

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup>

MAGAZINE

March 2024

Polk/Brandon Edition - Monthly

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**FREE**



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

**DR. JASON WAUGH:  
A LIFELONG COMMITMENT  
TO HEALING**

**THE ROLE  
OF BIO-IDENTICAL  
HORMONE REPLACEMENT  
THERAPY**

**RADIOFREQUENCY ABLATION  
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**INNOVATION SENIOR LIVING –  
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# VARICOSE VEINS ARE A MEDICAL CONDITION SERVING CENTRAL FLORIDA FOR OVER 22 YEARS

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**Health & Wellness** MAGAZINE





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



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



### WHAT DO SKIN CHANGES INDICATE?

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

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

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

### WHAT SYMPTOMS MIGHT I HAVE ALONG WITH SKIN CHANGES?

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

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

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

### HOW ARE SKIN CHANGES TREATED?

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

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

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



*Compression socks help you maintain your active lifestyle*

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

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



### Vascular Vein Centers of Davenport / Haines City

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**www.PolkVVC.com**

next to IMA Pichardo Clinic



# Dr. Jason Waugh: A Lifelong Commitment to Healing

**P**rimarily care providers serve as crucial figures in the lives of their patients, embodying roles beyond those of mere doctors. They act as health advocates, attentive listeners, trusted confidantes, educators, and counselors. Dr. Jason Waugh epitomizes these multifaceted roles in his practice at VIPcare Holiday.

Dr. Waugh has over 16 years of experience practicing medicine and is a former United States Air Force staff physician.

## Who is Dr. Jason Waugh?

From a young age, Dr. Waugh knew that his calling lay in medicine. As a child, he carefully weighed his interests, skills, and the financial viability of several careers, ultimately choosing medicine as his path forward.

"I felt that I could have the greatest and most positive impact on the world by practicing medicine," he said.

Born and raised in Tulsa, Oklahoma, Dr. Waugh's journey to becoming a physician took him through various stages of life, each contributing to his growth and development. After enlisting in the U.S. Air Force in 1992, he underwent training as a laboratory technician, laying the groundwork for his future in medicine. Though medical school beckoned, Dr. Waugh first dedicated several years to serving his country before pursuing his dream.

Upon his return to civilian life in 2000, Dr. Waugh wasted no time in pursuing his medical education. He completed his prerequisites and attended Oklahoma State University Center for Health Sciences, earning his medical degree with determination and perseverance. Following medical school, Dr. Waugh embarked on an internship and residency in Internal Medicine at Tulsa Regional Medical Center, honing his skills and knowledge in patient care.

In 2009, the Air Force extended an offer to Dr. Waugh to return to active duty, a testament to his dedication and expertise. For over a decade, he served as a physician, rising to the rank of Lieutenant Colonel before retiring in 2021. Dr. Waugh's military service took him across the country, from Travis Air



Force Base in Fairfield, CA, to his eventual relocation to Florida.

Now, as a member of the VIPcare family, Dr. Waugh is thrilled to continue his mission of providing compassionate and comprehensive care to his patients.

"VIPcare believes in the primary care model and enhances the physician's ability to spend time with their patients, getting to know them, their quirks, their medical history, and educating them on health issues and healthy living," he said.

Dr. Waugh views himself not only as a healer but also as a teacher, empowering patients with knowledge and guidance to make informed decisions about their health.

For Dr. Waugh, optimal medical outcomes stem from early intervention and preventative care rooted in patient education. He believes in equipping individuals with the understanding and tools necessary to actively participate in their healthcare journey, fostering a sense of empowerment and responsibility.

In his tireless dedication to healing and serving others, Dr. Jason Waugh embodies the essence of a true physician, guided by compassion, expertise, and a lifelong commitment to making a positive impact on the world.

## Providing 5-Star Primary Care Service

With a steadfast focus on putting patients first, VIPcare ensures that every individual receives personalized attention and comprehensive care tailored to their unique needs. From the moment patients walk through the doors, they are greeted with compassion, respect, and a genuine dedication to their well-being.

VIPcare's team of healthcare professionals take the time to listen attentively, understand concerns, and collaboratively develop treatment plans that prioritize patient comfort and satisfaction. At VIPcare, we believe that empowering patients with knowledge and involving them in decision-making processes leads to Better Health and enhanced overall satisfaction with their healthcare experience.

