

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2025

Polk/Brandon Edition - Monthly

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FREE



POST PREGNANCY LEG HEALTH

ADVICE FOR SENIORS

SENIORS AGING IN PLACE

**THE POWER OF STEPS:
WHY WALKING WORKS,
AND WHEN MORE ISN'T
ALWAYS BETTER**

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POST PREGNANCY LEG HEALTH

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

POST PREGNANCY Q & A

WHY DOES PREGNANCY CAUSE VEIN PROBLEMS?

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





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

WHAT POST-PREGNANCY VEIN PROBLEMS MIGHT I HAVE?

Common post-pregnancy vein problems are:

Varicose veins

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

Vulvar varicosities

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

HOW ARE POST-PREGNANCY VEIN CONDITIONS TREATED?

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

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

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



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Advice *For* Seniors

By Paul Echavarria

Everything you need to know: Accessible Bathtubs vs Accessible Showers

People with mobility issues must have an accessible bathtub or shower to use at their homes. Accessible bathtubs and showers are each designed to accommodate people who have mobility impairments or other disabilities but there are differences between the two. In this article, you will learn about the features of accessible bathtubs and accessible showers and the differences between the two.

Major Differences

Keep in mind that handicap-accessible tubs and showers are each designed to be as accommodating as possible for people who suffer from disabilities or mobility impairments. They do, however, have different features and benefits that may be suitable for a variety of different preferences and needs.

Accessible bathtubs are created to have features such as grab bars, lower thresholds, and nonslip surfaces to make getting into and out of them much easier for people with mobility issues. They are also much safer than regular bathtubs and some even have built-in seats as well as adjustable jets to provide therapeutic benefits for people who need them.



BEFORE

On the other hand, accessible showers normally also have a lower threshold entry and exit, non-slip services, and guardrails. They are created to make the showering experience for people with mobility issues much easier and even people with mobility aids, such as walkers or wheelchairs, can access these types of showers much easier than a bathtub. Some of these showers even come with seats or built-in benches for added convenience.

Consider Your Needs

The decision between installing an accessible bathtub or an accessible shower will depend upon the person's specific preferences and needs. For instance, if a person loves to soak in the bathtub but has mobility issues, an accessible bathtub with all its different features may be more beneficial. A person who requires a walker or wheelchair to get around may very well appreciate an accessible shower much more than a bathtub.

Each person must consult with their doctor, health care provider, or occupational therapist to decide which option is more suitable for their needs. It is important, also, that the person checks to ensure that the bathtub or shower they choose meets all safety requirements and accessibility standards.



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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
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THE POWER OF STEPS: WHY WALKING WORKS, AND WHEN MORE ISN'T ALWAYS BETTER



IN THE WORLD OF WELLNESS, MANY PEOPLE BELIEVE THAT ACHIEVING HEALTH AND WEIGHT LOSS GOALS REQUIRES INTENSE WORKOUTS, LONG RUNS, OR HIGH-IMPACT CLASSES. BUT WHAT IF ONE OF THE MOST EFFECTIVE TOOLS FOR MANAGING WEIGHT, BALANCING HORMONES, AND IMPROVING OVERALL HEALTH WASN'T FOUND IN A GYM AT ALL?

At D&G Optimized Wellness and Hormones, we emphasize the importance of walking—not just as a fallback option, but as a central strategy in any metabolic or hormone-focused plan. Whether you're managing insulin resistance, struggling with fatigue, or simply aiming to lose body fat, walking works. And perhaps most importantly, it works with your body, not against it.

Why Steps Matter

Walking is one of the simplest ways to engage your metabolism in a low-stress, sustainable manner. It improves insulin sensitivity, reduces visceral fat, supports cardiovascular health, and even boosts mental clarity. Unlike intense workouts, which may only activate metabolism in short bursts, walking spreads activity throughout the day, keeping your system engaged in a steady, non-inflammatory way.

Walking also contributes significantly to NEAT—non-exercise activity thermogenesis—which is the energy your body expends for everything you do that isn't sleeping, eating, or structured exercise. NEAT can account for as much as 15–50% of your total daily energy expenditure, depending on how active your lifestyle is. Boosting your step count is one of the most efficient ways to increase NEAT and overall calorie burn without taxing your adrenal system.

