

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

March 2025

Polk/Brandon Edition - Monthly

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FREE



**UNSIGHTLY VEINS CAN INDICATE
DEEPER PROBLEMS**

SENIORS AGING IN PLACE

**RADIOFREQUENCY ABLATION
FOR PAIN MANAGEMENT**

**SPRINGING INTO FULLER HAIR
RESTORE GROWTH WITH THE SEASON
AT BAUMAN MEDICAL**

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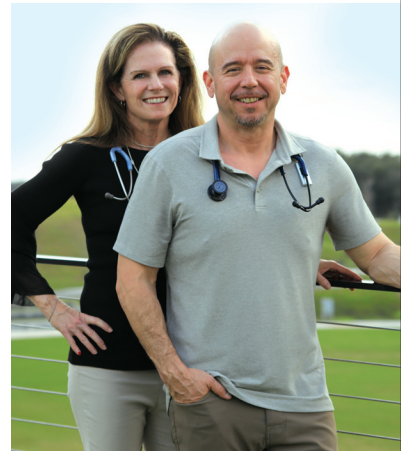
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UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

"YOU CAN'T TELL A BOOK BY LOOKING AT ITS COVER."



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.

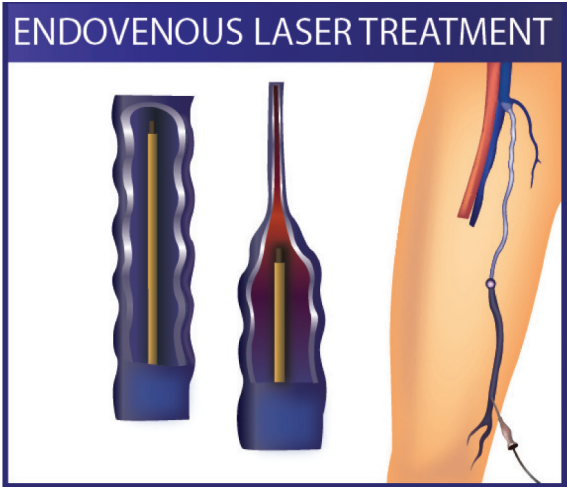
Fortunately, with today's technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins. 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.

Vein health equates to leg health.

"A stitch in time to save mine"!



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REVOLUTIONARY RELIEF:

ADVANCED LASER THERAPY FOR CHRONIC KNEE PAIN

Knee pain affects millions of Americans, limiting mobility and diminishing quality of life. While traditional treatments often provide temporary relief, innovative approaches like Stealth laser therapy are revolutionizing how we address this common condition, offering hope for long-term healing without the risks of surgery or medication side effects.



UNDERSTANDING THE ROOT CAUSES

"Knee pain stems from various sources, but abnormal biomechanics is the most prevalent cause," explains Dr. Joseph Costello, DC, DABCI of Concierge Laser Medicine. "Over time, these mechanical issues affect the patella, meniscus, and joint cartilage, leading to progressive deterioration."

While trauma, genetic predisposition, and organic diseases can contribute to knee pain, many patients suffer from wear-and-tear damage that worsens with age and activity. This degradation creates a cycle of inflammation, pain, and reduced function that conventional treatments often fail to adequately address.

LIMITATIONS OF TRADITIONAL APPROACHES

The standard medical approach to knee pain typically follows a predictable path: cortisone injections for inflammation, followed by arthroscopic surgery to remove damaged tissue. While these interventions may provide temporary relief, they come with significant drawbacks.

"What many patients don't realize is that removing damaged tissue through arthroscopic procedures can actually predispose the joint to further breakdown and accelerate arthritic changes," Dr. Costello notes. "This creates a domino effect that eventually leads many patients to joint replacement surgery."

Non-surgical alternatives like hyaluronic acid and platelet-rich plasma (PRP) injections represent improvements over surgery but still involve invasive procedures with variable results.

THE LASER THERAPY REVOLUTION

Stealth laser therapy represents a paradigm shift in knee pain treatment. This advanced approach utilizes superpulsed laser photonic stimulation to address knee problems at the cellular level, promoting actual healing rather than merely masking symptoms.

"The biological effects of laser therapy are remarkable," says Dr. Costello. "Through photo modulation of tissue, we can reduce inflammation while simultaneously alleviating pain. But the benefits extend far beyond pain relief."

