

CENTRAL FLORIDA'S

Health & Wellness

October 2024

Polk/Brandon Edition - Monthly

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FREE



**POST PREGNANCY
LEG HEALTH**

**BREAST CANCER MYTHS:
WHAT SENIORS
NEED TO KNOW**

**THYROID HORMONE:
YOUR BODY'S FUEL
FOR ENERGY
AND VITALITY**

**CHRONIC PAIN:
WHAT YOU
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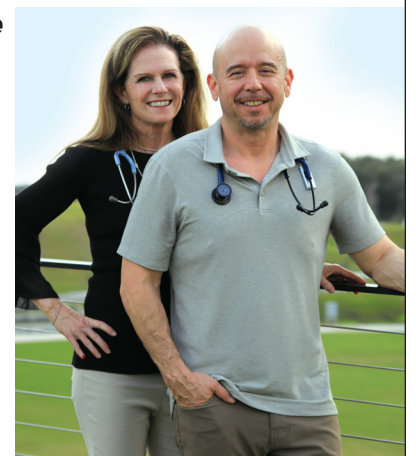
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POST PREGNANCY LEG HEALTH

Pregnancy can cause varicose veins which persist after delivery. Post pregnancy, with time, they only get worse; especially if there are further pregnancies. Vascular Vein Centers is here to help during and after pregnancy and treat your varicose veins with minimally invasive procedures.

POST PREGNANCY Q & A

WHY DOES PREGNANCY CAUSE VEIN PROBLEMS?

Pregnancy causes significant changes in your body, and these can adversely affect your legs. The fluid in your body increases by as much as 50% during early pregnancy, and you retain more sodium from the salt you eat. These two factors can cause edema resulting in swollen legs and ankles. Levels of hormones like relaxin, estrogen, and progesterone change dramatically during pregnancy, causing your veins to dilate and weakening the vein walls. At the same time, your growing baby is compressing the veins in your pelvis, increasing pressure in the veins of your legs, and resisting the outflow of blood from the legs.





These factors make pregnancy a tough time for your legs. Although the causes of vein problems reduce after you give birth, the effects of pregnancy can leave you with lasting issues.

WHAT POST-PREGNANCY VEIN PROBLEMS MIGHT I HAVE?

Common post-pregnancy vein problems are:

Varicose veins

Varicose veins develop because of the pressure and dilation of your veins and resistance to the outflow of blood from your legs. The result can be spider veins with underlying varicose veins even if they aren't visible. Most often there are visible rope-like, bulging varicose veins which may be tender or itchy.

Vulvar varicosities

Vulvar varicosities are varicose veins that affect your vulva. There are rare during pregnancy, and usually disappear over the months following delivery. If you have vulvar varicosities that don't clear up, Vascular Vein Centers provides effective treatments. Pregnancy and post-pregnancy for up to 3 months is a time when you are at greater risk of developing deep vein thrombosis (DVT). DVT risk is higher during pregnancy and peaks after giving birth. Your body is dealing with high hormone and fluid levels and an enlarged uterus, as well as a more sedentary lifestyle.

HOW ARE POST-PREGNANCY VEIN CONDITIONS TREATED?

If you have vein problems after giving birth or persisting swelling, it's advisable to seek an evaluation at Vascular Vein Centers. Hormonal changes continue to affect your veins and fluid volume for some months after having your baby and when you're breastfeeding. This is a good time to wear compression and begin exercising. You might find that once the hormones and fluid volume return to normal, the problem veins get smaller, but they don't go away and will become worse with time. Vascular Vein Centers provides advanced treatments for varicose veins, spider veins and vulvar varicosities, including:

- Foam sclerotherapy using Varithena®; an FDA approved treatment
- Endovenous laser therapy (EVLT)
- Ultrasound-guided sclerotherapy
- Cosmetic sclerotherapy for spider veins

These treatments seal off and eliminate affected veins, so your body directs your blood through healthy veins. The treated veins disappear over time. The procedures are all minimally invasive outpatient procedures that the Vascular Vein Centers team performs in-office. To find out more about post-pregnancy vein therapy and the challenges of maintaining healthy legs during and post pregnancy, call Vascular Vein Centers today. For your convenience, appointments can be booked online.



