

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2024

Polk/Brandon Edition - Monthly

www.healthandwellnessfl.com

FREE



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

**WHAT IS CHOLESTEROL:
ITS ROLE, HEALTH RISKS, AND
MANAGEMENT**

SENIORS AGING IN PLACE

**RADIOFREQUENCY ABLATION
FOR PAIN MANAGEMENT**

**TACKLING INSULIN RESISTANCE
AND OBESITY: THE PATH
TO BALANCED HORMONES,
HEALTHY EATING, AND ACTIVE LIVING**

VARICOSE VEINS ARE A MEDICAL CONDITION

**CELEBRATING 23 YEARS
SERVING CENTRAL FLORIDA**

**The ONLY IAC Vein Center
in Central Florida**



BEFORE

AFTER

Treatment of varicose veins is covered by most medical insurance

BENEFITS OF TREATMENT:

NON-SURGICAL PROCEDURES
ALL PROCEDURES DONE IN OFFICE
NO DOWN TIME

MOST INSURANCES ACCEPTED, INCLUDING MEDICARE

\$23 off

**purchase of 2 pairs
of compression;
one promo per person;**

exp. 7/31/24

call to schedule
free compression
sock fitting



**Vascular Vein Centers
of Davenport / Haines City**

121 Webb Dr Suite 300

Davenport, FL 33837

(863) 291-6313

www.PolkVVC.com

New Patients Book Online



NO TIME FOR HAIR TRANSPLANT DOWNTIME?

BREAKTHROUGH NO-SHAVE VIP|FUE™ DELIVERS DISCREET RESULTS!

BENEFITS OF VIP|FUE™

- No shave – Only FUE transplant procedure available requiring no trimming or shaving of the donor area
- Preview your results immediately
- Shorter, less restricted, more comfortable downtime
- No stitches or staples • No linear scar
- Natural results



VIP|FUE™ transplant by Dr. Alan J. Bauman | BEFORE AND ONE DAY AFTER



BAUMAN
MEDICAL

ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Alan J Bauman, MD, ABHRS, IAHRs

#1 Top
Hair Restoration
Surgeon

AESTHETIC
EVERYTHING®

To book your VIP|FUE™ procedure or
Virtual Consultation, visit **BaumanMedical.com**
or call **561-220-3480** for more information.

1450 S. DIXIE HWY, BOCA RATON, FL 33432

contents September 2024

- 4 Skin Changes in The Lower Leg
Are a Sign of Venous Disease
- 6 What is Cholesterol:
Its Role, Health Risks, and Management
- 7 Seniors Aging in Place
- 8 Tackling Insulin Resistance and Obesity:
The Path to Balanced Hormones, Healthy Eating,
and Active Living
- 10 Radiofrequency Ablation
for Pain Management
- 12 Falling Leaves or Falling Follicles?
How to Protect Your Hair During
Alopecia Awareness Month
- 14 Bed Making Made Easy –
With CKI Solutions' Bed MadeEZ®
- 15 Spiritual Wellness: One Another

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

South Florida's Health & Wellness Magazine can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2024. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

EXCEL

PAIN AND SPINE

Pain Relief



Areas

We Can Help

- Back/Neck Pain
- Joint Pain
- Neuropathy
- Worker Compensation
- Motor Vehicle Accidents

Lakeland

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

Davenport

2310 North Blvd, West, Suite A, Davenport, FL 33837

Sun City Center

771 Cypress Village Blvd., Sun City Center, FL 33573

Winter Haven

1749 6th Street NW, Winter Haven, FL 33881

Ellenton

7032 US-301 North, Ellenton, FL 34222

Wauchula

326 South 6th Ave., Wauchula, FL 33873

Brandon

414 W Robertson Street Brandon, FL 33511

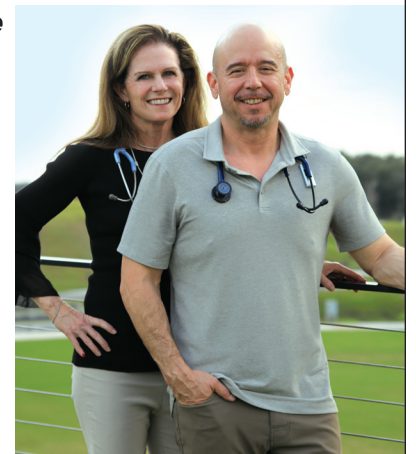
(P) 813.701.5804 | (F) 813.291.7615 excelpainandspine.com



**We can help
remind your body
what's missing.**

What can hormone imbalance look like?