THE TREATMENT WORKS THROUGH SEVERAL MECHANISMS:

- Increases production of synovial fluid, providing natural lubrication to the knee joint
- Improves the health and integrity of cartilage within the knee
- Promotes healing of the meniscus, particularly in the outer third where blood supply exists
- Accelerates cellular repair processes through increased ATP production
- Reduces inflammatory markers in damaged tissues
- Improves microcirculation to facilitate healing

Unlike cortisone injections that merely suppress inflammation temporarily, laser therapy addresses the underlying cellular dysfunction that perpetuates knee pain.

BEYOND KNEE PAIN: COMPREHENSIVE APPLICATIONS

The applications of this revolutionary therapy extend well beyond knee pain. The same biological mechanisms that make laser therapy effective for knee issues also apply to other joint conditions, including hip pain, shoulder injuries, and spinal problems.

"We've successfully treated patients with conditions ranging from degenerative disc disease to complex regional pain syndrome," Dr. Costello explains. "The common denominator is inflammation and cellular dysfunction, which respond remarkably well to our specific laser protocols."

Each treatment is personally administered by Dr. Costello, ensuring optimal delivery and customization based on the patient's specific condition and response.

For patients facing the prospect of invasive surgery or ongoing medication dependence, Stealth laser therapy offers a compelling alternative. As one patient remarked, "After years of cortisone shots and pain medications, I'd resigned myself to eventually needing knee replacement. Finding this treatment changed everything – I'm hiking again pain-free for the first time in a decade."

With its combination of pain relief and genuine healing potential, advanced laser therapy is transforming expectations about what's possible for those suffering from chronic knee pain.



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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



THE TRANSFORMATIVE POWER OF QUALITY SLEEP

IN THE PURSUIT OF HEALTH AND WELLNESS, WE OFTEN FOCUS ON DIET, EXERCISE, AND STRESS MANAGEMENT WHILE OVERLOOKING ONE OF THE MOST FUNDAMENTAL PILLARS OF WELL-BEING: SLEEP. SLEEP IS NOT JUST A TIME OF REST—IT IS AN ACTIVE PROCESS WHERE THE BODY AND MIND UNDERGO CRITICAL REPAIR, DETOXIFICATION, AND REJUVENATION. YET, MILLIONS OF PEOPLE STRUGGLE WITH SLEEP ISSUES, LEADING TO CHRONIC FATIGUE, IMPAIRED COGNITIVE FUNCTION, WEIGHT GAIN, AND INCREASED RISK OF DISEASE.

If you find yourself waking up feeling exhausted, struggling with brain fog, or experiencing restless nights, it may be time to prioritize sleep. In this article, we will explore the science-backed benefits of sleep, common disruptors, and natural ways to improve your sleep quality without relying on medications.

The Health Benefits of Quality Sleep

1. Sleep Supports Hormonal Balance and Metabolism

Your body's ability to regulate hormones is directly tied to sleep quality. Poor sleep leads to an increase in cortisol, the stress hormone, and disrupts insulin sensitivity, making it harder to regulate blood sugar levels. This can lead to

weight gain, increased hunger (particularly cravings for sugar and processed foods), and a higher risk of insulin resistance. Additionally, deep sleep supports the production of growth hormone, which is essential for muscle repair, fat metabolism, and overall cellular regeneration.

Balanced sex hormones—such as estrogen, progesterone, and testosterone—also play a vital role in regulating sleep. Women experiencing perimenopause or menopause often struggle with sleep disturbances due to fluctuating estrogen and progesterone levels. Oral progesterone has been shown to improve sleep quality by promoting relaxation and enhancing deep sleep stages.

2. Sleep is Essential for Brain Function and Mental Health

During sleep, the brain clears out toxins, consolidates memories, and strengthens neural connections. Poor sleep is linked to cognitive decline, memory issues, and even an increased risk of dementia. It also has a profound impact on mental health—insufficient sleep contributes to anxiety, depression, and mood instability. In fact, chronic sleep deprivation can lead to emotional dysregulation, making it harder to cope with stress.

Additionally, testosterone and estrogen influence neurotransmitter function, including GABA and serotonin, which regulate mood and promote restful sleep. Imbalances in these hormones can contribute to anxiety, restlessness, and insomnia.

