

CENTRAL FLORIDA'S

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

January 2025

Polk/Brandon Edition - Monthly

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**FREE**



**POST PREGNANCY  
LEG HEALTH**

**SENIORS AGING IN PLACE**

**RADIOFREQUENCY ABLATION  
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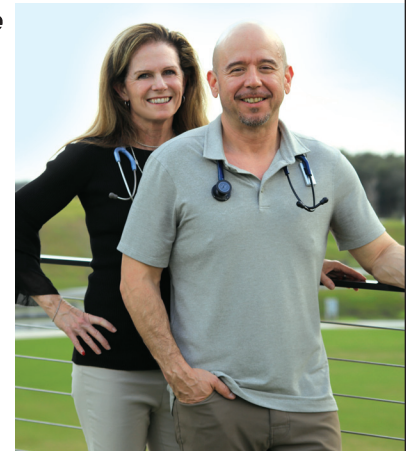
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# POST PREGNANCY LEG HEALTH

**P**regnancy 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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# Breakthrough Laser Treatment Brings Hope to Spinal Stenosis Sufferers



*I put my faith in Dr. Costello and his laser treatments cured me! My back was hurting so badly, doctors here in the Bahamas told me I needed a surgery to "repair" two herniated discs.*

In an era where age-related lumbar spinal stenosis has reached epidemic proportions, a revolutionary treatment is offering hope to those suffering from this debilitating condition. J. A Costello, DC, DABCO is one of South Florida's leading experts in laser therapy, is bringing this groundbreaking treatment directly to patients' homes in Palm Beach County.

## Understanding the Epidemic of Spinal Stenosis

As our population ages, lumbar spinal stenosis—caused by soft tissue and disc degeneration—has become increasingly prevalent. The condition creates unrelenting pain in the legs, buttocks, thighs, and along the sciatic nerves, often leading to immobilization. While many patients are routinely directed toward invasive surgical solutions, Dr. Costello offers a safer, more effective alternative.

## Revolutionary Stealth, Micro, Pulsed Laser Therapy

Dr. Costello's innovative approach utilizes Stealth Micro Pulsed Laser Therapy, an FDA-cleared treatment that has successfully helped numerous patients without a single reported side effect. This advanced technology works at the cellular level, stimulating the body's natural healing processes to provide remarkable long term results.

## The Science Behind the Success

The treatment, classified as "actinotherapy," creates chemical and metabolic changes in human tissue, accelerating the healing potential of every cell it contacts. **This sophisticated approach delivers multiple therapeutic benefits:**

- Decreases pain and inflammation of nerve endings
- Accelerates nerve regeneration
- Reduces swollen and enlarged soft tissues, including discs and ligaments
- Improves proprioception (balance awareness)
- Eliminates numbness and tingling
- Achieves results without pain, invasion, or side effects

## Expert Care from a Pioneer in Laser Medicine

Dr. Costello brings over four decades of specialized experience to every treatment. As a board-certified chiropractic orthopedist trained by experts from the Texas Back Institute, he has developed exclusive proprietary treatment protocols unavailable anywhere else in the world. His unique combination of orthopedic expertise and advanced laser technology has attracted patients from across the globe.

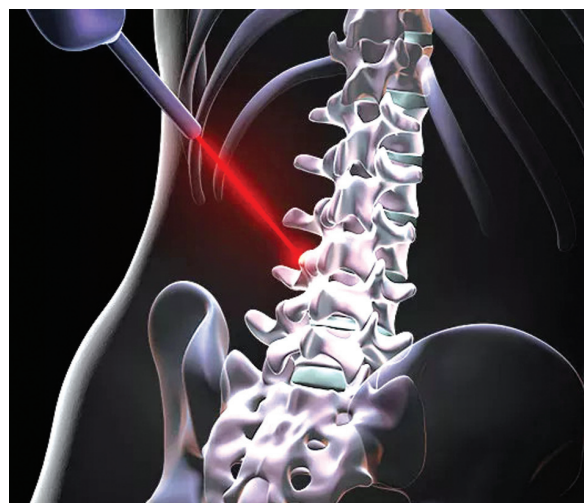
## The Comfort of Concierge Treatment

What sets Dr. Costello's practice apart is not just his expertise, but his commitment to patient comfort.

### Every 30 minute in home treatment session is:

- Performed personally by Dr. Costello
- Delivered in the comfort of your own home
- Tailored to your specific condition
- Designed for optimal therapeutic results

## Beyond Spinal Stenosis



While particularly effective for spinal stenosis, this revolutionary treatment also successfully addresses:

- Arthritis
- Back pain
- Disc herniations
- Headaches
- Knee and hip pain
- Neck pain
- Peripheral nerve disorders
- Neuropathy
- Sciatica
- Shingles
- TMJ dysfunctions

## A Better Path to Healing

"Our treatment protocols actually heal human tissue," explains Dr. Costello. "They can achieve results when other treatments fail." This approach represents a significant advancement over traditional treatments, offering hope to those who have been disappointed by conventional medical approaches or are seeking to avoid invasive surgery.

