

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

August 2024

Polk/Brandon Edition - Monthly

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**FREE**



**SENIORS AGING IN PLACE**

**UNSIGHTLY VEINS CAN  
INDICATE DEEPER PROBLEMS**

**TESTOSTERONE REPLACEMENT THERAPY:  
AN IN-DEPTH LOOK, AT ITS WIDE APPEAL**

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



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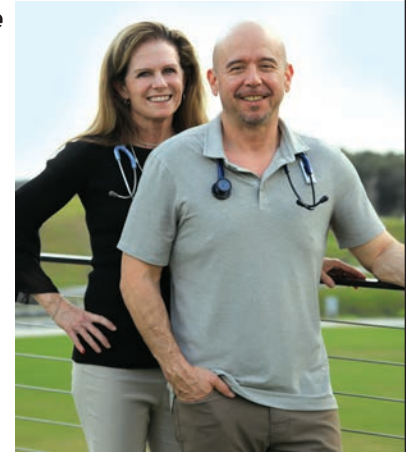
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# UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

**“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.

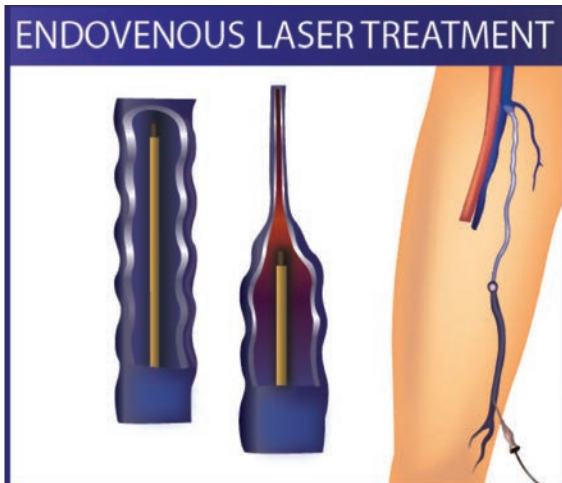
**These procedures are covered by most medical insurances, including MEDICARE.**

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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# 5 Vaccines Recommended for Adults Age 65 and Older

**A**s we begin to wind down on summer, it's the perfect time to schedule your seasonal flu vaccine and make sure you're up to date on other vaccines that help to protect you against respiratory illnesses, such as COVID-19 or pneumonia. These conditions tend to be more common during the fall and winter months, so you want to be sure you take the necessary preventative measures ahead of time.

August is National Immunization Awareness Month (NIAM), an annual observance that highlights the importance of vaccination for people of all ages, especially those 65 and older. During NIAM, take a moment to ensure you're current on all recommended vaccines for your age group.

## Recommended Vaccines for Older Adults

Vaccines are an important preventative measure that helps to protect yourself and those around you. As we get older, our immune system undergoes dramatic age-related changes. It becomes slower to respond and is much more easily compromised if and when exposed to disease, resulting in slower recovery from injuries, infection, and illness. This is because your body produces fewer immune cells, including white blood cells, with age.

For this very reason, it is vital that you are current on all recommended vaccines. There are five vaccines adults age 65 and older should consider to prevent certain diseases:

### Influenza (Flu)

The flu shot is recommended for everyone six months or older. They usually become available in September, so you're protected during the critical months, typically fall and winter, when influenza is usually common and highly contagious. Influenza is a respiratory virus. For adults over the age of 65, a high-dose flu vaccine is available, which helps create a strong immune response.

### Pneumonia

The CDC recommends pneumococcal vaccination for all adults 65 years or older. The pneumonia vaccine is considered a one-time vaccine that offers protection against over 15 types of pneumococcal bacteria that commonly cause severe infections in adults. The vaccine is 60 to 70 percent effective in preventing serious disease complications and is expected to last throughout your lifetime.

### Shingles

Older adults should receive two doses of the shingles vaccine, two to six months apart, to help protect against the viral infection. Shingles is a reactivation of chickenpox that develops on the body as a painful rash with blisters. The shingles vaccine is the only way to protect yourself against shingles and postherpetic neuralgia (PHN), the most common complication of shingles.