Calories Burned Through Walking: The Numbers That Matter

To make it tangible, let's look at the math.

A general estimate is that you burn about 0.04 to 0.06 calories per step, depending on your weight and walking speed. Using a midpoint of 0.05 calories per step, you can expect to burn:

10,000 steps ≈ 500 calories/day
 Multiply that across the week:
 500 calories/day x 7 days = 3,500 calories/week

That’s the caloric equivalent of one pound of fat. This is why we so often recommend a 10,000-step daily goal. It’s not arbitrary—it’s effective. Without extreme effort or elevated cortisol, your body can shed fat in a steady, sustainable way, simply by increasing daily movement.

Even better? These steps don’t need to happen all at once. Walking meetings, parking farther away, evening strolls, and post-meal movement all contribute. The goal is consistent movement—not perfection.

When More Isn’t Better: The Cortisol Conundrum

It’s easy to assume that if walking is good, then running or high-intensity exercise must be better. But in many cases, the opposite is true—especially when it comes to hormone balance and long-term metabolic health.

High-intensity or prolonged exercise can lead to chronically elevated cortisol levels. While cortisol is a necessary stress hormone, consistently high levels can contribute to:

- Water retention and bloating
- Fat storage (especially in the abdominal area)
- Sleep disturbances
- Increased appetite and sugar cravings
- Insulin resistance
- Muscle breakdown and slowed recovery

Many of our patients—particularly those in perimenopause, menopause, or with underlying thyroid dysfunction—are unknowingly sabotaging their weight loss efforts by overtraining. We often meet people who are doing everything “right” in terms of effort—multiple workouts per week, calorie restriction, intense cardio—and yet feel inflamed, fatigued, and stuck. A deeper look often reveals elevated cortisol and suppressed thyroid function.

Walking, on the other hand, reduces cortisol. A 30- to 60-minute walk, especially outdoors, lowers stress hormones, enhances parasympathetic nervous system activity (your “rest and digest” state), and supports hormone harmony rather than disrupting it.

The Sustainable Sweet Spot

A good goal for most adults is 7,000 to 10,000 steps per day. If you’re sedentary or just starting out, aim for 5,000 and build from there. Spread steps throughout the day for best results—research shows that intermittent movement is better for metabolic health than a single bout of exercise followed by prolonged sitting.

Walking after meals in particular can blunt post-meal glucose spikes, making it an ideal habit for anyone managing insulin resistance or prediabetes.

That said, gym workouts absolutely have their place. Strength training and resistance-based exercises are essential for shaping the body, building and maintaining lean muscle mass, and supporting bone health. More muscle increases your basal metabolic rate (BMR)—meaning you can consume more calories while maintaining or even losing weight. This is especially important as we age, when sarcopenia (muscle loss) becomes a concern.

At D&G Optimized Wellness and Hormones, we advocate for a balanced combination: use daily steps to drive fat loss and improve metabolic flexibility,

and pair that with weight training a few times per week to build strength and preserve long-term health.

You don’t need to choose between walking and the gym—they work best together.

Where Movement Meets Hormone Optimization

At our clinic, we go beyond just prescribing exercise. We help patients optimize hormones like thyroid hormone, testosterone, estradiol, and progesterone—all of which influence energy levels, fat distribution, and metabolic flexibility.

When these hormones are restored to optimal ranges, our clients often find they want to move more. They feel lighter, more energetic, and more capable of meeting their step goals. This combination of optimized hormones and low-stress, consistent activity is a game-changer for long-term wellness.

Final Thoughts

Walking isn’t just good for you—it’s one of the most efficient, sustainable, and hormone-friendly forms of exercise available. In a world where fitness often feels punishing, walking reminds us that movement can be gentle and still effective.

If your goal is to feel better, move more, lose weight, reduce inflammation, and improve your metabolic health—start with 10,000 steps. Each one takes you closer to a body that works with you, not against you.

No extremes, no burnout—just steady progress, one step at a time.



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Back Pain Relief Without Surgery: A Revolutionary Approach



According to the U.S. Department of Health and Human Services, spinal surgery is only truly indicated for patients suffering from specific conditions: instability in the spine, lack of bowel and/or bladder control related to a spinal condition, or progressive neurological deterioration related to a spinal condition.