## The Future of Pain Management is Here

As Chief of Laser Medicine for Diowave Laser Systems and developer of the Stealth Laser™ system, Dr. Costello continues to pioneer advancements in laser medicine. His in-home treatment model combines cutting-edge technology with personalized care, offering Palm Beach County residents a safer, more effective path to recovery.

Don't let spinal stenosis control your life any longer. Experience the revolutionary treatment that's helping patients reclaim their mobility and comfort, all from the convenience of home.



**JOSEPH A. COSTELLO**  
CHIROPRACTIC ORTHOPEDIST - SINCE 1985  
CHIEF OF LASER MEDICINE  
DIOWAVE LASER SYSTEMS - FAU  
RESEARCH PARK, BOCA RATON

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# SENIORS AGING IN PLACE

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



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

## IT FIGHTS ISOLATION

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

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

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

## HOME HEALTH CARE CAN HELP

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

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

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

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

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

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

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

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

## OUR PROMISE

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

## TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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



# TESTOSTERONE REPLACEMENT THERAPY:

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

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



## TESTOSTERONE

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

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

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

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

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

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

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

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

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

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

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





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

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

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

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

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

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

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



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

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

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

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

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



**863-899-2404**

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# RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



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

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

### What is radiofrequency ablation?

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

### What conditions are treated by radiofrequency ablation?

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

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

### How does radiofrequency ablation work?

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

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

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

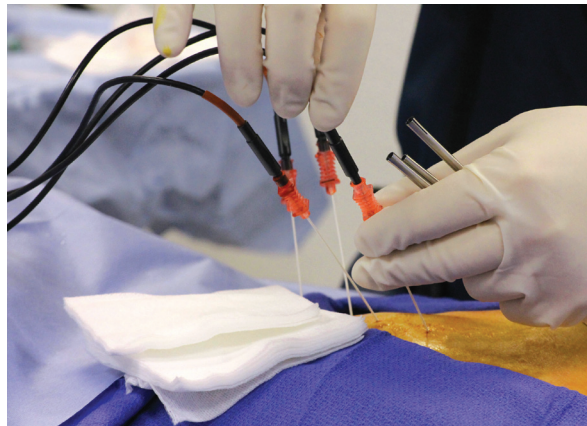
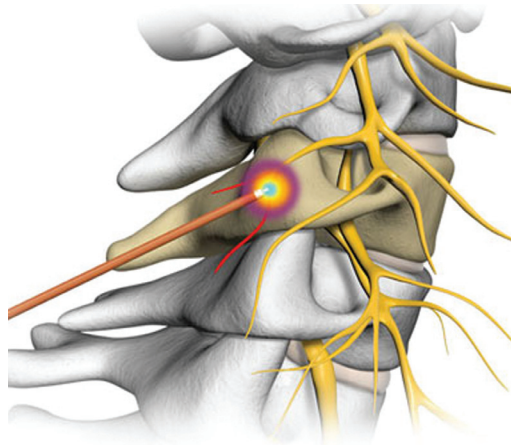
Excel Pain and Spine will provide you with specific post-procedure instructions, and these usually include avoiding driving for 24 hours as well as resting and avoiding strenuous activity for 24 hours.



**Is radiofrequency ablation effective?**

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

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

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

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

**They include:**

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

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

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



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

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

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

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

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

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

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

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

**Neal Shah, M.D.**  
Board Certified - Pain Medicine  
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# NEW YEAR'S HAIR-SOLUTIONS

## Say Hello to a New You (and 'do) for 2025 with Bauman Medical

by Alan J. Bauman, MD, ABHRS



**W**ith another year in the books and the hustle and bustle of the holiday season complete, we can now take a breath to shift our focus toward self-improvement. As the calendar turns over to reveal the halfway point of the 2020s, now's the time for many to start working on their New Year's resolutions. You might be wondering, "What are Dr. Bauman's New Year's Resolutions?" Well, to your surprise, I don't have any. Instead, I'm focused on one thing — hair solutions.

It may be a new year, but here at Bauman Medical we have the same goal as always, and that's providing cutting-edge hair restoration techniques and products to turn back the clock on your scalp. While improving your diet and getting a steady workout routine are great goals for a new you, we're keen on providing you with a "new 'do." As you make your list for self-improvement in 2025, why not add to it with "improve my hair?" After all, with our help here at Bauman Medical, we'll do the heavy lifting while you can rest easy with excellent results.