## Come Meet Dr. Waugh at VIPcare Holiday

Meet Dr. Waugh at VIPcare Holiday, located at 2537 U.S. 19, Holiday, FL 34691, and see just how great he is. He is currently accepting new Medicare Advantage patients and can't wait to meet and join you on your journey to Better Health. Schedule an appointment with him today by calling 727-263-3786.



Jason Waugh, D.O.



(727) 263-3786  
[www.getvipcare.com](http://www.getvipcare.com)

VIPcare Holiday  
2537 U.S. 19, Holiday, FL 34691

# 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  
**561-314-3976**



# Harmonizing Health: The Role of Bio-identical Hormone Replacement Therapy

Jason De Leon, MD

Co-Founder of D&G Optimized Wellness and Hormones, LLC

IN THE REALM OF HEALTH AND WELLNESS, MANY OF OUR BODILY FUNCTIONS ARE CONTROLLED BY HORMONES, CHEMICAL MESSENGERS THAT DICTATE OUR ENERGY, MOOD, METABOLISM, AND OVERALL VITALITY. AS WE AGE, THIS SYMPHONY CAN ENCOUNTER DISCORD, HORMONE LEVELS DROP, AND/OR THE MOLECULES BECOME LESS EFFICACIOUS PARTICULARLY DURING SIGNIFICANT LIFE TRANSITIONS LIKE MENOPAUSE AND ANDROPAUSE. THIS IS WHERE BIO-IDENTICAL HORMONE REPLACEMENT THERAPY (BHRT) COMES INTO PLAY, OFFERING A SOLUTION TO THE DISSONANCE OF HORMONAL IMBALANCE.

## Understanding BHRT

Bio-identical Hormone Replacement Therapy utilizes hormones that are molecularly identical to those our body naturally produces. Derived from plant sources like yams, these bio-identical hormones provide a natural and effective approach to restoring hormonal balance. This stands in contrast to their synthetic counterparts, which although bind the same receptors can lead to downstream issues like blood clots and cancer.



## The Catalysts for Considering BHRT

Hormonal imbalances can impact mental clarity, emotional stability, energy levels, sleep patterns, and even our physical health. BHRT addresses these imbalances head-on, offering restoration through a treatment tailored to the individual's unique hormonal landscape.

## Delving Deeper into the Benefits:

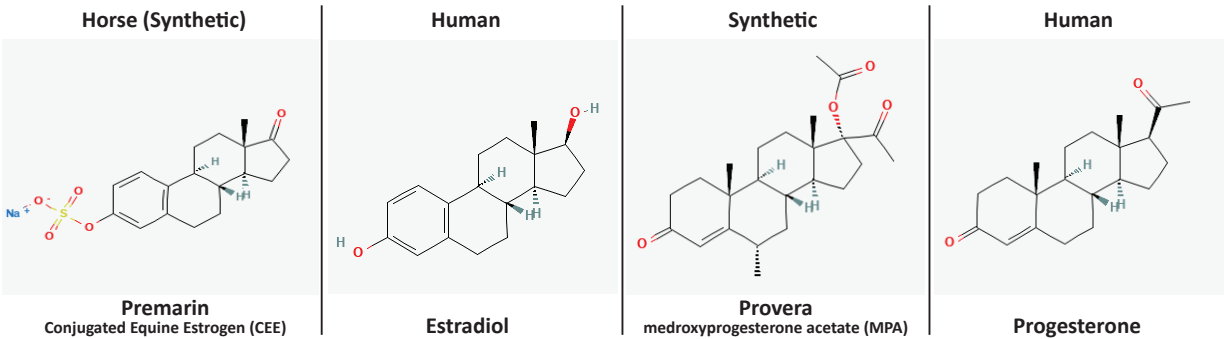
### • Cognitive Clarity and Emotional Stability:

By rebalancing hormones, BHRT can alleviate the mental fog and mood swings that often accompany hormonal shifts, restoring a sense of self.

- **Revitalized Vigor:** Addressing hormonal deficiencies can significantly boost energy levels, combating the pervasive fatigue that many experience.
- **Restorative Sleep:** Hormonal imbalances can disrupt sleep. BHRT can help normalize these patterns. This promotes a deeper more restful sleep.
- **Metabolic and Physical Health:** Hormones influence metabolism, muscle strength, bone density, and even insulin sensitivity. BHRT can play a crucial role in maintaining these aspects of health; this supports overall physical well-being.



## The Distinction Between Bio-identical and Synthetic Hormones



The choice between bio-identical and synthetic hormones is a pivotal one. While synthetic hormones have been a staple in hormone replacement therapy, their structural differences from natural hormones lead to less-than-optimal outcomes and unwanted downstream effects. As a result, all hormones have been given a bad rap. Bio-identical hormones, however, fit seamlessly into our body's hormonal framework, facilitating a smoother integration whereby reducing risks associated with synthetic hormones.