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Breast Cancer Myths: What Seniors Need to Know

Breast cancer is a significant health concern, particularly for older women. As the second most common cancer among women, it's essential to understand the facts and dispel the myths that surround it. Read on to learn about common breast cancer myths so you know the facts.

Myth: If I Don't Have a Family History of Breast Cancer, I'm Safe

One of the most prevalent myths is that only women with a family history of breast cancer are at risk. While having a family history of breast cancer does increase the risk, most women diagnosed with breast cancer do not have a family history of the disease. According to the American Cancer Society, only about five to ten percent of breast cancer cases are linked to inherited genetic mutations. The truth is that every woman, especially as she ages, should be vigilant about breast cancer screening, regardless of family history.

Myth: Breast Cancer Only Affects Older Women

While age is a significant risk factor, breast cancer can occur at any age. However, the risk of breast cancer does increase with age. Women aged 40 and above should be particularly attentive to breast cancer screening recommendations. As women age, especially after 50, the frequency and necessity of screenings may increase due to the heightened risk.

Myth: Small Breasts Lower the Risk of Breast Cancer

The size of a woman's breasts does not determine her risk of developing breast cancer. This myth likely arises from the misconception that smaller breasts have less tissue to develop cancer. In reality, breast cancer occurs in the cells of the breast tissue, and all women, regardless of breast size, have breast tissue. Thus, the risk of breast cancer is present in all women.

Myth: Only Women Get Breast Cancer

While it's true that breast cancer is far more common in women, men can develop breast cancer too. Men have breast tissue, and although their risk is much lower, they are not immune.



Myth: A Lump is the Only Sign of Breast Cancer

A lump in the breast is one of the most common signs of breast cancer, but it's not the only one. Other symptoms can include changes in breast size or shape, dimpling of the skin, nipple discharge that isn't breast milk, and redness or scaling of the nipple or breast skin. Additionally, some women diagnosed with breast cancer may not have any noticeable symptoms, which is why regular breast cancer screening is so vital, especially as you age.

Myth: Mammograms Cause Cancer

Some fear that the radiation exposure from mammograms can increase the risk of breast cancer. However, the level of radiation used in a mammogram is extremely low. The American Cancer Society emphasizes that the small amount of radiation exposure from a mammogram does not significantly increase breast cancer risk.

Myth: If You've Been Diagnosed With Breast Cancer, It's a Death Sentence

Thanks to advances in medical technology, treatment options, and early detection, being diagnosed with breast cancer is not an automatic death sentence. Many women live long, healthy lives after breast cancer treatment. The survival rates for breast cancer have improved significantly over the years, especially when the cancer is caught early.

Myth: Antiperspirants and Bras Can Increase Breast Cancer Risk

There's no scientific evidence that antiperspirants or bras cause breast cancer. These myths have circulated widely, but extensive research has found no link between wearing a bra, especially underwire bras, or using antiperspirants and an increased risk of breast cancer.

Myth: Healthy Lifestyle Completely Eliminates the Risk of Breast Cancer

While maintaining a healthy lifestyle can reduce your risk of breast cancer, it does not entirely eliminate it. Regular exercise, a balanced diet, and limiting alcohol intake can indeed lower the risk, but they cannot guarantee immunity.

Myth: Breast Cancer Always Requires a Mastectomy

A mastectomy, or the removal of the entire breast, is not the only treatment option for breast cancer. Depending on the stage and type of cancer, many women may be eligible for a lumpectomy, which removes only the tumor and some surrounding tissue. This option is often followed by radiation therapy. The treatment plan for breast cancer is highly individualized and should be discussed thoroughly with a healthcare provider.

Understanding the facts about breast cancer is crucial, especially for seniors who are at an increased risk due to age. Dispelling common myths can help you make informed decisions about your health. Schedule an appointment with your local VIPcare provider to discuss your breast cancer risk and the proactive steps you should be taking. Call **727-263-3786**.



Jason Waugh, D.O.

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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.

