

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

September 2025

Polk/Brandon Edition - Monthly

www.healthandwellnessfl.com

FREE



POST PREGNANCY LEG HEALTH

**THE TRANSFORMATIVE POWER
OF QUALITY SLEEP**

**CONNECTING YOU TO
A HEALTHIER LIFE IN POLK COUNTY**

SENIORS AGING IN PLACE

VARICOSE VEINS ARE A MEDICAL CONDITION

**CELEBRATING 24 YEARS
SERVING CENTRAL FLORIDA**



BEFORE



AFTER

Treatment of varicose veins is covered by most medical insurance

\$10 off

one pair
of compression
socks

(valid one
per person
per visit)

BENEFITS OF TREATMENT:

NON-SURGICAL PROCEDURES

ALL PROCEDURES DONE IN OFFICE

NO DOWN TIME

MOST INSURANCES ACCEPTED, INCLUDING MEDICARE



**Vascular Vein Centers
of Davenport / Haines City**

121 Webb Dr Suite 300

Davenport, FL 33837

(863) 291-6313

www.PolkVVC.com

Next to IMA Pichardo Clinic

**Schedule
an appointment
online**



TRUSTED HOMECARE SERVICES



**OUR MISSION IS TO ASSESS THE
NEEDS OF EACH CLIENT TO HELP
THEM MAINTAIN THEIR
INDEPENDENCE WHILE LIVING
IN THEIR OWN HOMES
AND COMMUNITIES.**

Services

- Healthcare Staffing Services
- Licensed RNs and LPNs
- Companion/Homemaker
- Assisted Living
- Respite Care
- Live-in Care
- Personal Care
- End of Life/Hospice Care
- Chronic Illness/Disability Care
- Meal Preparation
- Housekeeping
- Shopping & Errands
- Transportation to Doctor Visits



352.240.7522 **WWW.TRUSTEDHCS.COM**

contents September 2025

- 4 Post Pregnancy Leg Health
- 6 Connecting You to a Healthier in Polk County
- 7 Seniors Aging in Place
- 8 The Transformative Power of Quality Sleep
- 10 Advice For Seniors
- 11 Chronic low back pain Treatment
- 12 A Labor (Day) of Love
Show Your Scalp Some Affection
for Alopecia Awareness Month
- 14 Bed Making Made Easy –
With CKI Solutions' Bed MadeEZ®
- 15 Spiritual Wellness: One Another

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com



BERRYMAN
Marketing Group LLC

South Florida's Health & Wellness Magazine can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2025. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



We can help remind your body what's missing.

What can hormone imbalance look like?

- Weight Gain
- Loss of Muscle Mass
- Depression and Stress
- Cognitive Decline
- Insulin resistance
- Loss of Sex Drive
- Fatigue
- Sleep Disorders
- Increase in Degenerative Disease
- Compromised Immune System



We provide Bioidentical Hormone Replacement Therapy to alleviate any of the above symptoms to Optimize your health and wellness.

Contact us today for a Consultation!

Phone: 863-899-2404 Email: info@optimizedwellness.net

Serving Lakeland, Winterhaven, Plant City Brandon and surrounding Florida cities.

- Lifetime Warranty
- Factory Trained Installers
- Watertight Construction
- Custom Solutions



- Improve Accessibility
- Complete in One Day
- Reversability Available
- Satisfaction Guarantee

Save 90% on Replacement Cost!

We convert your tub to a walk in shower in just one day. No plumbing or demolition. Little to no disruption. A simple shower curtain, the same used on a shower stall, stops any water concerns. Shower doors optional.

It's Like Having A Walk In Shower Without The Cost!

We create the opening that fits your needs. Unlike a cap system, The TubcuT® adapts to you. With our exclusive process, you dictate where we create the opening, how wide and how low, typically just 4" off the floor.

The TubcuT® System is 100% REVERSIBLE

If you sell your home we can reverse The TubcuT® back to a regular tub again, just like brand new! The removed section of the tub can be replaced restoring it to original condition. Save thousands on resale!







"You won't have anymore trouble getting in and out of the bathtub with TubcuT®"

The Tub Cut Company • www.southfloridatubcut.com
877-TUB-CUTS • 954-466-4413 • Showroom: 3991 SW 12th CT Ft Lauderdale FL
Hours: Monday - Friday 9am - 5pm Saturday By appointment - Sunday Closed



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.



**WE'RE OPEN & SAFE,
EXCEEDING CDC SANITIZATION
STANDARDS**

**Vascular Vein Centers
of Davenport / Haines City**

121 Webb Dr Suite 300, Davenport
FL 33837

(863) 291-6313
www.PolkVVC.com
next to IMA Pichardo Clinic

**SEE OUR ADD FOR
\$10 OFF**

Connecting You to a Healthier Life in Polk County

By Gilberto Lozano, MD, Internal Medicine at Millennium Physician Group

When you choose a primary care physician, you're choosing more than a doctor – you're choosing a partner in your health journey. My role is to walk alongside you, helping you prevent illness, manage chronic conditions, and feel confident about the choices you make for your health.

For more than two decades, I've had the privilege of caring for the broader Lake Wales community. Now, as part of Millennium Physician Group, I'm excited to join a team with multiple locations across Polk County, ready to serve you and your family.

Why Primary Care Matters

Primary care is your first line of defense in maintaining your health and serves as a foundation for when you need treatment. As an internist, I specialize in the prevention, diagnosis, and treatment of diseases affecting adults. My approach is simple: combine the science of medicine with the art of understanding the people I serve.

That means I don't just treat conditions – I treat YOU. Whether you're managing diabetes, controlling high blood pressure, or seeking guidance on nutrition and lifestyle changes, I partner with you to create a care plan that fits your life, your needs, and your goals.