- Weight Gain
- Loss of Muscle Mass
- Depression and Stress
- Cognitive Decline
- Insulin resistance
- Loss of Sex Drive
- Fatigue
- Sleep Disorders
- Increase in Degenerative Disease
- Compromised Immune System



We provide Bioidentical Hormone Replacement Therapy to alleviate any of the above symptoms to Optimize your health and wellness.

Contact us today for a Consultation!

Phone: 863-899-2404 Email: info@optimizedwellness.net

Serving Lakeland, Winterhaven, Plant City Brandon
and surrounding Florida cities.

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



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



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.

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.

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.



Compression socks help you maintain your active lifestyle



Vascular Vein Centers of Davenport / Haines City

121 Webb Dr Suite 300, Davenport, FL 33837

(863) 291-6313

www.PolkVVC.com

next to IMA Pichardo Clinic

\$10 OFF
 any pair of
 compression socks
limit 1

What is Cholesterol: Its Role, Health Risks, and Management

Cholesterol is a waxy, fat-like substance found in every cell of the body. It plays a crucial role in building cell membranes, producing hormones like estrogen and testosterone, and synthesizing Vitamin D. While cholesterol is essential for various bodily functions, high levels of certain types of cholesterol can pose significant health risks, including heart disease and stroke. It's important to understand the intricacies of cholesterol, including the different types. By understanding cholesterol and what it is, you can determine its potential health risks and ways to maintain safe and healthy levels.



3. Maintain a Healthy Weight: Being overweight can contribute to elevated cholesterol levels. Losing excess weight through a combination of diet and exercise can help improve cholesterol levels.

4. Quit Smoking: Smoking can lower HDL cholesterol levels and damage the walls of blood vessels. Quitting smoking can help improve cholesterol levels and overall cardiovascular health.

5. Limit Alcohol Consumption: Excessive alcohol intake can raise triglyceride levels and contribute to weight gain. Limit alcohol consumption to moderate levels, which is defined as up to one drink per day for women and up to two drinks per day for men.

6. Medication: In some cases, lifestyle changes alone may not be sufficient to lower cholesterol levels adequately. In such instances, healthcare providers may prescribe cholesterol-lowering medications.

WHAT IS CHOLESTEROL?

Cholesterol is carried through the bloodstream by lipoproteins, which are essentially a combination of fats (lipids) and proteins. There are two primary types of lipoproteins that carry cholesterol:

1. Low-Density Lipoprotein (LDL): Often referred to as "bad" cholesterol, LDL cholesterol is considered harmful because it can lead to the buildup of plaque in the arteries, causing atherosclerosis—a condition characterized by narrowed and hardened arteries. You want your LDL cholesterol to be low.

2. High-Density Lipoprotein (HDL): Known as "good" cholesterol, HDL cholesterol helps remove LDL cholesterol from the arteries and transport it to the liver for disposal. High levels of HDL are associated with a lower risk of heart disease.

Tip: Remember that LDL cholesterol is bad by thinking of the "L" for low, while HDL is good with the "H" for high.

HEALTH RISKS ASSOCIATED WITH HIGH CHOLESTEROL LEVELS

Elevated levels of LDL cholesterol are a major risk factor for heart disease and stroke. When LDL cholesterol builds up in the walls of arteries, it can form plaque, which narrows the arteries and restricts blood flow. This increases the risk of blood clots, heart attacks, and strokes. Additionally, high levels of triglycerides, another type of fat found in the blood, can also contribute to cardiovascular disease.

Here are some of the primary health risks associated with high cholesterol levels:

1. Atherosclerosis: The buildup of plaque in the arteries can lead to atherosclerosis, a condition that restricts blood flow and increases the risk of heart attack and stroke.

2. Heart Disease: High cholesterol levels are a significant risk factor for coronary artery disease, which occurs when plaque builds up in the arteries that supply blood to the heart muscle.

3. Stroke: Blocked or narrowed arteries due to plaque buildup can impede blood flow to the brain, increasing the risk of stroke.

4. Peripheral Artery Disease (PAD): Atherosclerosis can also affect arteries outside of the heart and brain, leading to PAD, which causes reduced blood flow to the limbs, particularly the legs. This is a common risk factor for people who also suffer from diabetes.