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 how we can support
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THYROID HORMONE:

YOUR BODY'S FUEL FOR ENERGY AND VITALITY

Thyroid hormone, also called thyroxine, plays a pivotal role in how your body generates energy and functions. Imagine the thyroid hormone as lighter fluid thrown onto a fire—it energizes your body's "fuel burners" known as mitochondria. This hormone, secreted by the thyroid gland located at the base of your neck, is essential for ensuring that your tissues and organs have the energy they need to perform their tasks.

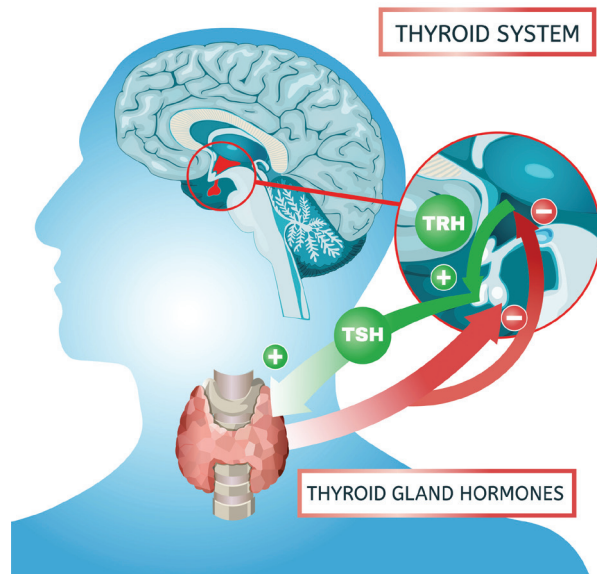
Without sufficient thyroid hormone, the mitochondria in your cells can't produce enough energy, and the body begins to feel like a barbecue grill running out of lighter fluid. You start to experience various symptoms because the energy production in different organs and tissues decreases. Think of it like a slow burn rather than a full blaze—your body's overall energy and function diminish.

How Thyroid Hormone Affects the Body

Because thyroid hormone influences energy production, when levels are low, every part of your body suffers in some way. Weight gain and difficulty losing weight are common signs of low thyroid function, as less energy production means a slower metabolism. However, the symptoms extend far beyond that and vary from one system to another:



- **Hair and Skin:** Slow energy production results in slow-growing, thinning, and brittle hair. Skin may become dry and nails fragile.
- **Muscles:** Low thyroid levels can lead to muscle tension and pain because the muscles can't relax properly.
- **Brain:** Energy is essential for mental clarity, so low thyroid levels often lead to brain fog, depression, forgetfulness, and trouble concentrating.
- **Digestive System:** With insufficient energy, the intestines slow down, causing constipation.
- **Temperature Regulation:** Energy generates heat, so people with low thyroid function often feel cold and struggle to maintain a normal body temperature.
- **Fatigue:** The most noticeable symptom is often extreme fatigue, as the body simply can't produce enough energy.



Here's a look at the full spectrum of symptoms related to thyroid hormone deficiency:

- Low energy, fatigue, or lethargy
- Weight gain or difficulty losing weight
- Dry skin, brittle hair and nails
- Thinning eyebrows and eyelashes
- Slow heart rate
- Cold hands and feet
- Menstrual irregularities and fertility issues
- Constipation
- Muscle and joint pain
- High cholesterol and insulin resistance
- Mental fog, depression, and low motivation

Diagnosing a Thyroid Problem

Despite the widespread impact of thyroid hormone, diagnosing a thyroid problem isn't always straightforward. Many healthcare providers rely on a test for Thyroid Stimulating Hormone (TSH), which is only part of the picture. While an elevated TSH level can indicate a primary thyroid problem, it doesn't reflect how much active thyroid hormone—especially the most important form, free T3—is available to your cells.

The thyroid mainly produces T4, a precursor hormone that must be converted into free T3 in the liver to become active. If this conversion process fails, known as secondary hypothyroidism or Low T3 Syndrome, the body may have enough T4 but not enough active T3 to fuel your cells.

