can also cause a person to have symptoms and are signs of vein disease.





Ignoring these problems and not treating them can lead to a progression and further damage to the tissue of the lower leg. Some of the symptoms and signs of vein disease occur **predominately in the lower leg.**

**Some of the symptoms include:**

- Subtle feeling of fullness
- Mild aching, heaviness or pressure
- Fatigue as the day progresses

**Some of the signs include:**

- Swelling, which can be minimal but significant
- Rough, dry skin sometimes accompanied with itching
- Big, unsightly bulging veins underneath the skin
- Spider veins, the unsightly 'webs' in the skin itself, while considered cosmetic, usually indicate deeper problems

Over time, if untreated, vein disease can lead to more significant issues and more damage to the lower leg including, thickening and drying of the skin and discoloration, prominently a brownish color or, if the patient has been up on their feet for long periods of time, these sometimes subtle signs can lead to the possibility of an ulceration or sore around the ankle area.

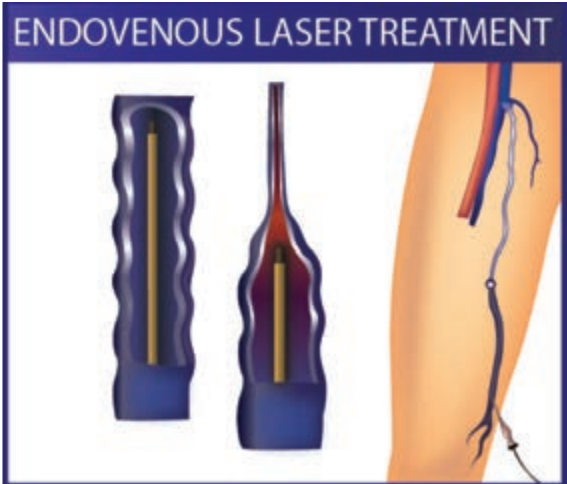
Fortunately, with today's technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins. We then use a foamed chemical to treat the actual varicose or bulging veins. These two measures are used to close the source veins. We then use a foamed chemical to treat of the actual varicose or bulging veins. This is done in an outpatient clinical setting avoiding surgery.

**These procedures are covered my most medical insurances, including MEDICARE.**

Anyone concerned about the appearance of their veins should have a thorough physical and ultrasound evaluation to examine the underlying cause. This can be done quickly with very little disruption in one's normal schedule and activities. We strongly recommend wearing graduated compression stockings, hose or leggings while working or in situations where a person is on their feet or sitting for prolonged periods of time.

Vein health equates to leg health.

"A stich in time to save mine"!



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**COMPRESSION SOCKS**  
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*Wearing  
compression  
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next to IMA Pichardo Clinic

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



**C**HRONIC 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.**



**(P) 813.701.5804**

**(F) 813.291.7615**

**excelpainandspine.com**

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



**Navdeep S. Jassal, M.D.**

Board Certified - Pain Medicine

Board Certified - Physical Medicine & Rehabilitation

**Arpit Patel, D.O.**

Board Certified - Pain Medicine

Board Certified - Physical Medicine & Rehabilitation

**Corey Reeves, M.D., M.B.A.**

Board Certified - Pain Medicine

Board Certified - Physical Medicine & Rehabilitation

**Neal Shah, M.D.**

Board Certified - Pain Medicine

Board Certified - Anesthesiology

### **LOCATIONS**

#### **Lakeland**

1417 Lakeland Hills Blvd., Suite 201,  
Lakeland, FL 33805

#### **Davenport**

2310 North Blvd. West, Suite A,  
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#### **Sun City Center**

771 Cypress Village Blvd.,  
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#### **Brandon**

414 W Robertson Street Brandon, FL 33511

#### **Tampa**

620 S MacDill Ave., Suite B, Tampa, FL 33609

#### **Wesley Chapel**

26851 Tanic Drive, Suite 102, Wesley Chapel,  
FL 33544

#### **Winter Haven**

1749 6th Street NW,  
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#### **Winter Haven**

400 Ave. K Southeast, Suite 9,  
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#### **Ellenton**

7032 US-301 North, Ellenton, FL 34222

#### **Wauchula**

326 South 6th Ave Wauchula,  
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#### **The Villages**

11950 CR 101, Suite 205,  
The Villages, FL 32162

#### **New Port Richey**

2202 Duck Slough Blvd, Suite 102, New Port  
Richey, FL 34655

#### **St. Petersburg**

6606 10th Avenue North,  
St. Petersburg, FL 33710

# 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 members 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 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 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.