### Tetanus, Diphtheria, and Pertussis

The Tdap vaccine can prevent tetanus, diphtheria, and pertussis. Tetanus enters the body through cuts and wounds, and diphtheria and pertussis spread from person to person. These three diseases can lead to very serious health problems and can even become life-threatening.

Tetanus causes stiffening in the muscles and can result in difficulty swallowing or breathing. Diphtheria can also cause trouble breathing, in addition to heart failure and paralysis. Pertussis, also known as whooping cough, can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Adults should receive a booster Tdap vaccine every 10 years.

### COVID-19

The older population remains more vulnerable to severe symptoms from COVID-19. There are currently several vaccines available to protect yourself from the virus, including updated booster shots to address new variants. Some vaccines require two doses, while others are single-dose options. You are considered fully vaccinated two weeks after completing the required doses.



## Maintain Your Health With Vaccines

Take a proactive role in your health and get the necessary vaccines to ensure your safety. Vaccines are a small price to pay for *Better Health*. It's important to discuss your vaccine options with your healthcare provider. At VIPcare, we offer all recommended vaccines for adults 65 and older. Your health and safety are important to us. Learn more about vaccines and what preventative measures you can take by scheduling an appointment with a VIPcare provider today! Call **727-263-3786**



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# SENIORS AGING IN PLACE

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



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

## IT FIGHTS ISOLATION

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

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

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

## HOME HEALTH CARE CAN HELP

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

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

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  
**727-771-5053**

# TESTOSTERONE REPLACEMENT THERAPY:

## An In-depth Look, at Its Wide Appeal

IN A TIME WHERE HEALTH AND WELL-BEING ARE BECOMING INCREASINGLY IMPORTANT ACROSS ALL DEMOGRAPHICS, TESTOSTERONE REPLACEMENT THERAPY (TRT) STANDS OUT AS AN ADVANCEMENT THAT HAS THE POTENTIAL TO REDEFINE STANDARDS FOR BOTH MEN AND WOMEN. AS WE NAVIGATE THE COMPLEXITIES OF AGING, THE DECREASE IN TESTOSTERONE LEVELS BRINGS ABOUT CHALLENGES THAT IMPACT OUR STRENGTH, EMOTIONAL WELL-BEING, AND OVERALL VIGOR. TRT OFFERS A RAY OF HOPE BY NOT ONLY AIMING TO RESTORE BALANCE BUT ALSO BY PROMISING TO IMPROVE OUR QUALITY OF LIFE. THIS DETAILED EXAMINATION SHEDS LIGHT ON THE BENEFITS OF TRT, DISPELS MISCONCEPTIONS, AND HIGHLIGHTS ITS CAPACITY TO TRANSFORM HEALTHCARE.



## TESTOSTERONE

### The Range of Benefits Offered by testosterone, Going Beyond Just Building Muscle

While testosterone has traditionally been associated with men's health its influence is crucial for individuals of all genders. Scientific studies emphasize its role in metabolic processes in managing conditions like type 2 diabetes. Research indicates that TRT can boost insulin sensitivity, reduce inflammation and enhance cholesterol profiles leading to a significant decrease in cardiovascular risk factors.

For women, the advantages of testosterone therapy stretch beyond improving libido. TRT effectively addresses symptoms related to levels of androgens by tackling mood disorders, preventing loss of bone density and muscle mass, as well as addressing various forms of sexual dysfunction.

Recent research challenges the belief that testosterone replacement therapy (TRT) causes hair loss in women presenting evidence of its ability to promote hair regrowth on the scalp and supporting arguments against baseless concerns.

### Dispelling Misconceptions; A Journey Towards Truth and Well-being

The increasing popularity of TRT has given rise to myths and misunderstandings particularly regarding its safety. In depth reviews and analyses of existing literature disprove the idea of a connection between TRT and elevated cardiovascular risks. Instead, studies indicate that testosterone plays a role against heart disease with its therapeutic use demonstrating improvements in heart function among individuals with these conditions.

Regarding worries related to liver health, aggression and cancer risks thorough investigations confirm the safety of TRT when administered appropriately. Contrary to fears of liver issues or increased aggression levels, testosterone therapy—especially when not taken orally—has been linked to enhanced well-being without health concerns. Additionally, its counteractive relationship with estrogen alleviates concerns about breast cancer risk underscoring its benefits for estrogen related conditions.