There's also a condition called thyroid hormone resistance, or tertiary hypothyroidism, where the thyroid produces enough hormone, but the cells are unable to respond to it effectively. The symptoms of hypothyroidism remain, even though lab tests may show normal levels of thyroid hormone.

The Complexities of Thyroid Hormone Resistance

To make matters more complicated, thyroid resistance can occur in some tissues and not others. This means some parts of the body get enough thyroid hormone while others do not, leading to inconsistent symptoms across different systems.

Unfortunately, many healthcare providers aren't trained to look beyond a simple TSH test. Without testing for free T3 or understanding thyroid hormone resistance, patients often go undiagnosed or mistreated. Some may even be diagnosed with hyperthyroidism (overactive thyroid) and incorrectly treated with medications that suppress thyroid function, leading to more serious problems.

Synthetic vs. Natural Thyroid Replacement

For those diagnosed and treated for thyroid hormone deficiencies, another layer of complexity is added by the type of replacement medication used. Most patients are prescribed synthetic T4 (levothyroxine), but as we've discussed, the body needs to convert this into active T3, and that doesn't always happen efficiently.

Many patients report feeling better on desiccated thyroid extract (DTE), a natural medication derived from porcine (pig) thyroid glands. This extract contains a combination of T4 and T3, as well as other thyroid-supporting nutrients like iodine and prohormones. Clinical studies suggest that patients taking DTE often experience better symptom relief, such as more energy, improved mood, weight loss, and feeling warmer, than those taking synthetic T4 alone.



The Benefits of Proper Thyroid Hormone Replacement

When thyroid hormone is adequately replaced, the benefits are immediate and wide-ranging. Patients often experience:

- Improved metabolism and fat loss
- More energy and less fatigue
- Improved mood, concentration, and memory
- Thicker, healthier hair, skin, and nails
- Better menstrual regularity and fertility in women
- Reduced cholesterol and insulin resistance
- Increased body warmth and cold tolerance
- Higher libido and better sleep

Research Supporting Thyroid Hormone Replacement

Several studies highlight the importance of thyroid hormone, especially in conditions like chronic fatigue syndrome (CFS) and depression. In patients with CFS, research shows that insufficient thyroid hormone levels, particularly low T3, contribute to fatigue and other symptoms. Even in cases where patients do not respond to antidepressants, thyroid hormone replacement has been shown to improve mood and alleviate depressive symptoms.

Summary

Thyroid hormone is vital for energy production in every cell in your body. Without enough of it, the body struggles to function properly, leading to a wide range of symptoms that can significantly decrease your quality of life. Proper diagnosis and treatment, especially with a focus on active T3 levels, are key to restoring your health. Many patients find the best relief from symptoms with a combination of T4 and T3, often through natural desiccated thyroid extract. When thyroid hormone is restored to optimal levels, you'll feel more energetic, warmer, healthier, and happier.



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CHRONIC PAIN: WHAT YOU SHOULD KNOW ABOUT YOUR TREATMENT OPTIONS



CHRONIC PAIN CAN LEAD TO DEPRESSION, ADDICTIONS, ANXIETY, STRESS, ISOLATION, AND EVEN SUICIDE. OVER 116 MILLION PEOPLE SUFFER FROM VARIOUS TYPES OF CHRONIC PAIN DISORDERS RANGING FROM FIBROMYALGIA, OSTEOARTHRITIS, NEUROPATHY, BACK, HIP AND NECK PAIN, JUST TO NAME A FEW. WHETHER TRAUMA OR DEGENERATIVE DISEASES HAVE CAUSED YOUR PAIN, THE CONSENSUS IS USUALLY THE SAME; PEOPLE WANT THEIR PAIN TO GO AWAY. BUT HOW DO YOU KNOW THAT THE OPTIONS YOU'VE BEEN GIVEN ARE RIGHT FOR YOU?

An effective pain doctor uses all available treatments in a combined or multimodal approach. This means combining holistic treatments, medical therapies, physical therapy, and procedures to reach the desired goals and results of the patient.

Our providers at **Excel Pain and Spine** pride themselves on being trained and experts in the field of interventional pain. Interventional pain is the use of procedures to reduce pain and reduce the need for opioid medications.