### Personalizing the BHRT Experience

The journey toward hormonal balance through BHRT is highly individualized. It begins with recognizing the signs of hormonal imbalance—whether they manifest as mood disturbances, energy fluctuations, sleep issues, or physical changes.

A comprehensive consultation with a healthcare provider specializing in Bio-identical Hormone Replacement Therapy is crucial. This process involves detailed assessments of symptoms, medical history, and hormone levels, ensuring a treatment plan that is as unique as the individual.

### Navigating the Path to Wellness

Embarking on BHRT is a decision that should be made with careful consideration and professional guidance. The timing, approach, and specific hormones used are all tailored to the individual, reflecting the complexity and uniqueness of each person's hormonal needs. Whether seeking relief from the symptoms of menopause or andropause or addressing conditions like polycystic ovarian syndrome (PCOS), BHRT offers a path to improved health and well-being.

## The Consultation: Your Compass to BHRT

The cornerstone of a successful BHRT journey is the initial consultation. It is imperative that the physician listen intently to review each of the symptoms in detail by while also investigating both hormonal and metabolic baselines through lab evaluation. Only then can the provider create a thorough analysis and personalized treatment plan. BHRT practitioners aim to align the therapy with each person's unique physiological rhythm.

### Embracing a Holistic Approach to Health

Bio-identical Hormone Replacement Therapy is not just about addressing hormonal imbalances but is part of a broader, holistic approach to health that includes lifestyle modification, nutrition, and exercise. Integrating BHRT with a comprehensive wellness plan will enhance its effectiveness, promoting not only hormonal balance but also overall health and longevity.

### A Personal Journey of Transformation with BHRT

As I reflect on another year of life and my personal journey with BHRT, I'm reminded of the profound impact it has had on my health and well-being. Just a few years ago, I was navigating through a haze of fatigue, weight gain, and a looming risk of diabetes. My decision to embrace BHRT marked the beginning of a transformative journey that has seen me shed not just weight but the burdens of ill health.

With over 70 pounds lost and a newfound vigor for life, my journey with BHRT has been about more than just physical transformation. It's been a rediscovery of self, a testament to the power of personalized care and the possibilities that unfold when we listen to our bodies and make informed, health-forward choices. As a result, our goal at D&G Optimized Wellness and Hormones is to share this information so that the benefits can be experienced by anyone wanting to be heard and desperately ready for change.



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# RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



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

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

## What is radiofrequency ablation?

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

## What conditions are treated by radiofrequency ablation?

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

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

## How does radiofrequency ablation work?

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

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

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

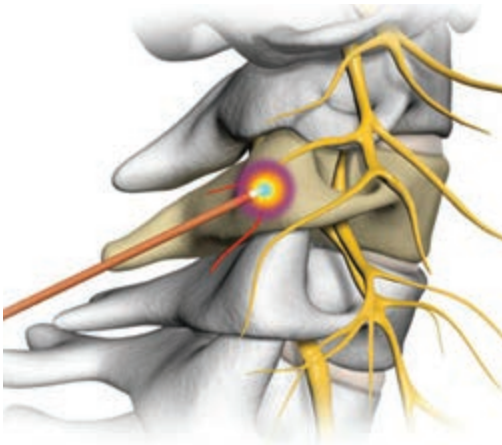
Excel Pain and Spine will provide you with specific post-procedure instructions, and these usually include avoiding driving for 24 hours as well as resting and avoiding strenuous activity for 24 hours.



### Is radiofrequency ablation effective?

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

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



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

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

#### They include:

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

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

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



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

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

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

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

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

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

**Arpit Patel, D.O.**  
Board Certified - Pain Medicine  
Board Certified - Physical Medicine & Rehabilitation

**Corey Reeves, M.D., M.B.A.**  
Board Certified - Pain Medicine  
Board Certified - Physical Medicine & Rehabilitation

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



**T**he Innovation Senior Living family of senior living communities offers an exceptional array of options for Florida 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



**The Club  
at Lake Wales**

12 East Grove Ave., FL 33853  
T.: 863-679-8246

Assisted Living License 9383



**The Club  
at Bartow**

290 Idlewood Avenue Bartow,  
FL 33830  
T.: 863-519-3398

Assisted Living License 9888



**The Club  
at Haines City**

301 Peninsular Dr., FL 33844  
T.: 863-422-5204

Assisted Living License 9382

**INNOVATION**  
*Senior Living*

**www.Innovationsl.com**



# The Tranquil Haven: Exploring the Profound Benefits of Yoga for Stress and Anxiety



In the bustling rhythm of modern life, stress and anxiety have become unwelcome companions for many. Amid the chaos, finding a sanctuary for mental well-being is crucial. Yoga, with its centuries-old practice rooted in mindfulness and physical activity, emerges as a beacon of hope in the storm of stress. At Yoga Haven, we delve into the profound benefits of yoga on stress and anxiety, unraveling the therapeutic effects that make it a haven for the restless mind.