MAINTAINING HEALTHY CHOLESTEROL LEVELS

Managing cholesterol levels is crucial for reducing the risk of heart disease and stroke. Here are some strategies to help maintain healthy cholesterol levels:

1. Healthy Diet: Adopting a diet low in saturated and trans fats can help lower LDL cholesterol levels. Instead, focus on consuming foods rich in unsaturated fats, such as avocados, nuts, seeds, and olive oil. Increasing dietary fiber intake from fruits, vegetables, and whole grains can also help lower cholesterol levels.

2. Regular Exercise: Engaging in regular physical activity can help raise HDL cholesterol levels and lower LDL cholesterol levels. Aim for at least 150 minutes of moderate-intensity aerobic exercise, such as brisk walking or cycling, each week.

MANAGE CHOLESTEROL LEVELS FOR BETTER HEALTH

Cholesterol plays a vital role in various bodily functions, but elevated levels of LDL cholesterol can significantly increase the risk of heart disease and stroke. Managing cholesterol levels through lifestyle modifications, including diet and exercise, is essential for reducing the risk of cardiovascular disease. Additionally, it's important to work with a primary care provider to establish a wellness plan to monitor and manage your cholesterol. Contact a VIPcare provider today and start your journey to lower cholesterol and Better Health! Call **727-263-3786** to schedule your appointment.



Jason Waugh, D.O.

vipcare

(727) 263-3786

www.getvipcare.com

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

SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.
7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

OUR PROMISE

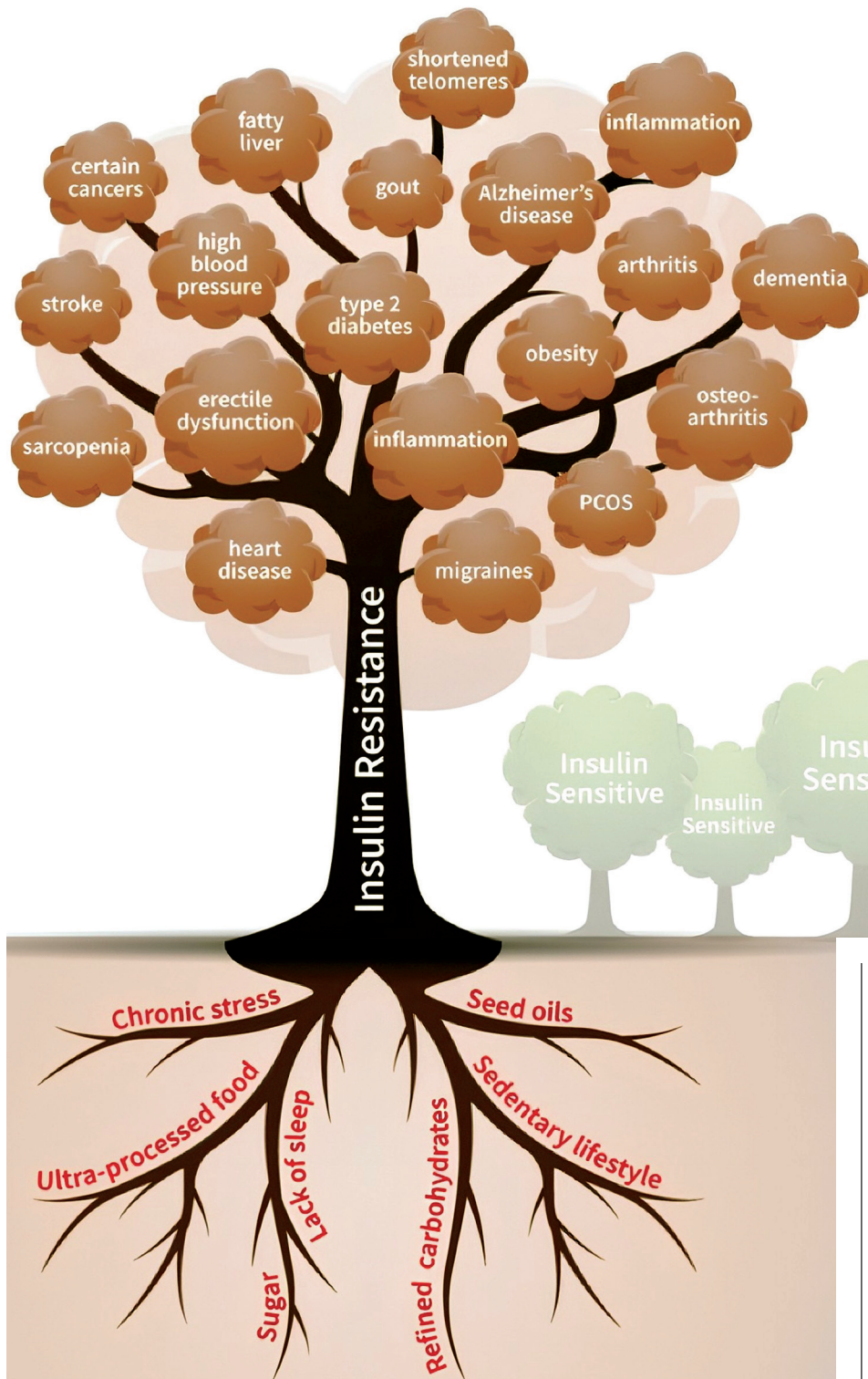
Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