Unless a patient is afflicted by one of these conditions, he or she should exhaust “all conservative measures of treatment” before opting for back surgery. What’s more — and this is not surprising to Dr. Costello — the “failure rate” for the most commonplace forms of spinal surgery is 70 percent or higher.

“This means that most people’s back pain is not alleviated by spinal surgery,” Dr. Costello explains.

Indeed, many of the patients that Dr. Costello treats at his revolutionary practice, Concierge Laser Medicine, Inc. come to him after having undergone unsuccessful spinal surgery.

“I just wish people who are in back pain would come to us before undergoing unnecessary surgery,” says Dr. Costello.

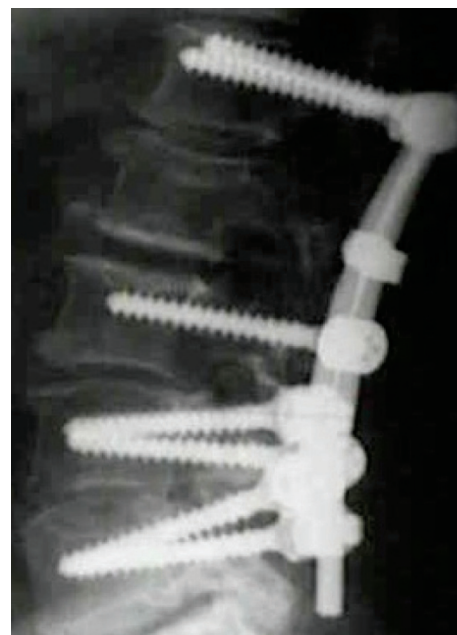
The painless, affordable, wholly non-invasive techniques utilized at Concierge Laser Medicine, Inc. Micro-pulsed Therapeutic Laser have proven remarkably successful at alleviating all kinds of pain — including neck, spine and back pain.

Dr. Costello’s unique treatment — “high-intensity laser-light therapy,” which features micro-pulsed therapeutic lasers.

“These lasers are classified as an ‘actinotherapy,’” explains Dr. Costello. “That means they produce positive changes in the body’s chemical and metabolic systems.”

For patients, this means:

- Regeneration of nerves
- Regeneration of articular cartilage
- Healing of discs
- Reduction of inflammation
- Analgesic pain relief



Have you experienced a failed surgery? Are pain management treatments not working? Still in pain? Living on addictive pain medication? Dr. Costello can help! His treatments are safe, painless and highly effective.

The Concierge Laser approach removes pain, inflammation and swelling while regenerating healthy tissue. Best of all, treatments are free of side effects and performed in the comfort and privacy of your home.

As the developer of the Stealth Laser system for pain management, Dr. Costello offers cutting-edge technology for just \$150 per treatment. No insurance is accepted.

Dr. Costello stresses, the surgical option for all kinds of pain will always be there, “Why not come see us first and let our micro-pulsed, laser-light therapy relieve your pain?”



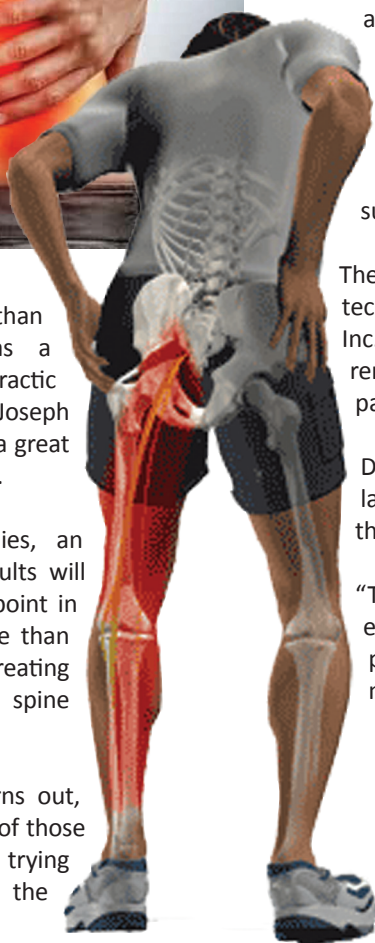
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After spending more than a quarter-century as a Board-Certified Chiropractic Orthopedist, Dr. Joseph Costello knows all too well that a great many of us suffer from back pain.