## Mind-Body Connection

Yoga is renowned for its emphasis on the mind-body connection. Through a series of postures (asanas), breathing exercises (pranayama), and meditation, yoga encourages practitioners to unite their physical and mental selves. This synchronization cultivates a heightened awareness of the present moment, effectively breaking the cycle of anxious thoughts and stressors that often plague our minds.

## Stress Reduction through Asanas

The physical aspect of yoga plays a pivotal role in stress reduction. Asanas, or yoga poses, are designed to release tension stored in the body, promoting flexibility, strength, and overall well-being. Poses like Child's Pose (Balasana) and Corpse Pose (Savasana) focus on relaxation and deep breathing, activating the body's parasympathetic nervous system—the rest-and-digest response that counteracts the stress-inducing fight-or-flight mode.

## Breathing Techniques for Anxiety Management

Pranayama, the practice of breath control in yoga, is a potent tool for managing anxiety. Deep, intentional breathing patterns signal the body to relax, slowing the heart rate and calming the mind. Techniques such as Ujjayi breathing and Nadi Shodhana (alternate nostril breathing) are particularly effective in promoting a sense of tranquility, making them valuable tools for individuals grappling with anxiety.

## Mindfulness Meditation for Stress Relief

In the chaotic swirl of everyday life, the mind often races ahead, dwelling on the future or ruminating on the past. Yoga's mindfulness meditation invites practitioners to anchor themselves in the present moment. This deliberate focus on the here and now diminishes anxiety about the unknown future and dissipates the lingering stress associated with past events. Through regular practice, individuals learn to observe their thoughts without judgment, fostering a sense of inner calm.

## Stimulating the Release of Feel-Good Neurotransmitters

Yoga has been linked to the stimulation of neurotransmitters like gamma-aminobutyric acid (GABA) and serotonin, which play crucial roles in mood regulation. Low levels of these neurotransmitters are often associated with anxiety and depression. The physical activity and mindfulness inherent in yoga have been shown to boost GABA levels, promoting relaxation, and elevate serotonin levels, contributing to an improved mood and reduced stress.

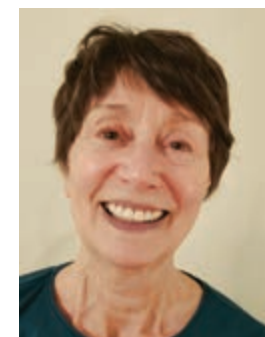
## Building a Supportive Community

Yoga Haven isn't just about postures and breathing exercises; it's a community. The shared experience of tackling stress and anxiety through yoga creates a



supportive environment. Practitioners often find solace in connecting with others facing similar challenges. This sense of community can be a powerful antidote to the isolation that often accompanies stress and anxiety, providing a network of understanding and encouragement.

In a world that often feels like a whirlwind of demands and uncertainties, Yoga Haven stands as a sanctuary for those seeking respite from stress and anxiety. Through the holistic integration of mind and body, yoga offers a transformative journey toward inner peace. The profound benefits of stress reduction, anxiety management, and the fostering of a supportive community make Yoga Haven a haven indeed—a place where the mind can find stillness, and the body can rediscover its natural balance. Embrace the tranquility; your journey to a stress-free haven begins on the mat.



**Kathryn Geib**  
*Studio owner*

## CONTACT US:

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Winter Haven, FL 33880

**WINTERHAVENYOGA.COM**



## Spiritual Wellness

# Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

**Act differently.** “...don’t copy the behavior and customs of this world...” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

**Think differently.** “...a new person by changing the way you think...” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

**Be different.** “...let God transform you into a new person...” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)



*Spring is here!  
Change is here!  
Hope is here!  
Embrace it.  
Love it. Live it.*

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/>  
[Lakewales@recovery.church](mailto:Lakewales@recovery.church)  
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**Jason Waugh, D.O.**

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