TRUSTED HOMECARE SERVICES

MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at
Trusted HomeCare and let's discuss
how we can support
you or your loved one
727-771-5053



TACKLING INSULIN RESISTANCE AND OBESITY:

THE PATH TO BALANCED HORMONES, HEALTHY EATING, AND ACTIVE LIVING

Introduction

In our modern world, the dual epidemics of insulin resistance and obesity are wreaking havoc on public health. These conditions are not just about carrying extra weight or dealing with fluctuating blood sugar levels – they are precursors to more severe health problems, including type 2 diabetes, cardiovascular disease, and metabolic syndrome. While the causes are complex, the solutions are within reach. By understanding the intricate links between insulin resistance, obesity, and overall metabolic health, we can implement strategies to reclaim our health. This article explores the problem of insulin resistance and obesity, offering a path forward through hormone balancing, dietary adjustments, and regular physical activity.

Understanding Insulin Resistance

Insulin resistance (IR) lies at the heart of most metabolic disorders. This condition occurs when the body's cells become less responsive to insulin, a crucial hormone that regulates blood sugar levels while also limiting fat breakdown. As a result, the pancreas produces more insulin to compensate, leading to hyperinsulinemia (elevated insulin levels). Over time, this disrupts various metabolic pathways, leading to elevated blood sugar, increased triglycerides, and ultimately, the development of type 2 diabetes and other metabolic disorders.

The Connection Between Obesity and Insulin Resistance

Obesity is closely linked to insulin resistance. Excess fat, particularly visceral fat, contributes to inflammation and disrupts normal insulin signaling, exacerbating insulin resistance. The literature underscores how insulin resistance manifests early in the progression of obesity-related diseases like type 2 diabetes and metabolic syndrome. One of the first metabolic changes observed with insulin resistance is an increase in the triglyceride/HDL ratio, a marker often overlooked in favor of LDL cholesterol levels. This highlights the need for early intervention, well before traditional markers like HbA1c indicate diabetes. Additionally, a HOMA score relating your insulin and glucose levels can point to insulin resistance years before you HgA1c changes.

Thyroid Hormone Sensitivity and Metabolic Syndrome: A New Frontier

A fascinating development in our understanding of metabolic syndrome is the role of thyroid hormone sensitivity. Recent research highlights a significant association between reduced sensitivity to thyroid hormones and the risk of developing metabolic syndrome (MetS). The study found that individuals with

higher levels of thyroid hormone resistance markers, like the Thyroid Feedback Quantile-based Index (TFQI) and the Thyrotroph T4 Resistance Index (TT4RI), were more likely to suffer from MetS and its components, including abdominal obesity, hypertriglyceridemia, and hypertension.

This raises an important point: while insulin resistance is widely recognized as a critical factor in metabolic disorders, the idea that resistance to other hormones, such as thyroid hormones, could similarly impact health is less commonly accepted. This study underscores the need to broaden our understanding of hormone resistance beyond insulin. Just as insulin resistance plays a pivotal role in metabolic syndrome, so too might thyroid hormone resistance, influencing fat distribution, muscle mass, and overall metabolic health.