“According to numerous studies, an estimated 80 percent of all adults will experience back pain at some point in their lives,” Costello says. “More than \$14 billion is spent annually on treating conditions related to back and spine pain.”

Unfortunately — and, as it turns out, unnecessarily — a vast majority of those dollars are spent by patients trying to cure their back ailments in the operating room.



UNLOCKING SUCCESS IN REGENERATIVE MEDICINE:

The Critical Role of Ultrasound Guidance in Platelet-Rich Plasma (PRP) Treatments

Platelet-rich plasma (PRP) therapy has become a game-changer in regenerative medicine, offering a natural, non-invasive treatment option to accelerate healing and reduce pain for various musculoskeletal conditions. However, the success of PRP treatments heavily relies on one crucial factor: precision. Enter ultrasound guidance—an advanced imaging technique that enhances the accuracy, safety, and efficacy of PRP treatments. Here's why integrating ultrasound guidance into PRP therapy is not just a luxury but a necessity.

The Foundation of PRP Therapy

PRP therapy works by harnessing the body's healing potential. A sample of the patient's blood is processed to concentrate platelets, which are rich in growth factors and can recognize damaged tissue. These growth factors stimulate tissue repair and enhance recovery, showing benefits in pain and function in conditions such as knee arthritis, rotator cuff tears, as well as the spinal pain conditions.

However, the effectiveness of PRP depends on delivering the concentrated platelets precisely to the injured area. This is where ultrasound guidance comes into play.

The Challenge of Blind Injections

Traditionally, injections were administered using palpation techniques or anatomical landmarks, often referred to as "blind injections." While experienced practitioners can achieve decent results with this method, it leaves much to chance, particularly when targeting deep or hard-to-locate structures.

Blind injections pose several risks, including:

- **Inaccurate Delivery:** Without visual confirmation, the PRP may miss the intended target, diluting its therapeutic potential.
- **Increased Pain:** Misplaced injections can cause unnecessary pain or discomfort for the patient.
- **Complications:** Inadvertently injecting nearby structures such as nerves

Given these limitations, a precise approach is imperative to maximize the benefits of PRP therapy.

Ultrasound Guidance: Redefining Precision

Ultrasound guidance transforms PRP treatments into a precise, visualized procedure. Using real-time imaging, clinicians can visualize the target tissue, surrounding structures, and the needle's trajectory. This approach significantly enhances the accuracy of PRP delivery, ensuring optimal results.

Key Advantages of Ultrasound Guidance

- **Enhanced Accuracy** With ultrasound, clinicians can locate the exact site of injury or degeneration, whether it's a small tendon tear or a specific joint capsule. This ensures that the PRP is deposited precisely where it is needed, maximizing its effects.



- **Improved Safety** Real-time imaging allows practitioners to avoid critical structures such as nerves, arteries, and veins, minimizing the risk of complications. This is especially crucial for delicate areas like the spine or wrist.
- **Better Outcomes** By ensuring accurate delivery of PRP, ultrasound guidance enhances the treatment's effectiveness. Studies show that image-guided injections consistently outperform blind injections in terms of pain relief, functional improvement, and patient satisfaction.
- **Reduced Patient Discomfort** Precise needle placement reduces the number of attempts and tissue trauma, making the procedure more comfortable for the patient. This also contributes to quicker recovery times.
- **Customization and Flexibility** Ultrasound enables real-time adjustments during the procedure. Doctors can assess tissue response and modify their approach as needed, tailoring the treatment to each patient's unique anatomy and condition.

Clinical Applications of Ultrasound-Guided PRP Treatments

The versatility of ultrasound guidance makes it applicable across a wide range of conditions, including:

- **Tendon Injuries:** Conditions like tennis elbow, Achilles tendinitis, and rotator cuff injuries benefit from precise PRP delivery to the damaged tendon fibers.
- **Joint Osteoarthritis:** Injections into the joint space, such as the knee or hip, are more effective when guided by ultrasound, ensuring accurate placement within the joint capsule.
- **Ligament Tears:** Partial ligament tears, such as those in the ankle or knee, require targeted PRP delivery to stimulate repair and strengthen the structure.
- **Muscle Tears:** Ultrasound helps identify the exact location of muscle damage, allowing plasma to be injected directly into the affected area.

- **Nerve Entrapments:** In complex cases like carpal tunnel syndrome, ultrasound ensures that PRP is delivered precisely to the area of nerve compression.