**\$1000 off  
Community Fee**

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
- 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

**INNOVATION**  
*Senior Living*

**CHERYL HYDE**  
Senior Executive Director  
(863) 409-0226

**TILLIE BRICKNER**  
Senior Marketing Director



**The Club**  
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**The Club**  
at Haines City

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T.: 863-397-9770

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**The Club**  
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T.: 407-743-3182

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**www.Innovationsl.com**





# 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:

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  
**352-240-7522**



# THE HEART-HEALING POWERS OF YOGA: A Holistic Approach to Cardiovascular Health

In the quest for a healthy heart, conventional exercise routines often take center stage. However, a holistic approach to cardiovascular well-being involves more than just physical exertion — it encompasses the mind, body, and soul. Yoga, an ancient practice originating from India, has gained widespread popularity for its myriad health benefits, especially in promoting heart health. Yoga has transformative effects on reducing inflammation, lowering blood pressure, and alleviating stress, offering a compelling case for integrating this ancient practice into modern heart care.



## REDUCING INFLAMMATION:

Chronic inflammation is increasingly recognized as a key contributor to heart disease. Yoga, with its emphasis on gentle movements, controlled breathing, and mindfulness, has been shown to be effective in reducing inflammation in the body. A study published in the *Journal of Clinical Psychology in Medical Settings* found that individuals who practiced yoga regularly exhibited lower levels of inflammatory markers, such as C-reactive protein (CRP), compared to non-practitioners. By mitigating inflammation, yoga provides a protective shield for the cardiovascular system, reducing the risk of heart-related complications.

## LOWERING BLOOD PRESSURE:

Hypertension, or high blood pressure, is a significant risk factor for heart disease. Engaging in a consistent yoga practice has been linked to substantial reductions in blood pressure levels. The combination of physical postures, breath control, and meditation in yoga

helps regulate the autonomic nervous system, leading to a decrease in sympathetic activity and an increase in parasympathetic activity. This balance contributes to lower blood pressure levels, offering a natural and non-pharmacological approach to managing hypertension.

A study published in the *Journal of Hypertension* revealed that participants who practiced yoga for at least three months experienced significant reductions in both systolic and diastolic blood pressure.

The findings suggest that

incorporating yoga into lifestyle interventions for blood pressure management can be a valuable strategy for maintaining cardiovascular health.

## ALLEVIATING STRESS:

Stress, a pervasive element of modern life, takes a toll on both mental and physical well-being. Chronic stress is closely linked to heart disease, making stress management a crucial aspect of heart health. Yoga, renowned for its stress-relieving benefits, provides a sanctuary for individuals to unwind and reconnect with their inner selves.

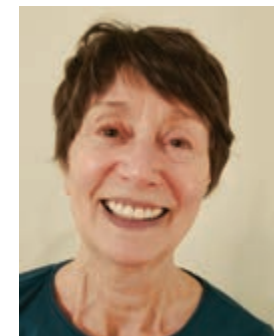
The practice of yoga encourages mindfulness and relaxation through techniques such as deep breathing, meditation, and progressive muscle relaxation. A study published in the *Journal of the American College of Cardiology* demonstrated that individuals who participated in a yoga-based lifestyle intervention exhibited significant reductions in perceived stress levels.



## Yoga Haven

Additionally, heart rate variability – a key indicator of stress resilience – improved among participants, further emphasizing the positive impact of yoga on stress modulation.