**Hormonal Balance:
The Key to Addressing Insulin Resistance and Beyond**

Hormones play a vital role in regulating our metabolism, and any imbalance can lead to insulin resistance, obesity, and potentially even thyroid hormone resistance. For example, the hormone estrogen (estradiol) has been shown to enhance mitochondrial function and reduce inflammation, particularly in fat tissue. This is significant because inflammation in fat tissue is a key driver of obesity-related insulin resistance. Regular exercise has a similar anti-inflammatory effect, improving fat tissue health and reducing the risk of insulin resistance.

Furthermore, the role of testosterone in metabolic health cannot be ignored. Recent research suggests that testosterone therapy might offer significant benefits for men with type 2 diabetes and obesity, including improved insulin sensitivity, better lipid profiles, and enhanced sexual health. This evidence challenges the cautious approach of mainstream guidelines, suggesting that hormone therapy, when carefully managed, can be a powerful tool in combating insulin resistance and obesity.

**Dietary Changes:
Adapting to Metabolic Realities**

As insulin resistance progresses, our bodies lose the ability to process sugars effectively. This is where dietary changes become crucial. It's not just about cutting calories; it's about making informed choices that support metabolic health. Reducing the intake of high-glycemic carbohydrates and sugars is essential, as these can exacerbate insulin resistance and contribute to the accumulation of visceral fat.

The growing prevalence of Metabolic Dysfunction-Associated Fatty Liver Disease (MAFLD) further underscores the need for dietary interventions. MAFLD is closely linked to insulin resistance, and research shows that the inflammation in fat tissue caused by obesity can worsen insulin resistance. This creates a vicious cycle that is hard to break without targeted dietary changes. Foods that were once considered "healthy," like low-fat dressings or

fruit yogurts, often contain hidden sugars that can worsen insulin resistance. Instead, focusing on whole, unprocessed foods that are low in sugar and rich in healthy fats can help manage insulin levels and reduce the risk of developing MAFLD.

**The Role of Physical Activity:
Moving Towards Health**

Exercise is a powerful tool in the fight against insulin resistance and obesity. Walking alone improves insulin sensitivity, reduces inflammation, and helps manage weight. The literature reveals that combining weight loss with high levels of physical activity significantly reduces the risk of adverse cardiovascular events in individuals with type 2 diabetes and obesity. This underscores the importance of a holistic approach that integrates both diet and exercise.

Physical activity also has direct effects on fat tissue health. Studies show that exercise reduces inflammation in white adipose tissue (WAT) and can even "activate" brown adipose tissue (BAT), which helps burn calories and regulate body temperature. By improving the health of fat tissue, exercise directly combats one of the root causes of insulin resistance.

**Conclusion:
A Holistic Approach to Combating Insulin Resistance and Obesity**

The fight against insulin resistance and obesity requires a multifaceted approach. Balancing hormones, particularly through therapies that address estrogen, testosterone, and even thyroid hormone sensitivity, offers a promising avenue for improving metabolic health. At the same time, adapting our diets to reduce sugar intake and increase nutrient-dense, whole foods can help our bodies manage insulin more effectively. Finally, incorporating regular physical activity not only aids in weight management but also improves fat tissue health and reduces systemic inflammation.

By addressing these three key areas—hormonal balance, dietary changes, and physical activity—we can make significant strides in combating insulin resistance and obesity. This approach not only helps prevent the progression to more serious conditions like type 2 diabetes and cardiovascular disease but also promotes overall health and well-being. As we move forward, it's essential to stay informed about the latest research and to tailor our strategies to meet the unique needs of each individual. In doing so, we can turn the tide on these pervasive health challenges and pave the way for a healthier future.



863-899-2404
info@optimizedwellness.net
optimizedwellness.net

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.

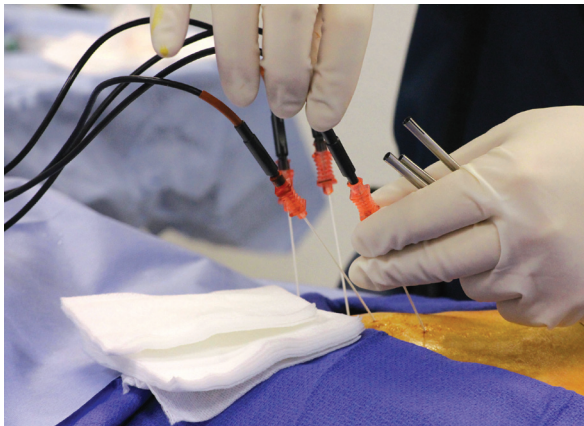
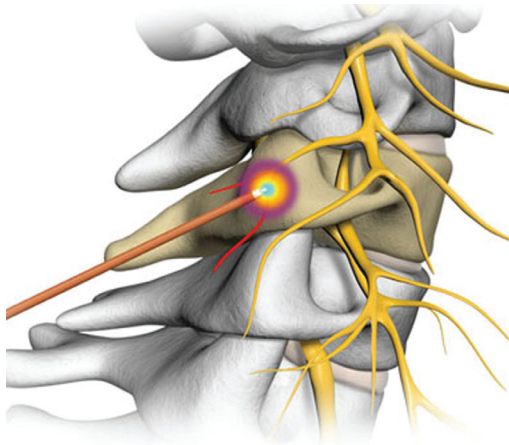
Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