Our clinic, Excel Pain and Spine, was founded with one principle in mind – to provide the best possible care to patients above all else.



We do this by providing access to the latest treatments (traditionally only available at large medical institutions) and delivering them in our local community as part of individualized treatment plans crafted with the patient’s best interest in mind.

Excel Pain and Spine has four double boarded pain physicians to treat your specific needs and to custom tailor a plan that’s right for you.

MORE OPTIONS THAN JUST OPIOIDS

A myth is that pain management doctors only prescribe opioids. Providers can try many other well-studied medications for pain, including membrane stabilizers, antidepressants, anti-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

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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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NO TRICKS, ALL TREATS

Spook-Free Solutions for Scary Hair Loss

by Alan J. Bauman, MD, ABHRS



It's time to gather around the campfire and huddle close for a scary Halloween story sure to fill you with fear. This tale doesn't feature ghosts, ghouls, goblins, or any masked murders on the prowl. No, this story has a much more frightening villain – hair loss – one that you may already be well-acquainted with.

Sorry if your eyes are rolling, but I can't help it. Hair loss is a terrifying phenomenon that impacts roughly 80 million people in the United States alone. After all, the scariest stories are the ones based on actual events. What's even more frightening is the rise of snake oil treatments found on the Internet. With buzzwords like "quick results," these solutions put the "trick" into Trick-or-Treat.

When you choose Bauman Medical, you're not signing up for a spooky experience. We believe in treating our patients with comfort and care, leaving the tricks to the self-proclaimed gurus on social media. So, leave your costume at home and come as you are, ready to embark on a journey towards a rejuvenated head of hair.

While we won't be providing any sweets, I can confidently say you'll be in for quite a treat when opting for our various treatment options, including:

LOW-LEVEL LASER THERAPY CAPS

While some costumes aren't complete without a hat, your hair loss journey isn't complete without my trademarked Bauman TURBO LaserCap®. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, this laser cap only takes five minutes of daily use for effective hair growth results, paving the way for hair as wicked as the witch's brew at your next party.

PRP

When it comes to horror movies, you can always expect a bit of blood at some point. With PRP, we take a typically harrowing feature and turn it into our very own elixir. Choosing this option entails drawing a small blood sample from you, and we'll then synthesize a potent brew from the platelets found in the blood by separating them. Once the platelets are concentrated, we painlessly inject them into your scalp under local anesthesia. And the best part? PRP only takes an hour for results that last a year or more, giving you more time to go candy and costume shopping.

PDOGRO™

The state of hair restoration is one that is ever-changing. At Bauman Medical, staying stagnant isn't part of our plans, which is why we developed our PDOgro™ procedure. With this, we take our already established PRP and team it up with our delicate and absorbable polydioxanone threads. With this combination, we can cultivate an array of scalp functions that, in turn, lead to a massive boost in hair regrowth. FDA-cleared, these

threads activate your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity, all of which is completed in a secure outpatient procedure. PDOgro™ is a reliable and impactful option that activates hair regrowth without any need for recovery or aftercare. And with our team with you every step of the way, you'll have the best of Bauman Medical leading you to a flowing mane.

EXOSOME THERAPY

While couple's costumes are always in style, here at Bauman Medical, our pairing of TransEpidermal Delivery (TED for short) and exosomes will bring your hairstyle back in no time. You may have heard the buzz around exosomes, a blossoming trend in regenerative medicine, but you probably don't know how essential they are in cellular communication. Like humans, cells chat with other cells located closely or throughout different parts of the body. This connection is accomplished thanks in part to exosomes, thanks to their nucleic acids, growth factors, and other proteins found within them. You may not win the best costume award at your next Halloween party, but a full head of hair is a solid consolation prize.

TRICHOTEST

We've all had nightmares about having an impromptu pop quiz that we aren't prepared for. Thankfully, our TrichoTest doesn't require any preparation from you. All that's needed is a quick swab of your cheek, and we'll be able to curate the perfect treatment protocol specific to you. With access to your DNA, we can analyze it and examine the metabolic pathways that may impact your hair loss, along with how you'll respond to specific hair loss medications, so you can save time and money. Thanks to our algorithm, no more nightmares about pop quizzes and hair loss.