Patient Experience and Confidence

For patients, the use of ultrasound guidance provides an added layer of confidence. Seeing the real-time imaging during the procedure reassures them that the treatment is both precise and personalized. Moreover, the reduced discomfort and improved outcomes associated with ultrasound-guided injections enhance overall patient satisfaction.

The Evidence Speaks for Itself

Scientific studies consistently highlight the superiority of ultrasound-guided injections over blind techniques. For instance:

- A study published in *The American Journal of Sports Medicine* found that ultrasound-guided PRP injections for rotator cuff tendinopathy resulted in significantly better pain relief and functional improvement compared to blind injections.
- Research in *Arthroscopy: The Journal of Arthroscopic & Related Surgery* demonstrated that ultrasound guidance improved the accuracy of intra-articular injections by up to 95%.

These findings underscore the importance of ultrasound as an indispensable tool in PRP therapy.

Conclusion: A Gold Standard in PRP Therapy

Ultrasound guidance has revolutionized the way PRP injections are performed, setting a new standard in regenerative medicine. Its ability to enhance accuracy, safety, and patient outcomes makes it an essential component of modern PRP therapy.

If you're considering PRP therapy, ensure that your provider is an expert in the use of ultrasound guidance—it's the key to unlocking the full potential of regenerative medicine. Your health deserves nothing less than precision, safety, and success.



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by Alan J. Bauman, MD, ABHRS

As we usher in another year of May flowers, we get closer to a day dedicated to that remarkable woman in our lives: mom. From getting us to practice on time to making sure lunch was packed, it's hard to find a way to thank mothers for all they truly do. Here at Bauman Medical, we believe we offer a gift that may not compare to a mother's love, but it surely is something your mom will love: the gift of hair restoration.



Let's face it: kids aren't always the easiest to deal with. In fact, I wouldn't be surprised if some cases of women's hair loss are caused by pulling it out from annoyance. And for the new moms out there, you might be facing an early case of this due to postpartum. Before you panic, just know this is perfectly normal, as your hormone levels come back down to earth after childbirth. But here at Bauman Medical, we offer treatments that can provide relief and comfort, helping you regain your confidence and beauty.

Regardless of whether you're a rookie mom or a vet going strong, hair loss in women is more common than you might imagine. It is so common that it affects nearly a third of the population, about 40-50 million women. Life is already stressful enough as is. Throwing in a 24/7 job like motherhood only further fuels that stress. While jewelry and flowers are staples for Mother's Day, it's hard to beat being able to turn back the clock to full, healthy hair.

With plenty of time left before Mother's Day, all the significant others and kids out there still have a bit to browse the various Bauman Medical products and services that are bound to make this year's holiday one that mom will never forget, such as:

LOW-LEVEL LASER LIGHT THERAPY

An essential in the realm of hair restoration, the benefits of low-level laser light therapy are beyond immense. And with the highly advanced Bauman TURBO LaserCap®, you can bring this essential treatment to the comfort of mom's home. Drug-free, chemical-free, non-invasive, and FDA-cleared, the TURBO LaserCap only requires five minutes of use each day to achieve results that will last for five lifetimes. While it may not reverse all the stress you caused your mom in your heyday, it can at least promote hair regrowth thanks to its 300+ high-quality laser diodes, which deliver more energy and power to a 25% larger scalp area than other laser caps on the market.

PRP (PLATELET-RICH PLASMA)

For moms in the Boca Raton area or looking for an escape to Florida, I might also suggest another in-demand service at Bauman Medical. Our PRP procedure is an effective way to get mom's hair looking like it did in high school. The best part? It only takes an hour. How does PRP work? First, we start by drawing a small sample of

your blood to harness the platelets found within. Once we've obtained them, we separate them from the blood and concentrate them before injecting them back into your scalp. For those with a phobia around needles, no need to fret. With local anesthesia applied, mom won't feel a thing. Once your PRP is complete, you're good for a year or more, as a single annual treatment is usually all you need.