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.
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,
Davenport, FL 33837

Sun City Center

771 Cypress Village Blvd.,
Sun City Center, FL 33573

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,
Winter Haven, FL 33881

Winter Haven

400 Ave. K Southeast, Suite 9,
Winter Haven, FL 33880

Ellenton

7032 US-301 North, Ellenton, FL 34222

Wauchula

326 South 6th Ave Wauchula,
FL 33873

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



(P) 813.701.5804 / (F) 813.291.7615
excelpainandspine.com

FALLING LEAVES OR FALLING FOLLICLES?

How to Protect Your Hair During Alopecia Awareness Month

by Alan J. Bauman, MD, ABHRS

When it comes to the seasons, nothing compares to the cooling temperatures and festivities that fall brings. From football season to pumpkin spice everything, it's hard to find a better time of year than the autumn months.

But, like every season, there's the underbelly. The summer months have blistering heat, winter time brings freezing temps, and spring is prime allergy time. For fall? It's got to be the leaves. As pretty as they look from up in the trees, they become quite a nuisance when you have to rake them up.

They're not the only thing falling, however. With the change in seasons, your hair could react just like leaves, especially for those suffering from alopecia. And with September representing Alopecia Awareness Month, what better way to usher in the fall than by delving into the poster child for hair loss?



ALOPECIA

You've most likely heard the phrase alopecia one way or another but might not know exactly what it is. Simply put, alopecia is the overarching term for hair loss. With so many forms present, I want to focus specifically on the most prevalent type — androgenetic alopecia.

Androgenetic alopecia, commonly known as male (and female) pattern baldness, affects approximately 95% of all hair loss cases. This condition, primarily triggered by the hormone DHT, causes hair follicles to shrink, leading to a halt in hair production. It's a condition that doesn't discriminate, affecting both men and women.

How is this expressed externally? For men, androgenetic alopecia starts with a receding temple and hairline, decreased coverage in the back or crown of the head, and the top of the scalp; essentially, the George Costanza look. For women, however, androgenetic alopecia begins in the frontal half of the scalp with diffuse thinning, with the potential to reach the temples.

At Bauman Medical, we understand the frustration of seeing your hair fall. That's why we're here to help you make a change this autumn. Our team is dedicated to getting to the root of your hair loss, starting with our state-of-the-art diagnostic tools.

DIAGNOSTICS

TRICHOTEST

At Bauman Medical, we believe in curating a plan that is ideally suited to your needs. Thanks to the TrichoTest, we can find the optimal treatment protocol for you. All we need is a quick swab of your cheek, and we will have access to your DNA. After analyzing it, we can get a better look at specific metabolic pathways that might influence your hair loss, as well as how well you'll respond to treatment. In turn, we can now determine which course of action fits you, and thanks to our algorithm, we can put it into action.

HAIRMETRIX

With the rise of AI, it only made sense for Bauman Medical to embrace this technological advance in our diagnostic evaluations and tracking. With HairMetrix, after microscopic scalp photos are obtained in different areas of the scalp, the advanced AI-powered algorithm gives us precise data on your hair quantity and quality to help make an accurate diagnosis. Then, we begin forming a treatment plan that matches your specific needs. Along the way, we'll be able to monitor how your scalp responds to the treatment plan, allowing us to adapt when needed to get the best results possible.

HAIRCHECK

Using our HairCheck device, we can determine your exact hair volume more quickly and efficiently than ever. These standardized noninvasive hair bundle measurements

help us compare affected areas to more permanent zones. The HairCheck is an effective way to examine how well your treatment is working and where—long before your results are noticeable to the naked eye.

