

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

November 2024

Polk/Brandon Edition - Monthly

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FREE



**MEDICARE ADVANTAGE:
A POWERFUL ALLY IN
MANAGING DIABETES**

SENIORS AGING IN PLACE

**UNSIGHTLY VEINS
CAN INDICATE
DEEPER PROBLEMS**

**RADIOFREQUENCY ABLATION
FOR PAIN MANAGEMENT**

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UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

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



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



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

Some of the symptoms include:

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

Some of the signs include:

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

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

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

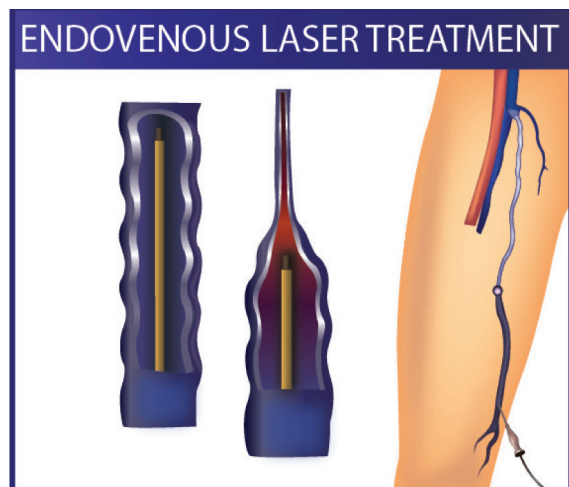
These procedures are covered by most medical insurances, including MEDICARE.

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

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Medicare Advantage: A Powerful Ally in Managing Diabetes

Take Control of Your Diabetes with Medicare Advantage

Living with diabetes can be challenging, but you don't have to face it alone. Medicare Advantage plans offer comprehensive support designed to help you manage your diabetes and live a healthier, more fulfilling life.

Why Choose Medicare Advantage for Diabetes Care?

Medicare Advantage plans are packed with benefits that go beyond Original Medicare. These plans offer personalized care and resources tailored to meet your specific health needs, especially when it comes to managing chronic conditions like diabetes.

Key Benefits of Medicare Advantage for Diabetes:

1. Coordinated Care for Better Health Outcomes

Medicare Advantage plans focus on coordinated care, ensuring that your healthcare providers are all on the same page. Your primary care physician, specialists, and other healthcare professionals work together to create a personalized care plan that helps you manage your diabetes effectively.

2. Prescription Drug Coverage

Managing diabetes often requires medication, and Medicare Advantage plans typically include Part D prescription drug coverage. This means you'll have access to a wide range of diabetes medications at affordable prices, helping you maintain your health without breaking the bank.

3. Preventative Services at No Extra Cost

Preventing complications from diabetes is key to living a long and healthy life. Medicare Advantage plans cover essential preventative services like blood sugar testing, eye exams, foot exams, and more—often at no extra cost to you. Staying on top of these services can help you avoid serious health issues down the line.

4. Access to Diabetes Education and Support Programs

Knowledge is power when it comes to managing diabetes. Many Medicare Advantage plans offer access to diabetes education programs, where you can learn about healthy eating, physical activity,



and how to monitor your blood sugar. Some plans even include health coaching to provide you with personalized support and guidance.

5. Additional Benefits to Keep You Healthy

Beyond diabetes care, Medicare Advantage plans often include extra benefits that can help you stay healthy overall. These may include vision, dental, and hearing care, gym memberships, and wellness programs—all designed to support your health and well-being.

6. Convenience and Affordability

Medicare Advantage plans combine your Medicare Part A (Hospital Insurance), Part B (Medical Insurance), and Part D (Prescription Drug Coverage) into one convenient plan. Many plans offer lower out-of-pocket costs than Original Medicare, making it easier to manage your healthcare expenses.

Take the Next Step Toward Better Diabetes Management

If you're living with diabetes, a Medicare Advantage plan could be the right choice for you. With comprehensive coverage and a focus on coordinated care, these plans provide the tools and support you need to manage your condition effectively. Contact your agent to discuss your options and find a plan that fits your needs.

Put Your Health First with VIPcare!

If you're managing diabetes or another chronic condition, VIPcare is here to help you every step of the way. Our compassionate care team, combined with the comprehensive support of Medicare Advantage plans, offers personalized solutions to keep you healthy and thriving. Don't wait—call VIPcare at 727-263-3786 and discover how we can help you better manage your diabetes and enjoy a more fulfilling, healthier life!



Jason Waugh, D.O.

vipcare

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www.getvipcare.com

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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.