3. Sleep Boosts the Immune System

Ever notice how you're more likely to get sick after a few nights of poor sleep? That's because during deep sleep, the body produces and releases cytokines,

proteins that help fight infections and inflammation. Chronic sleep deprivation weakens the immune response, making you more susceptible to illnesses and slowing down the healing process.

4. Sleep Reduces the Risk of Chronic Disease

Long-term sleep deprivation is associated with an increased risk of cardiovascular disease, high blood pressure, stroke, and type 2 diabetes. Poor sleep quality also exacerbates chronic pain conditions, making it harder for the body to recover from injuries or inflammation. Prioritizing restful sleep can serve as a powerful, natural preventative measure against these conditions.

Common Sleep Disruptors

While sleep is a natural function, many modern habits and environmental factors disrupt our ability to get a full night of restorative rest. Some of the most common sleep disruptors include:

- Blue light exposure from screens, which suppresses melatonin production.
- High stress and racing thoughts, which prevent relaxation.
- Hormonal imbalances, especially low progesterone, testosterone, or estrogen fluctuations, affecting sleep patterns.
- Stimulants like caffeine, nicotine, and certain medications.
- Disruptive sleep environments, including noise, artificial light, and poor bedding.
- Late-night eating and alcohol, which interfere with sleep cycles and REM sleep.

Natural Ways to Improve Sleep

1. Optimize Your Sleep Environment

- Keep it cool: The ideal sleep temperature is 60-67°F (15-19°C).
- Block out light: Use blackout curtains or an eye mask to support melatonin production.
- Minimize noise: Consider white noise machines, fans, or earplugs.
- Upgrade your bedding: A supportive mattress and breathable sheets make a difference.

2. Support Sleep with Hormone Balance

Consider bio-identical hormone optimization as stabilization can produce stable energy and reduce nighttime awakenings.

3. Create a Relaxing Bedtime Routine

- Reduce screen time an hour before bed to prevent blue light exposure.
- Take a warm bath with Epsom salts and lavender to relax the nervous system.
- Try light stretching or yoga to relieve tension.
- Journal to clear racing thoughts and ease the mind.

4. Use Natural Sleep Aids

Instead of relying on prescription sleep medications, which can have long-term side effects and dependency risks, consider these natural sleep aids:

- Magnesium Glycinate & Magnesium Threonate: These forms of magnesium cross the blood-brain barrier and help relax the nervous system, improving sleep quality.
- Melatonin: A small dose (0.5-3 mg) can help reset the body's sleep-wake cycle. In some cases, larger doses may be beneficial and safe, but it is best to discuss this with a physician or wellness specialist.
- L-theanine: Found in green tea, this amino acid promotes relaxation without drowsiness.



- Glycine: An amino acid that supports deep sleep.
- Valerian root: A natural herb that helps induce restful sleep.
- Chamomile and passionflower tea: Herbal options with calming effects.

5. Manage Stress and Regulate Your Circadian Rhythm

- Get morning sunlight: Natural light in the morning helps regulate melatonin production.
- Exercise regularly: Physical activity, especially earlier in the day, promotes better sleep.
- Practice mindfulness or meditation: Even 5-10 minutes before bed can calm the nervous system.
- Maintain a consistent sleep schedule: Going to bed and waking up at the same time—even on weekends—trains your body for better sleep.

Conclusion: Prioritize Sleep for a Healthier You

If you're looking to optimize your health, improve energy levels, and enhance mental clarity, start by focusing on better sleep habits. Quality sleep is a cornerstone of longevity, hormonal balance, and overall well-being. Whether it's through balancing hormones, reducing stress, or incorporating natural sleep aids, making small adjustments can lead to profound changes in how you feel and function.

Tonight, instead of pushing your limits with extra screen time or another cup of coffee, consider winding down with a cup of herbal tea, dimming the lights, and prioritizing your body's need for rest. Your mind, body, and future self will thank you.



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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.