HAIRMETRIX

While the rise of the machines in the Terminator franchise made for scary thoughts of the future, our use of AI at Bauman Medical lends us promising insight into diagnostic evaluations and tracking. Thanks to HairMetrix, we can turn microscopic scalp photos into precise data on your overall hair quality and quantity thanks to our advanced AI-powered algorithm. HairMetrix allows us to diagnose more accurately and create a treatment plan that aligns with your specific needs. All this time, we will monitor your scalp to see how it reacts to said plan, allowing us to adapt when needed to give you the best results possible.



Before and after
PDOgro™ by
Dr. Alan Bauman



Before and after
FUE Hair Transplant
by Dr. Alan Bauman

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHR 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.
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**Hair Restoration
for Men and Women**
www.BaumanMedical.com
561-220-3480

HAIRCHECK

There is no need to check yourself in the mirror to ensure your hair looks strong. Instead, our HairCheck device allows us to determine your exact hair volume faster than you can say "trick or treat." With these noninvasive standardized hair bundle measurements, our team at Bauman Medical can compare affected areas to more permanent zones. To ensure your treatment is working where needed, the HairCheck gets the job done long before noticeable results.

HAIR TRANSPLANTS

Save yourself the extra expenses of buying a wig for your costume this year. Instead, treat yourself to the state-of-the-art Bauman FUE (follicular unit extraction) transplant that'll last you for all the Halloweens to come. You might be thinking about a tortuous and painful procedure straight out of an 80s slasher flick, but we've taken giant leaps in the hair restoration process. With FUE, we harvest grafts with as little as one hair follicle directly from your scalp. FUE differs heavily from the traditional FUT strip harvesting method. With some assistance from our specialized mechanical instruments, your FUE procedure will be done less invasively and without any pain whatsoever. And no need to fret about scars, as FUE leaves no traces. Save those blemishes for your Freddy Krueger costume.

HAIR FOLLICLE STEM CELL BANKING

No two cases will be the same when it comes to hair restoration. You've probably noticed the theme of curating specific plans by now, but what if we took a step further? With Hair Follicle Stem Cell Banking, you

yourself can help with your next treatment plan. In this procedure, we collect stem cells directly from your hair follicles, which are kept cryopreserved in a tissue bank for future use. You shouldn't wait, though, as there's nothing more frightening than running out of donor follicles for potential treatment.

So where's the treat in all this? At this point, Hair Follicle Stem Cell Banking can be used to make an autologous topical treatment that is applied directly to your scalp. But that's just the present. We're looking to continue furthering this innovative solution toward using your stem cells for hair follicle cloning once this technology becomes available.

But why stop there? While Bauman Medical's aim is hair restoration, stem cell banking has the potential to help with skin rejuvenation, orthopedic treatments, and even organ repair and replacement. Quite a treat, right?

LEARN MORE

This Halloween, there's no need to fear losing your hair. At Bauman Medical, we're all about giving our patients all the treats without the unnecessary tricks. Ditch those snake oil scams online and opt for our 100% effective and reputable diagnostic and regenerative options. To get started, be sure to contact us 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.



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



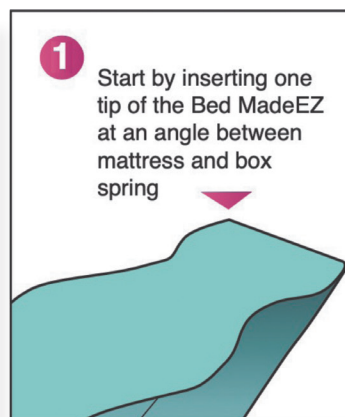
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.



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selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself:

what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, *“Let us make human beings in our image, to be like us... So God created human beings in his own image.* In the image of

God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece...*” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers

What is
RECOVERY CHURCH

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



RECOVERY CHURCH
LAKE WALES

Wednesdays
6:33 PM
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