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

PCOS:

UNDERSTANDING THE HIDDEN HORMONE IMBALANCE AFFECTING MILLIONS

Hormones aren't just a concern for women approaching menopause; hormone issues can affect women at any age. One of the most common yet often misunderstood hormonal disorders among young women is Polycystic Ovary Syndrome, or PCOS. Affecting up to 20% of premenopausal women, PCOS is far more common than many realize and deserves greater attention.

What Is PCOS?

PCOS isn't solely about cysts on the ovaries, as the name might suggest. In fact, many women with PCOS don't have ovarian cysts at all, and not all women with ovarian cysts have PCOS. The name can be misleading because the true cause of PCOS isn't in the ovaries—it's an endocrine disorder linked to insulin resistance, not just a gynecological issue.



The Many Faces of PCOS

PCOS presents with a range of symptoms, and no two women experience it exactly the same way. Common symptoms include:

- Irregular or heavy periods
- Weight gain or trouble losing weight
- Acne and unwanted hair growth
- Cravings for sugary foods and intense PMS

This variability is one reason PCOS often goes undiagnosed. Some women have regular cycles and maintain a healthy weight, while others experience more intense symptoms. The differences can make it hard for both patients and doctors to spot the condition.

The Role of Insulin Resistance

The main culprit behind PCOS is insulin resistance. When your body becomes resistant to insulin, it produces more to compensate, which disrupts other hormones and raises testosterone levels. This hormonal imbalance can lead to skin issues,

weight gain, and even fertility problems. Left untreated, insulin resistance can increase the risk of diabetes, heart disease, and some cancers, making early intervention essential.

Why Early Diagnosis Matters

Getting an early diagnosis of PCOS is crucial for managing symptoms and preventing long-term health risks. Many young women focus on visible symptoms—like acne or irregular cycles—without considering the underlying health concerns. However, research shows that untreated PCOS can lead to serious issues, such as a five-fold increase in breast cancer risk due to low levels of progesterone, an important hormone for reproductive health.

Diagnosing PCOS

Diagnosing PCOS can be straightforward with a few blood tests to assess hormone levels, combined with a review of symptoms and possibly an ultrasound. Once confirmed, treatment can be tailored to each woman's needs.



Key Elements of PCOS Treatment

Treating PCOS involves a holistic approach that targets both the root causes and specific symptoms. Here’s a breakdown of the main goals:

Address Insulin Resistance: Insulin-sensitizing medications can help lower insulin levels and reduce resistance, addressing a key cause of hormonal imbalances.

Support Progesterone Levels: Women with PCOS often have low progesterone, which can lead to heavy bleeding and increase cancer risks. Natural progesterone can help regulate menstrual cycles, ease PMS, and support long-term health.

Optimize Thyroid Health: Many women with PCOS experience thyroid resistance, impacting energy and metabolism.

Natural thyroid supplements can improve energy and support weight management.

Manage Skin and Hair Issues: Elevated testosterone can lead to acne and unwanted hair growth. Certain medications can reduce these effects, helping women feel more comfortable in their skin.

Lifestyle Adjustments: Diet and Exercise Matter

While medications are essential, lifestyle changes play a vital role in managing PCOS. A balanced diet focused on whole foods and reduced refined carbs can naturally lower insulin levels. Regular exercise, especially resistance training and aerobic workouts, can improve insulin sensitivity and support healthy weight. These lifestyle changes are foundational for women with PCOS and can greatly enhance overall well-being.

Closing the Awareness Gap

Despite being so common, PCOS remains underdiagnosed and untreated. Women with symptoms like irregular periods or acne may be told it’s “normal” or “nothing serious,” but these signs deserve attention. Early diagnosis and intervention can reduce long-term risks, including diabetes and heart disease.

With so much information online, many women may self-diagnose PCOS after researching their symptoms. While online resources can be helpful, a formal diagnosis from a healthcare provider is essential for creating a tailored treatment plan. Women need to feel empowered to ask questions and seek testing if they suspect PCOS might be affecting their health.

Looking Forward: A Brighter Future for Women with PCOS

Greater awareness is the first step in better managing PCOS. As more women and healthcare providers recognize its signs, early diagnosis and treatment can become more common. This shift could significantly reduce health risks associated with PCOS and improve quality of life.

PCOS isn’t just about managing symptoms like acne or irregular cycles—it’s about safeguarding long-term health. Early intervention and a holistic approach, including medication, hormone support, diet, and exercise, can make a world of difference.

Although PCOS is a lifelong condition, it doesn’t have to define your life. With the right care and lifestyle adjustments, women with PCOS can lead healthy, fulfilling lives.