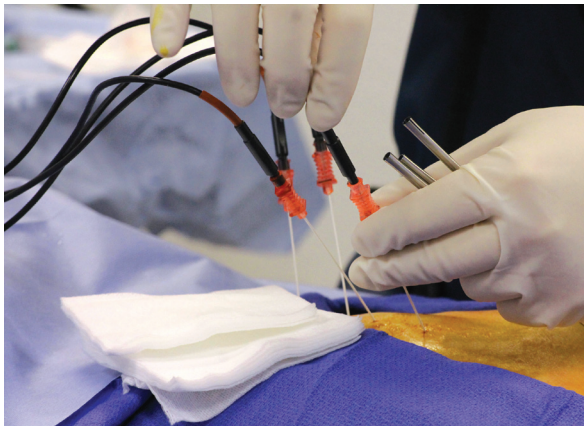
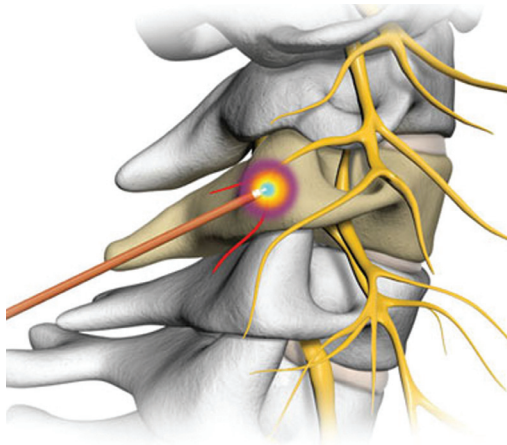
Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

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.
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Board Certified - Physical Medicine & Rehabilitation

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Board Certified - Physical Medicine & Rehabilitation

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Neal Shah, M.D.
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SPRINGING INTO FULLER HAIR

Restore Growth with the Season at Bauman Medical

by Alan J. Bauman, MD, ABHRS

Now that the snowbirds soon begin to flock back up north, we can finally start to see a return to our warm spring days in South Florida. With the change in seasons imminent, I know myself and others are looking forward to springing into longer days. As the clocks move forward, March is the perfect time for your hair to spring forward, too.

When I think of spring, my mind immediately jumps to the blossoming of flowers. And with hair always on my mind, I can't help but liken a fully blooming garden to that of a flowing mane. After all, you can't flourish without a proper foundation and nutrients.

Think of your scalp like the soil in which you would plant some stunning hibiscus flowers. In order to reach full bloom, you need well-maintained quality soil; otherwise, they'll begin to shrivel. Here at Bauman Medical, our treatments and procedures aim to cultivate your scalp for hair follicles that blossom stronger than ever. Give your scalp the TLC it deserves, and you'll reap the benefits.

While tiling the soil is essential, sometimes you have to go above and beyond for better results. Adding proper nutrients strengthens the soil, leading to increased plant growth. In the case of hair, Bauman Medical offers a line of nutrient-packed supplements that tackle an array of concerns. For more information on these products, see the sidebar.

Before you can get planting, you have to make sure you have the correct tools for the job. So, instead of visiting your local hardware store, stop into our clinic at Bauman Medical for the following treatments:

TRICHOLOGICAL EVALUATION

It's always good to consult the experts for what tools are best for your next project. Bauman Medical's fantastic in-house certified trichologist and HairCoach™ Kimberly Jenkins, WTS, CHC will guide you to a bountiful harvest. In this comprehensive evaluation, Kimberly will probe



your scalp to address every aspect of scalp health. This includes examining your pH balance, hydration status, sebum production, and scalp elasticity. After this, you'll have a better course of action for which treatments will work best for the future of your scalp. Along with close-up images and lifestyle details, Kimberly will craft a specific plan just for you, earning her the title of "The Scalp Whisperer." The benefits of this evaluation are not just immediate, but long-term, as it sets the foundation for successful hair restoration.

PRP PLATELET-RICH PLASMA

When tending to your soil, it's vital to avoid overtiling. Sometimes, less is better. That's also the case for our fan-favorite PRP treatment. This minimally invasive procedure starts with us taking a small blood sample and isolating the platelets within using our advanced technology. We then concentrate them to utilize the growth factors found within, which are then applied back to your scalp to help promote natural hair growth. In about an hour of time, you'll have a properly cultivated

scalp ready to start growing. We take every precaution to ensure your comfort and safety during this procedure, from topical anesthesia, to the sterile environment, to the expertise of our medical staff.

PDOGRO™

While certain gardening techniques never go out of style, there's nothing wrong with trying to improve upon the tried and true. PRP remains a staple at Bauman Medical, but whenever we can, we're attempting to further even the best of our procedures—case in point: our PDOgro™ procedure. Think of PDOgro™ as the compost you add to your garden that further enriches your plants. By combining PRP with our special polydioxanone threads, an incredibly delicate and absorbable material, you'll be stimulating various essential scalp functions when it comes to growing your hair back. This FDA-cleared synthetic absorbable material cultivates your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. All of this leads to a



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

bloom of hair like you've never seen. With over a year or more of hair regrowth, your garden will be jealous of the year-round blossoming your scalp will experience. And the best part? PDOgro™ is performed through our safe and serene outpatient procedure, with Bauman Medical being with you every step of the way, regardless of your progress.