In the pursuit of a heart-healthy lifestyle, yoga emerges as a holistic and transformative practice that extends beyond physical exercise. By targeting inflammation, reducing blood pressure, and alleviating stress, yoga offers a comprehensive approach to cardiovascular well-being. Integrating yoga into daily life can be a proactive and enjoyable strategy for preventing heart disease and promoting overall health. As the ancient wisdom of yoga meets contemporary scientific validation, it becomes clear that the path to a healthy heart involves not only the beats of the physical organ but also the harmonious rhythms of the mind and spirit.



**Kathryn Geib**  
*Studio owner*

## CONTACT US:

**(863) 372-1682**

1511 6th St. SE

Winter Haven, FL 33880

**WINTERHAVENYOGA.COM**

# Falling Out of Love with Your Hair?

## Fall in Love Again with Bauman Medical's Help

by Alan J. Bauman, MD, ABHRS



Want to give your hair some love this month? Consider breaking up with...

- Combovers (unless you're a gangster)
- Baseball caps (when you're not at a baseball game)
- Over-the-counter topicals (with a side of towel)
- Hair growth supplements (one more thing to remember)
- Shaving your head (unless you enjoy getting a sunburn) or
- Needles (except the knitting kind)

We have just what the doctor ordered.

Bauman Medical specializes in helping people grow hair they'll love forever, through thick and thin (well, more like to thick from thin), without resorting to sloppy, drippy, uncomfortable, embarrassing, or inconvenient measures they definitely *wouldn't* love.

Some folks might call us "SuperHairoes." (I know, that's corny), but at Bauman Medical, we practically leap tall buildings in a single bound, like a passionate

suitor, to deliver the latest, greatest hair enhancement treatments to our follicly challenged patients. The "mane attractions" of our clinic include remedies that are painless, comfortable, and discreet. Oh, and they help you grow the best hair you've had in years.

A fan favorite is **TED**.

TED (TransEpidermal Delivery) is one of the most exciting innovations in hair restoration that we've seen in years, and we adopted its use as soon as the studies convinced me it was safe and effective.

It's especially ideal for people who've avoided getting medical treatment for their thinning hair because they're averse to surgery or having their blood drawn for traditional regenerative procedures. TED is needle-free, pain-free, requires no anesthesia of any kind, and is highly effective.

Your skin (including your scalp) is designed to keep out moisture and other substances we might come into contact with in our environment. This is generally good for our health but not ideal if we're trying to get beneficial substances past this barrier to treat certain conditions.

First, we apply a specialized topical hair growth serum on your scalp in the treatment zone.

We then employ 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. (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 powerful growth factors and peptides stimulate hair follicles to produce thicker, stronger, healthier hair. This FDA-cleared Class 1 medical device is clinically proven to start minimizing shedding and improving hair growth and scalp health within minutes.

**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.

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.)

**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 expect hair growth improvements that last a year or more from a single treatment. Requires once-yearly treatment.





Before and After 3 TED Treatments by Dr. Alan Bauman



Before and 6 months after PDOgro™ by Dr. Alan Bauman

**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. Requires once-yearly treatment.

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

#### VIP|FUE™ hair transplant procedure

VIP|FUE™ offers patients all the advantages of traditional minimally invasive FUE (follicular unit extraction) – no linear scar and a quicker, more comfortable recovery. (FUE involves extracting individual hair follicles from a donor area and transplanting them to the balding area.)

VIP|FUE™ is the only transplant procedure that doesn’t require the donor area to be trimmed or shaved. Hair left in the donor area remains the same length through the procedure and recovery. It’s the ultimate in discretion because your hairstyle does not change through the process.

#### Contact Us

The love your hair will get at Bauman Medical might trump confections and roses (but we love those too). So set your heart on contacting us today to see how we can help the love for your hair grow along with your hair actually growing.

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](http://www.baumanmedical.com).



## Genetics and Hair Loss

- There are now over 200 known DNA locations (genes and 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.



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Jason Waugh, D.O.

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- Natural results



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