### Testosterone and Psychological Well-being; A Shift in Understanding

One of the findings in TRT research is its significant influence on mental health.

Testosterone plays a role, in promoting well-being by naturally reducing anxiety and fostering a more positive mental state. Both men and women have reported feeling more confident and experience decreased levels of anxiety highlighting how this hormone affects not only physical health but also mental health.

Sharing stories and expert insights can enhance our understanding of Testosterone Replacement Therapy (TRT). Hearing from individuals whose lives have been positively transformed by TRT sheds light on its benefits providing a perspective on the therapy. We stress the importance of individualized treatment plans that cater to specific health conditions like metabolic syndrome as we age.





As we look towards the future of TRT in healthcare, discussions around this treatment are constantly evolving. Its use in addressing health issues signifies a move towards comprehensive and inclusive treatment options. Ongoing research aims to uncover more about the benefits, safety and applications of TRT potentially leading to improved and therapies.

The impact of TRT on society is profound as it challenges ideas, about aging and gender specific treatments.

By promoting comprehension and debunking misconceptions, we set the stage for a future where Testosterone Replacement Therapy (TRT) is not solely viewed as a concern for men but as an essential aspect of comprehensive healthcare.

### Personal Reflections...Embracing an Approach to Health

The utilization of Testosterone Replacement Therapy highlights the progress in science and our evolving knowledge of well-being. Its advantages, which encompass mental and emotional wellness emphasize the role of hormones in attaining a harmonious and rewarding existence. As we persist in exploring and advocating for health choices TRT emerges as a source of optimism offering avenues to vitality and well-being that were previously unimaginable.

On our quest for health, it is vital to stay informed, receptive and proactive in pursuing remedies that boost our welfare. TRT serves as one tool among many in our arsenal shedding light on the route, to a more dynamic life.

**Dr. Rita Gillespie's** path to becoming a leading expert and advocate for Bio-identical Hormone Replacement Therapy (BHRT) is both fascinating and enlightening. Growing up in the suburbs of Philadelphia, Rita's years were defined by a nature and a dedication to excellence. Being the oldest of three siblings she not set standards but also displayed natural leadership qualities from a young age. Her love for sports & running began during her school years and continued through her college days at LaSalle University, where she excelled on an athletic scholarship.



After completing her studies Dr. Gillespie's journey towards a career took her to the Philadelphia College of Osteopathic Medicine. Her medical training started at the Albert Einstein Medical Center in Philadelphia providing her with a foundation in the aspects of patient care. However, it was during her residency at the University of Florida Gainesville in Emergency Medicine that she gained a perspective on medicine and sharpened her skills in acute patient management.

Dr. Gillespie's venture, into Hormone Replacement Therapy was driven by both professional interest and personal need. Following years of practicing emergency medicine, she decided to pursue education through Worldlink Medical to specialize in BHRT. Dr. Gillespie's interest, in this area wasn't just academic; she personally experienced the symptoms of menopause giving her insight into how hormonal imbalances affect patients.

As a Doctor, Rita takes an approach to her practice focusing on the balance of mind, body and spirit. This perspective greatly influences her view on BHRT, which she believes should be integrated into patient care to promote healthy aging and enhance overall well-being. With both experience and medical knowledge Dr. Gillespie isn't a healthcare provider but also a compassionate advocate for her patients. She knows firsthand how BHRT can improve quality of life and is committed to supporting her patients with understanding, expertise and a dedication to health.

To Dr. Gillespie, BHRT represents more than a treatment—it's a way, to age gracefully while maintaining strength, mental clarity and emotional stability. Her goal is to make BHRT a standard part of healthcare so that individuals can live fulfilling lives at any stage.

She is deeply committed to this purpose due to her encounters and the successful results she has seen in her patients, which positions her as a qualified and enthusiastic advocate, for Bio-identical Hormone Replacement Therapy.



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# 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-inflammatory, 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.

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- Physical Medicine & Rehabilitation Experts
- Assistant Professor at University of South Florida and Central Florida
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#### **Arpit Patel, D.O.**

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

Board Certified - Pain Medicine  
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#### **Neal Shah, M.D.**

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# HAVE YOU SEEN THIS MANE?