If you’re experiencing symptoms that could be related to PCOS—such as irregular periods, PMS, weight gain, or difficulty conceiving—reach out to a healthcare provider versed in the disorder. And if you’ve been diagnosed, remember: you’re not alone. Millions of women share your journey, and with the right support, PCOS can be managed effectively.



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RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



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

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

What is radiofrequency ablation?

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

What conditions are treated by radiofrequency ablation?

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

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

How does radiofrequency ablation work?

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

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

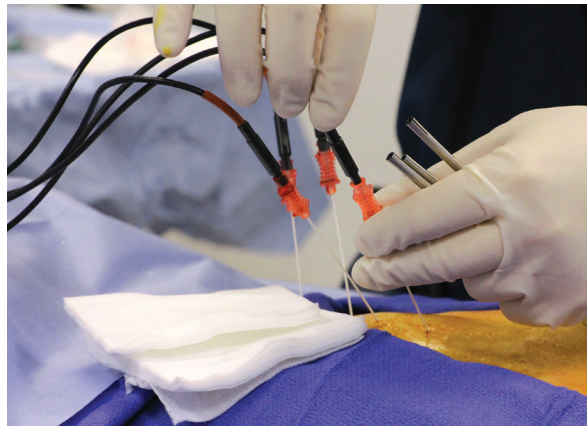
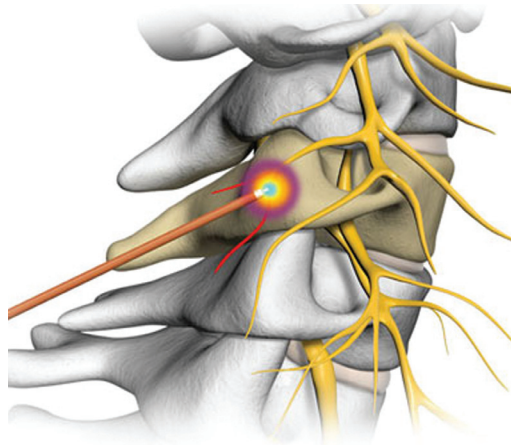
Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

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

Is radiofrequency ablation effective?

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

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



Are there any risks associated with radiofrequency ablation?

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

They include:

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

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

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



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

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

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

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

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

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

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

Corey Reeves, M.D., M.B.A.
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Board Certified - Anesthesiology

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THANKS... For *GIVING* Back My Hair

Make the Pilgrimage Down to Bauman Medical This November

by Alan J. Bauman, MD, ABHRS



With all of the Christmas decorations already on display at the store, we tend to neglect the season of thanks. While gift-giving is right around the corner, let's slow it down a bit and celebrate Thanksgiving the Bauman Medical way – by giving thanks to the state-of-the-art hair restoration treatments and diagnostic tools available to all our patients.

And let's face it, as much as we love coming together for a family gathering, Thanksgiving and beyond can be quite a stressful time. With hair loss already serving as a potential stressor in life, our team at Bauman Medical wants to limit as much tension in your life as possible, making us the place to be ahead of Turkey Day.

So before you put the bird in the oven and start mashing those potatoes, let's take a moment to share our thanks for the numerous methods that will have your hair looking as full as your belly this Thanksgiving.

DIAGNOSTIC TOOLS

HairCheck

After you put the turkey in the oven, it's important to check on it periodically. This is similar to our intuitive HairCheck. With the HairCheck, we'll be able to determine your exact hair density quicker than your guests getting up for seconds. With these noninvasive standardized hair bundle measurements, we can compare your affected areas to the more permanent zones. HairCheck is the perfect way to ensure your treatment plan works where needed. It might not be the best in the kitchen, but I know the perfect recipe for effective hair restoration.

HairMetrix

When it comes to Thanksgiving, you can always expect a few interesting conversations to pop up at the dinner table. With AI becoming a huge trend, you can guarantee that it'll be a popular talking point, making HairMetrix a timely tool for your diagnostic evaluations and tracking. Our innovative AI-powered algorithm turns microscopic scalp photos into exact data on the state of your hair quality and quantity. As a result, HairMetrix helps us with precise diagnosis and create the perfect treatment plan for your specific needs. And no matter what stage of the treatment you're in, we continue to monitor your scalp, allowing us to adapt when needed for optimal results.



Before and 6 months after using the Bauman TURBO LaserCap



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.