How can we maximize your 2025? With our array of pioneering technology and procedures, this will be your easiest resolution yet, thanks to the following:

### LOW-LEVEL LASER THERAPY

While some may opt for a new sense of fashion in the new year, I believe in sticking with the tried-and-true statement piece that is the Bauman TURBO LaserCap®. This innovative cap, unlike a regular winter cap, requires just five minutes of your day to cultivate effective hair growth. By next year, a lush head of hair will be the only statement piece you'll need to go out with. It's FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, making it a hassle-free solution for long-lasting results.

### FUE HAIR TRANSPLANT

As the years go by, with it comes progressive advancements in the realm of hair transplants. Long

gone are the days of pluggy-looking and painful procedures thanks to procedures like the state-of-the-art Bauman FUE (Follicular Unit Extraction) Hair Transplant. How does it differ from traditional FUT strip harvesting? It's a simple process that only requires the harvest of individual grafts from as little as one hair follicle to see tremendous results. With a quicker, more comfortable recovery process, you'll be walking out of our clinic, not needing to worry about a linear scar for 2025 and beyond.

But it doesn't stop there, as we here at Bauman Medical believe in giving your scalp the premier treatment it deserves. Treat it like the life of a New Year's party with VIP|FUE™. What makes it a step up from the base-level procedure? Well, you get the added benefits of the initial process but without needing any trimming or shaving. This means you won't need to worry about a buzzcut look afterward, making this the most discreet hair transplant around. Just because it's a new year and a new you, that doesn't mean you have to put your scalp through the dramatics.

### TED & EXOSOME THERAPY

I like to compare exosomes to family. No matter if you live two doors down or across the country, you still communicate with them. Exosomes act similarly, serving as the backbone for all things cellular communication. All across the body, exosomes are constantly chatting with your cells, all while containing key elements like nucleic acids, growth factors, and other proteins. How do we harness these chatty cell messages? By combining them with our TransEpidermal Delivery (TED), we apply a topical hair growth serum to your treatment zone along with ultrasonic waves and air pressure. In 30 minutes or less, you'll have increased scalp permeability and blood flow, both of which improve your scalp health and stimulate hair follicles.

### PRP

While we may have gotten through the stressful times of the holidays, I understand that your start to 2025 is filled with goals and plans. That's why at Bauman Medical, our staple PRP treatment offers effective results without throwing a wrench in your busy schedule. It's a minimally invasive procedure that begins with us taking a small blood sample and isolating the platelets using our advanced technology. Once we've concentrated them, we are able to harness





Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and After PRP by Dr. Alan Bauman

the growth factors within and carefully apply them to your scalp to promote natural hair growth. With next to no discomfort, you can take on the new year as confident as ever!

**PDOgro™**

Much like how we look to improve in the new year, Bauman Medical is always looking for ways to improve upon our hair restoration solutions. Case in point: our PDOgro™ procedure. By taking the already effective PRP and coupling it with our delicate and absorbable polydioxanone threads, we're able to stimulate various scalp functions, all of which spark substantial hair regrowth. This FDA-cleared synthetic absorbable material serves as a catalyst for your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. What does this all mean? When activated, we'll be able to bolster hair

regrowth for a year or more through a safe and serene outpatient procedure. And through each step of the way, you can rest easy knowing that our Bauman Medical team is fully committed to your journey.

**LEARN MORE**

For 2025, don't limit yourself to just resolutions; aim for hair solutions courtesy of Bauman Medical. A new year means a new you, and what better way to start a new leaf than with a head of hair reminiscent of your younger days? From myself and the rest of the Bauman Medical team, we hope everyone has a safe and happy New Year! 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](http://www.baumanmedical.com).



**About Dr. Alan J. Bauman**



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

With over 28 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 35,000 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 9th 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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# Bed Making Made Easy – With CKI Solutions' Bed MadeEZ®



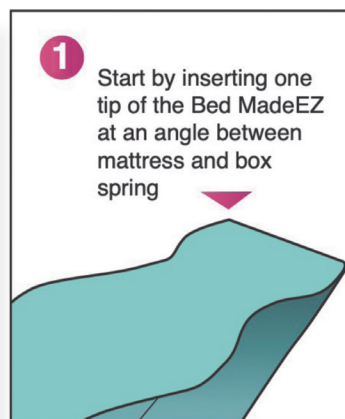
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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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# SELFIES



**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.

**P**ersonally, 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.



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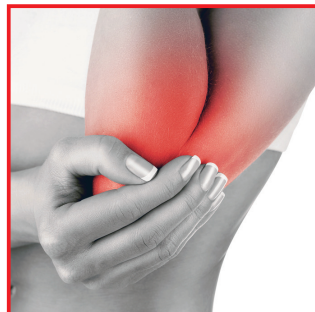
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