## *Celebrate Hair Loss Awareness Month by Recovering Your Hair*

by Alan J. Bauman, MD, ABHRS



**W**hen it comes to missing hair, there's no need to send out a search party. At Bauman Medical, my expert team and I are the only detectives you need to solve this mystery. Our latest advancements in diagnostic tools not only make hair loss less of a puzzle but also provide a profound sense of relief and comfort, knowing that we have the best tools to understand your unique situation.

August is Hair Loss Awareness Month; there's no better time to bring attention to a shared experience for over 80 million Americans. With many already going through their fair share of stresses, the added weight of a thinned-out crown or receding hairline only creates extra physical and emotional tolls.

There's no need to pull out the magnifying glass and start looking for clues. Every day, I spend time with men and women well into the later phases of hair loss. With plenty of explanations as to why they don't have that head of hair they had 15 years ago, I go to my state-of-the-art sleuths to get to the bottom of their cases.

### OUR CUTTING-EDGE DIAGNOSTIC TOOLS

Modern problems require modern solutions, which is where our myriad of diagnostic tools come into play. Here's a quick rundown of each tool we use ahead of the treatment plans I then develop to show you how we gather clues to solve the mystery.

#### HAIRMETRIX

Thanks to AI, we take a quick snapshot of your scalp to gather information about your exact hair quantity and quality. The HairMetrix tool uses advanced AI-powered algorithms to analyze this data, allowing us to make a precise diagnosis and craft a treatment plan specific to your hair loss needs. We can also monitor how you're reacting to the blueprint, ensuring the best possible results for your hair restoration journey.

#### HAIRCHECK

With HairCheck, we examine your Hair Mass Index in specific areas of the scalp to determine your exact hair volume and how it compares to normal. It can also measure your hair breakage percentage—a common culprit for hair loss and thinning. Getting a baseline and monitoring changes over time lets us know what treatments are working, where they are working, and how well they are working.

#### TRICHOLOGICAL EVALUATION

In this comprehensive evaluation, our fantastic in-house certified trichologist and HairCoach™ Kimberly Jenkins, WTS, CHC, will probe your scalp to address every aspect of scalp health. She will examine the pH balance, hydration status, sebum production, and elasticity of your scalp. This thorough look will shine a light on what works best for your scalp's future. Coupled with close-up images and lifestyle details, she'll curate a custom plan based on your specific situation. Soon, you'll know why they call her "The Scalp Whisperer!"

#### TRICHOTEST™

After taking a quick cheek swab, we can analyze your DNA and obtain information about your lifestyle. Your

DNA reveals the metabolic pathways that factor into your personal hair loss case. This info helps determine which treatment option is optimal for you, and our algorithm efficiently and effectively configures the best course of action, completely unique to you.

#### POLARIZED TRICHOLOGICAL MICROSCOPY

It's time to get up close and personal with your individual hair fibers and scalp. With a simple, painless hair pluck, this technology uses polarized light viewed through a microscope to evaluate hair shaft irregularities and hair growth patterns while also diagnosing certain scalp conditions that can lead to hair loss.

#### TREATMENTS

Now that you know the investigators, let me introduce you to the problem-solvers. At Bauman Medical, we believe in creating meticulously personalized treatment plans for each patient. No matter what you're experiencing, we're confident we'll close the case with a solution tailored to you, making you feel valued and understood.

#### LOW-LEVEL LASERCAPS

There is no need to throw on your thinking cap to figure out how to restore your hair. Instead, opt for my trademark Bauman Turbo LaserCap®. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, you'll reap what you sow in just five minutes of use — a bountiful head of hair that will have you ditching the hats to show off your flow.

#### PRP (PLATELET-RICH PLASMA)

For PRP, I'm going to need your assistance. Give me an hour of your time along with a small blood sample, and in return, I'll give you back a luscious head of hair. Sound like a fair trade? Great! Thanks to your sample, our experts are able to harness the platelets within to separate and concentrate them from the blood. They'll then pleasantly apply it back into your scalp without any pain. And since I don't want to take up too much of your time, one PRP treatment covers you for a year or more.