LOW-LEVEL LASER THERAPY

You won't need a winter hat to keep warm after using our award-winning Bauman Turbo LaserCap® for hair growth. In just five minutes of daily use, you soon may have a head of hair as lush as the fall trees. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TurboCap is the perfect way to usher in a new season of thicker, fuller hair, all from the comfort of your home.



Before and 6 months after using the Bauman TURBO LaserCap



Before and after
FUE Hair transplant
with Exosomes
by Dr. Alan Bauman

REGENERATIVE OPTIONS

Having to rake up leaves is tedious as is. The last thing you want is to clean up the strands of hair in your shower, too. Let's leave the falling to the foliage and keep your follicles intact for autumn and beyond. With these regenerative solutions, you'll be basking in the cooler temps feeling 20 years younger, and most importantly, you'll be able to enjoy the season without worrying about hair loss.

PRP

I know that as much as you love visiting our practice, you've got places to be this fall. Thankfully, our PRP treatment only takes an hour for results that last a year or more. After drawing a small blood sample, we'll be able to utilize the platelets found in your blood by separating the two. Once concentrated, we then gently apply it back into your scalp for a pain-free and convenient procedure. Here's to more time and more hair for you without disrupting your busy fall schedule!

PDOgro™

While PRP is a fan-favorite for staff and patients, we're always looking to improve our solutions here at Bauman Medical. And with PDOgro™, we've done just that. By coupling our PRP with delicate and absorbable polydioxanone threads, we can invigorate a multitude of scalp functions that lead to significant hair regrowth. Our FDA-cleared synthetic absorbable material activates your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity, all of which are done in a safe and serene outpatient procedure. And better yet, there's no need to worry about recovery or aftercare. The PDOgro™ treatment is a safe and effective way to stimulate hair regrowth, and our team will be with you every step of the way to ensure your comfort and satisfaction.

EXOSOME THERAPY

When it comes to dynamic duos, nothing compares to the pairing of our TransEpidermal Delivery (I prefer "TED") and exosomes. One of the latest and most popular fads in regenerative medicine, exosomes play an integral role in cellular communication. On a microscopic level, cells can chat with cells close by or throughout different parts of the body. Talk about a tremendous long-distance plan.

The provider for this plan? Exosomes. So, how do exosomes play a part in this? Because they contain nucleic acids, growth factors, and other proteins, they serve as quite the helping hand when it comes to boosting hair growth. Pair it with the dynamic serum of TED, and say goodbye to failing follicles.

HAIR TRANSPLANTATION

While all of the Bauman Medical regenerative practices are integral to maintaining a luscious look of hair, there may come a point of no return where they aren't enough. While your do might have flown south for the winter, our artistic state-of-the-art hair transplant procedures will have a healthy head of hair growing in no time, all while looking natural.

We've made tremendous steps in the realm of hair transplants, effectively ridding the painful stigma surrounding it from the 80s. With FUE (follicular unit extraction), we will harvest grafts containing as little as a single hair follicle directly from your scalp instead of the outdated and invasive strip harvesting method. With help from specialized mechanical instruments, your FUE procedure will be completed safely and efficiently. Say goodbye to linear scars & stress and say hello to a flowing mane.

And for those who want the superstar treatment, our VIP|FUE™ option makes it seem like we weren't even there. No shaving and no trimming; it's just a new 'do for you. It's literally the most discreet type of hair transplant technique, hands down.

GET IN TOUCH

With the seasons nearing change, why not follow suit? Let's say goodbye to summer and leave hair loss with it, and instead, get your scalp looking as lush as an oak tree. To start blossoming this fall, be sure to contact our compassionate and professional team at Bauman Medical. Call **561-220-3480** or point your camera at the QR code below to schedule a private one-on-one in-person or virtual evaluation at **www.baumanmedical.com**.



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.



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

**Hair Restoration
for Men and Women**
www.BaumanMedical.com
561-220-3480

Bed Making Made Easy – With CKI Solutions' Bed MadeEZ®



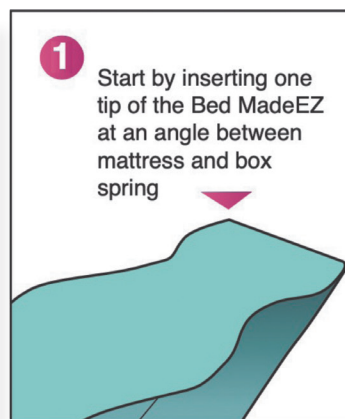
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

Changing linens is a pain, literally. Strain to your back from lifting and holding your heavy mattress, frustration as the sheets untuck before you can finish, and occasionally a chipped nail ... bed making is exhausting. And it isn't getting better anytime soon. With the increase in pillow-top mattresses, foam mattresses, and luxury coil mattresses, mattresses are getting heavier by the year.