SCIENTIFIC SCALP MAKEOVER

Before you opt for a gift certificate for your local spa resort, why not elevate an already serene day by taking mom to our soothing SalonB Head Spa? Beyond a tranquil afternoon, she'll also be treated to our Scientific Scalp Makeover, a fantastic option for women dealing with stress-induced hair loss. Prepare for relaxation and results as you enter our low-light room, scored by soothing melodies. Couple that with our therapeutic aromatherapy, customized scalp masks, deep scalp massages, and a thorough cleaning with our shampoo and conditioner, SalonB will have mom feeling rejuvenated and optimistic about her hair health.

The results speak for themselves, as many people return to SalonB just to enjoy a day of relaxation and recovery without any scalp issues.

SOOTHE SHAMPOO & CONDITIONER

Restoring hair is one thing; maintaining it is a whole other beast. Using shampoos and conditioners filled with chemicals counteracts any type of treatment you use. Keep mom's hair looking and feeling good well past a procedure by investing in the calming Soothe Shampoo and Conditioner kit from Bauman Medical.

Say goodbye to irritated and dry scalps, as my CBD oil-infused cleansers are a massive step up from the run-of-the-mill drugstore shampoos. And by harnessing the light-reflecting properties of the porcelain flower, her scalp will be as hydrated as ever. The best part of the Soothe kit is that it can be applied daily without worrying about overuse. While CBD is the main talking point,



A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles. It also makes the perfect gift. Gift E-cards are available on our eStore.



The award-winning Bauman Turbo LaserCap is the most technologically advanced portable FDA-cleared low-level laser light therapy (LLLT) device for hair regrowth currently available. Recommended for both men and women with thinning hair, as well as hair loss prevention and overall hair health.

the Soothe kit also features ingredients like Procapil, a natural hair loss solution that reduces DHT levels and increases blood flow, as well as ceramides for moisture in the fibers and 12 other essential oils that will help mom's scalp feel as calm as ever.

THE BUILDER MULTI-COLLAGEN COMPLEX

While it might not be as exciting as a bouquet of roses or chocolates from a chocolatier, the BUILDER Multi-Collagen Complex will last well beyond those traditional Mother's Day gifts. Consisting of a big three of Fortigel, Fortibone, and Verisol, the BUILDER simplifies delivering essential proteins to your hair that increase natural collagen levels. With collagen, your hair gets a boost in production and follicle strength, as well as bringing back those shining locs mom has missed so much. This long-term solution will give you the confidence and security that your hair will be healthy and strong for years to come.

But the BUILDER is more than just a hair supplement - it's an all-around supplement. Collagen is the most rich protein in our body. You can thank it for your tendons, ligaments, muscles, skin, and hair. Nearly 30% of our body's total protein is collagen. So, you can also enjoy an increase in bone density, skin elasticity, and muscle strength, along with an improvement in overall hair health. But be patient, mom, as the BUILDER takes about three to six months of daily use to see these immense benefits. And just imagine how you'll feel continuing beyond that time frame.

LEARN MORE

While one day isn't enough to let mom know just how special she is, you can let her know what she means to you by choosing Bauman Medical for all your gift needs. Because nothing compares to wanting the best for the ones who brought us here. Uncertain about what you think Mom would like best? We've got you covered. Opt for a Bauman Medical gift e-card available on our eStore.

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.



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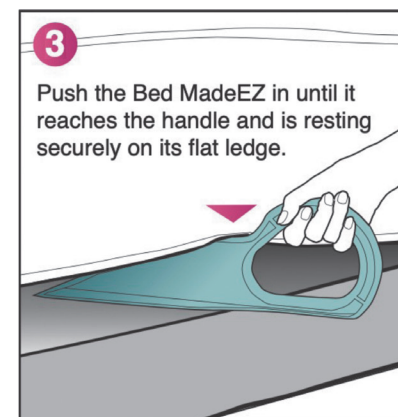
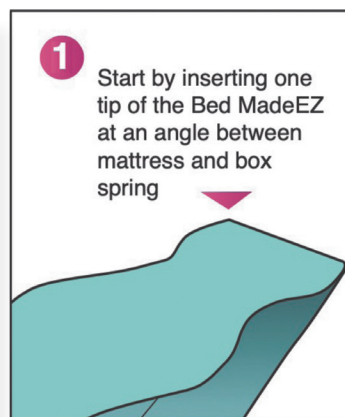
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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, 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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Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: *"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."* (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed. Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I *can't* give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."



The writer of Hebrews put it this way: *"So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion."* (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!

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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