#### PDOgro™

Taking PRP to the next level, our state-of-the-art PDOgro™ combines PRP with our thin and absorbable polydioxanone threads. This procedure vitalizes a variety of scalp functions, such as endogenous collagen production, elastin, hyaluronic acid, new blood vessel

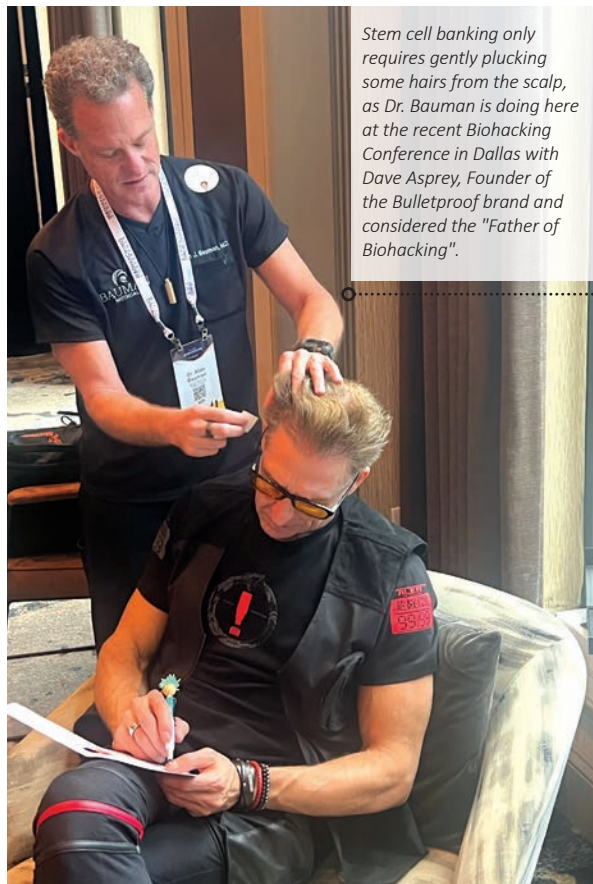


Before and 6 months after FUE Hair Transplant with Exosomes by Dr. Alan Bauman

formation, and fibroblast activity. This FDA-cleared synthetic absorbable material cultivates hair regrowth significantly when coupled with PRP. The non-surgical application of PDO threads into the scalp is a completely safe and comfortable outpatient procedure with no downtime or aftercare.

**TED**

With our TransEpidermal Delivery (or TED, to simplify it), we've broken massive ground on a game-changing growth serum administer. This serum is essential for the scalp, as it helps provide amino acids, dynamic growth factors, and advanced peptides that offer immense benefits, such as increased blood flow, stronger hair fibers, decreased shedding, and stimulated hair follicles. Non-invasive, TED is a fantastic solution for having your scalp firing on all cylinders, ensuring your comfort and ease.



Stem cell banking only requires gently plucking some hairs from the scalp, as Dr. Bauman is doing here at the recent Biohacking Conference in Dallas with Dave Asprey, Founder of the Bulletproof brand and considered the "Father of Biohacking".

another locally and across vast differences thanks to exosomes.

Exosomes bolster hair growth because they contain nucleic acids, growth factors, and other proteins.

**HAIR FOLLICLE STEM CELL BANKING**

Because no two cases are the same, I'm a firm believer in creating a plan that is best suited for you. And what better way to help yourself than by using your own cells? With Hair Follicle Stem Cell Banking, we can now collect stem cells directly from your hair follicles. We keep these cells cryopreserved in the bank to be used for future treatments, such as topical solutions for your scalp or maybe sometime soon, hair follicle cloning!

At Bauman Medical, we're always striving for innovative ways to mitigate and manage hair loss. With Hair Follicle Stem Cell Banking, we are expanding hair loss treatment possibilities and beyond. These cells have the potential to serve as the spark for hair regeneration, offering a promising solution for those seeking to restore their hair.

And while hair is what we do best, Hair Follicle Stem Cell Banking goes beyond scalps to our whole body. I'm talking skin rejuvenation, orthopedic treatments, and even perhaps organ repair and replacement — all thanks to you and your cells. Talk about a personalized plan.