The Truth About Your Mattress.

- Mattresses now average 12 ½' high;
- They are over 15" thick;
- A king mattress can easily top 300 pounds.

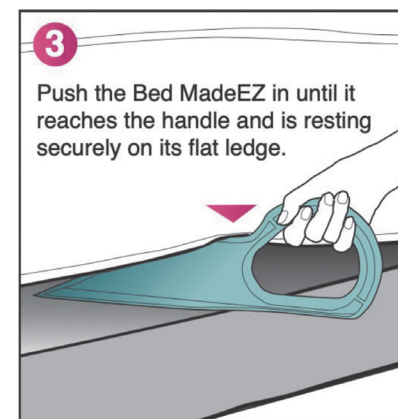
So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



- 1 Start by inserting one tip of the Bed MadeEZ at an angle between mattress and box spring



- 2 Keeping the Bed MadeEZ angled slightly towards you, insert it between mattress and box spring.



- 3 Push the Bed MadeEZ in until it reaches the handle and is resting securely on its flat ledge.

What does the Bed MadeEZ do?

This aqua beauty (comes in pink too) does it all it:

- **Lifts and Holds** – as you insert the Bed MadeEZ under your mattress, it lifts the mattress for you and holds it up to 4 inches while you change your linens, giving you the time to make those famous hospital corners too!
- **Tucks** – using the tip, you can quickly tuck sheets, quilts, and blankets easily for a perfectly finished nice, crisp edge, saving your hands and wrists from scraping and strain.

It is **Ergonomically Designed** to eliminate strain. The design includes a large round handle, allowing for versatility in gripping positions for either one or two hands.

Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

- **Independently Tested** – to reduce strain on your back and shoulders caused by repeated lifting of a heavy mattress.
- **Recommended by OSHA** – around the world, housekeepers use the Bed MadeEZ to avoid injury and go home less tired.
- **Backed by a Lifetime Warranty**
- **Made in the USA** – and always will be made right here in Florida!

Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

- Reader's Digest – <https://www.rd.com/article/mattress-lifter/>
- Southern Living – <https://www.southernliving.com/bed-madeez-mattress-lifter-7109456>
- Apartment Therapy – <https://www.apartmenttherapy.com/amazon-mattress-lifter-tool-review-37184419>

Easy to Order, Fast Shipping!

The Bed MadeEZ can be ordered right off Amazon and it arrives quick! Simple to understand instructions are included and you can get right to business. The Bed MadeEZ makes changing linens and making the bed a breeze.

Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

- Back Injuries
- Arthritis
- A heavy mattress
- Recently Undergone Surgery
- Those undergoing Breast Cancer treatments
- Pregnant Women
- Anyone at all who wants to make their bed quickly, professionally and without heavy lifting and fear of back injuries due to strain.



CADENCE KEEN INNOVATIONS

Find out more at
www.ckisolutions.com

Email
customerservice@ckisolutions.com

Phone
561-249-2219



One Another

It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**
- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

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
www.recovery.church/Lakewales | (863) 605 7170





**Don't Just Add Years to Your Life.
Add Life to Your Years.**

Embrace a healthier, fuller life with VIPcare.
Primary care for 65+.



www.getvipcare.com

Schedule your appointment and
start living your best life

(727) 263-3786

2537 U.S. 19, Holiday, FL 34691



TRUSTED HOMECARE SERVICES



OUR MISSION IS TO ASSESS THE
NEEDS OF EACH CLIENT TO HELP
THEM MAINTAIN THEIR
INDEPENDENCE WHILE LIVING
IN THEIR OWN HOMES
AND COMMUNITIES.

Services

- Healthcare Staffing Services
- Licensed RNs and LPNs
- Companion/Homemaker
- Assisted Living
- Respite Care
- Live-in Care
- Personal Care
- End of Life/Hospice Care
- Chronic Illness/Disability Care
- Meal Preparation
- Housekeeping
- Shopping & Errands
- Transportation to Doctor Visits



352.240.7522 WWW.TRUSTEDHCS.COM