TED TRANSEPIDERMAL DELIVERY

Again, sometimes less is more. That's especially the case with our TransEpidermal Delivery, or TED, as we like to refer to it. Save the significant hardware for the garden by opting for this revolutionary growth serum administer. Just like proper nutrients and compost are essential for flowers, the serum within TED is about as integral as it gets. Why, you might ask? It offers amino acids, dynamic growth factors, and advanced peptides that benefit the scalp. You'll soon blossom thanks to increased blood flow, stronger hair fibers, decreased shedding and stimulated hair follicles. Non-invasive thanks in part to our ability to harness sound waves and air pressure, you can get all the comfort and impacts of a procedure without the poking and prodding, as TED requires no needles and no anesthesia.

Extraction) Hair Transplant. It doesn't matter what season we're in; this crop is sure to grow.

We've come a long way from the traditional strip harvesting method, with the process starting with the harvesting of individual grafts. These can be as small as one hair follicle for massive results. Coupled with a quicker recovery process and additional comfort, you can tend to your garden upon leaving our clinic. But it doesn't stop there, as the VIP|FUE™ method furthers an already phenomenal treatment by skipping the trimming and shaving portion, making it seem like you didn't even have a procedure to the public eye. It's the most discreet hair transplant available today.

LEARN MORE

It's always important to stay with the times, especially when it springs forward. This season, don't let your hair stay behind — give it the boost it needs to jump forward with you! To start tending to your garden of a scalp, be sure to contact our team at 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 consultation at **www.baumanmedical.com**.



LOW-LEVEL LASER THERAPY

When dealing with the harsh Florida sun, you best be going outdoors donning a sun hat. And while you wait for your plants to grow, be sure to throw on the state-of-the-art Bauman TURBO LaserCap® to grow, too. Because why waste time when you can maximize hair regrowth with five minutes of daily use? FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the LaserCap will continue the growth pattern when you step back inside this spring.

FUE HAIR TRANSPLANTS

When your plants begin to wither, and all options have been exhausted, sometimes you have to start fresh. At Bauman Medical, we can plant the seeds for growth come the next harvest. While hair transplants still carry a stigma of pluggy-looking, pain-riddled procedures, you can rest easy thanks to the advancements made by Bauman Medical with our comfortable and natural-looking FUE (Follicular Unit

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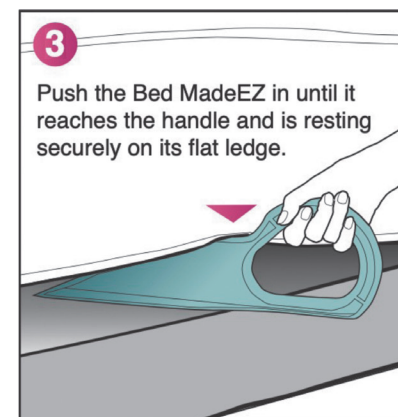
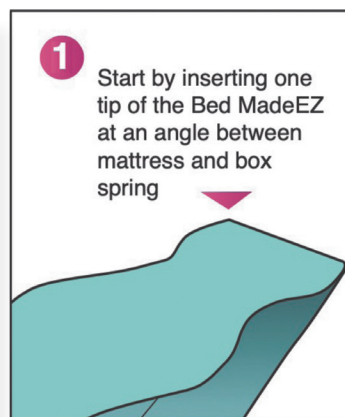
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.



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, house-keepers 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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Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”* (Romans 12:2)

Note what Paul says:

Act differently. *“...don’t copy the behavior and customs of this world...”* Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. *“...a new person by changing the way you think...”* There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. *“...let God transform you into a new person...”* Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*

What is

RECOVERY CHURCH

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



Wednesdays
6:33 PM

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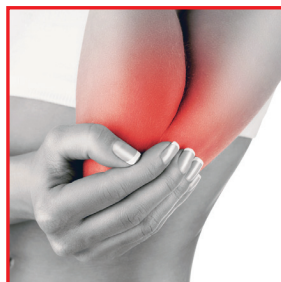
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