**LEARN MORE**

Keeping up with the state of your hair no longer needs to be a worry. This Hair Loss Awareness Month, don't just recognize that your hair is missing; instead, get it back. Make the most of August and beyond by finding the hair loss treatment plan best for you. And while you're at it, be sure to stock up on gift e-cards available on the Bauman Medical website, good for any treatments or products, either in-office or online.

Call **561-220-3480** or point your camera at the QR code below to schedule a private one-on-one in-person or virtual consultation at [www.baumanmedical.com](http://www.baumanmedical.com).



How is it non-invasive? What's so groundbreaking is that with TED, we're able to harness sound waves and air pressure to apply the serum. No needles, all comfort.

**TED W/EXOSOMES**

There's no better one-two punch than our combo of TED and exosomes. The latest buzz in the realm of regenerative medicine, the impact exosomes have on cellular communication, cannot be emphasized enough. Think of them as your phone's cellular (no pun intended) provider. Cells are able to talk to one

**About Dr. Alan J. Bauman**



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

With over 27 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 34,000 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 8th 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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# Advice *For* Seniors



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By Paul Echavarria

## Everything you need to know: Accessible Bathtubs vs Accessible Showers

People with mobility issues must have an accessible bathtub or shower to use at their homes. Accessible bathtubs and showers are each designed to accommodate people who have mobility impairments or other disabilities but there are differences between the two. In this article, you will learn about the features of accessible bathtubs and accessible showers and the differences between the two.

### Major Differences

Keep in mind that handicap-accessible tubs and showers are each designed to be as accommodating as possible for people who suffer from disabilities or mobility impairments. They do, however, have different features and benefits that may be suitable for a variety of different preferences and needs.

Accessible bathtubs are created to have features such as grab bars, lower thresholds, and nonslip surfaces to make getting into and out of them much easier for people with mobility issues. They are also much safer than regular bathtubs and some even have built-in seats as well as adjustable jets to provide therapeutic benefits for people who need them.

On the other hand, accessible showers normally also have a lower threshold entry and exit, non-slip services, and guardrails. They are created to make the showering experience for people with mobility issues much easier and even people with mobility aids, such as walkers or wheelchairs, can access these types of showers much easier than a bathtub. Some of these showers even come with seats or built-in benches for added convenience.

### Consider Your Needs

The decision between installing an accessible bathtub or an accessible shower will depend upon the person's specific preferences and needs. For instance, if a person loves to soak in the bathtub but has mobility issues, an accessible bathtub with all its different features may be more beneficial. A person who requires a walker or wheelchair to get around may very well appreciate an accessible shower much more than a bathtub.

Each person must consult with their doctor, health care provider, or occupational therapist to decide which option is more suitable for their needs. It is important, also, that the person checks to ensure that the bathtub or shower they choose meets all safety requirements and accessibility standards.



## How Can We Make Your Life Easier?

Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

Our accessible bathtub and shower experts can assist you with all of your bathing accessibility needs. With every TubCut install, we provide the safest and most convenient ways for people to take a bath, even when they struggle with a disability or mobility impairment.

Contact us today for all of your accessible bathtub and shower needs. 877-882-2887, [www.tubcut.com](http://www.tubcut.com).



**BEFORE**



**AFTER**

**VA APPROVED**

**F**our years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

**1. DON'T HAVE ALL THE ANSWERS.** It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, “blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3) God can much better fill an empty vessel.

**2. LISTEN.** Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.” (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

**3. WRITE IT DOWN.** When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

**4. DO IT.** Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

## BREAKING THROUGH



These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the “better” that God had for us on the other side of the tough times.

No matter what you're going through remember this: “And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all

creation, will be able to separate us from the love of God in Christ Jesus our Lord.” (Romans 8:28, 38-39)

Brent Myers

**What is**  
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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.

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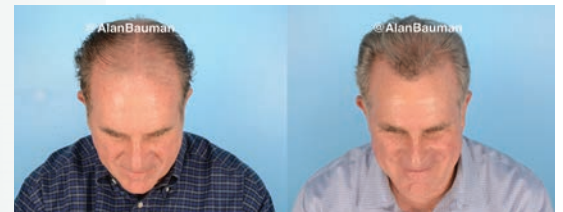


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