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Trichotest

Much like how we're bound to unbutton our jeans after stuffing ourselves to the brim, the TrichoTest unzips your other "genes." After a quick swab of your cheek, our team can find the best treatment protocol for your needs. Since Trichotest analyzes your unique DNA, we now can analyze and examine your metabolic pathways. These pathways could be the culprit behind your hair loss while also offering insight into how you'll respond to certain hair loss medications, saving you time and money. So don't be afraid to unzip your genes a little bit before turkey day.

HAIR RESTORATION

FUE

When it comes to hair transplants, we can all be thankful for the advancements from the days of pluggy-looking and painful results. The only thing sweeter than a slice of pumpkin pie is the state-of-the-art Bauman FUE (Follicular Unit Extraction) Hair Transplant. With these developments, we can leave the carving for the turkey and, instead, simply harvest grafts with as little as one hair follicle from your scalp. FUE is a much different process compared to the traditional FUT strip harvesting method, delivering you a quicker, more comfortable recovery. And thanks to a little help from our specialized mechanical instrument, you'll walk out of our clinic to Thanksgiving dinner with no linear scar to worry about.

And for those who want to take it a step further, you can opt for the VIP|FUE method and be thankful for not needing to shave the donor area and change your hairstyle ahead of the procedure. You want to talk about discreet? VIP|FUE is the way to go.

TED & Exosome Therapy

Keeping the thanks going, anytime you can avoid needles for a procedure, thanks are in order. With our pairing of TransEpidermal Delivery (TED) and Exosomes, we can express gratitude, all while bringing back your hair in no time. A trending topic in the realm of regenerative

medicine, Exosomes are the backbone for all things involving cellular communication. Just like we chat at the dinner table, cells also communicate both closely or throughout different parts of the body. With the nucleic acids, growth factors, and other proteins found within Exosomes, our cells are able to connect like a family, thanks to our Exosomes.

Coupled with TED, we apply a specialized topical hair growth serum in the treatment zone, which is met with ultrasonic waves and air pressure. In less than half an hour, you'll be thankful for increased scalp permeability and blood flow, which leads to optimized scalp health and stimulated hair follicles.

Bauman TURBO Laser Cap

With the weather beginning to cool down, you might be rummaging through your closet looking for a beanie. Instead of that, to keep you warm, why not opt for the Award-winning Bauman TURBO LaserCap® for a cozy head of hair? FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, this laser cap takes less time for effective hair growth than it does to open a can of cranberry sauce. Spend five minutes resting on the couch with this cap on, and you'll be donning a thicker head of hair come next Thanksgiving.

LEARN MORE

It doesn't need to be Thanksgiving to be thankful for all the modern advancements in hair restoration and diagnostic tools. From myself and the wonderful staff at Bauman Medical, I'm thankful to deliver results that will make you feel as confident as ever. To learn more and get started, be sure to contact Bauman Medical today. 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®



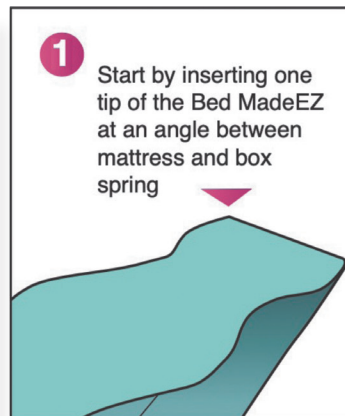
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.

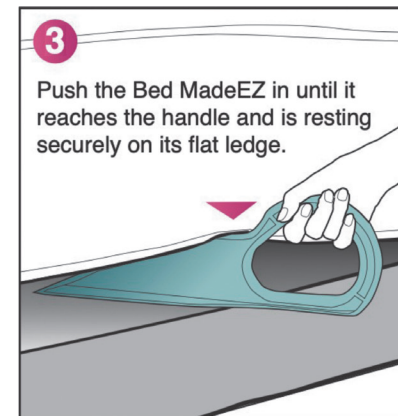
So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



- 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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Developing Discipline

Here’s a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here’s a follow-up question: WHY ARE YOU NOT DOING IT?

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, “A person without self-control is like a house with its doors and windows knocked out.” Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, “People who accept discipline are on the pathway to life, but those who ignore correction will go astray.” NLT



Here are three “Disciplines of Being Disciplined”.

1. Persistence – “Never Give Up”

Prov. 12:24 “Work hard and become a leader; be lazy and become a slave.” Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.

2. Advance Decision Making – “Say No Now”

Prov. 13:16 says, “A wise man thinks ahead, a fool doesn’t and even brags about it.” Be prepared in advance to make the right choices. Don’t wait until it’s too late.

3. Delayed Gratification – “Putting Pain before Pleasure”

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, “No discipline is enjoyable while it is happening—it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way.” Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood

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
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