Comprehensive Care for Every Stage of Adulthood
Internal medicine covers a wide range of health needs. In my practice, we focus on:

- **Preventive Care** – Annual wellness exams, screenings, and lifestyle guidance to help you stay ahead of health issues.
- **Chronic Condition Management** – Ongoing support for conditions like diabetes, heart disease, high blood pressure, and arthritis.
- **Acute Care** – Prompt treatment for illnesses and injuries so you can recover faster.
- **Coordination with Specialists** – Helping you navigate care when multiple health concerns overlap.
- **Whole-Person Health** – Addressing physical, mental, and emotional wellbeing.



Because your health is more than just numbers on a chart, I take the time to discuss not only your symptoms but also what is happening in your life, including your stress, routines, and goals – the things that truly impact how you feel on a day-to-day basis.

A Philosophy of Care That Puts You First

I believe medicine works at its best when it's personal. My philosophy is to listen before I speak, to understand before I treat, and to always respect the individual behind the diagnosis. Patients often tell me that they value the time I take to answer their questions and explain things clearly.

Additionally, Polk County is a diverse community, and I'm proud to offer care in both English and Spanish. Clear communication is essential in healthcare, and my goal is to ensure every patient fully understands their health, their options, and their next steps.

Millennium Physicians Group Cares for Our Community

Millennium Physicians Group is one of the largest comprehensive primary care practices in the Southeast, with multiple office locations in Polk County and throughout the state of Florida. As part of the Millennium team, our comprehensive care services include:

- Access to **same-day appointments** when you need care quickly.
- **Coordinated care** between your primary care provider and specialists.
- On-site and nearby **lab and radiology services** to make testing easier.
- **Virtual visits** for times when you can't make it to the medical office.

And because Millennium focuses on value-based care, our priority is always to keep you healthy, avoid unnecessary tests and hospital visits, and lower your overall healthcare costs.

Whether you need a routine checkup, help managing a chronic condition, or just someone to listen when you have health concerns, my door is open. At Millennium Physician Group, we're here to connect you to a healthier life.

We're welcoming new patients and look forward to caring for you.



Gilberto Lozano, MD

MILLENNIUM
PHYSICIAN GROUP

863.678.1400

MillenniumPhysician.com

320 State Road 60 E
Lake Wales, FL 33853

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:

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.



863-899-2404

info@optimizedwellness.net
optimizedwellness.net

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



AFTER

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.



877-882-2887

www.TUBCUT.COM



How Can We Make Your Life Easier?

Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

Our accessible bathtub and shower experts can assist you with all of your bathing accessibility needs. With every TubCut install, we provide the safest and most convenient ways for people to take a bath, even when they struggle with a disability or mobility impairment.

Contact us today for all of your accessible bathtub and shower needs. **877-882-2887, www.tubcut.com.**

VA APPROVED

CHRONIC LOW BACK PAIN TREATMENT



Mechanism of Action in Spinal Pain

The intervertebral discs and facet joints are common sources of LBP, often due to degenerative changes. PRP therapy targets these areas by delivering growth factors that promote cell proliferation, matrix synthesis, and anti-inflammatory effects. Studies have demonstrated that PRP can stimulate cell proliferation and metabolic activity of intervertebral disc cells, suggesting potential benefits in disc regeneration.

Clinical Evidence Supporting PRP for Low Back Pain

A systematic review published in Biomedicine evaluated the efficacy of PRP injections in managing LBP. The review highlighted that PRP might restore both structure and function in spines affected by disc degeneration. The authors concluded that PRP injections could be a viable therapeutic option for patients with degenerative disc disease, offering pain relief and functional improvement.

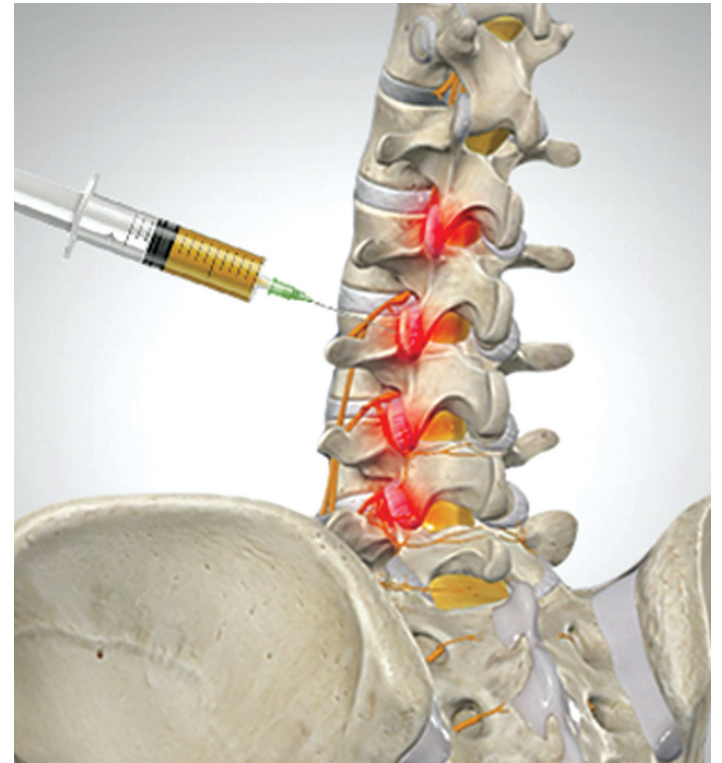
Another critical review in the Journal of Pain Research assessed the role of PRP in managing chronic LBP. The study reported that PRP injections are safe and effective in reducing back pain, with patients experiencing significant improvements in pain and function. The authors emphasized the need for further large-scale studies to confirm these findings but acknowledged the potential of PRP as a minimally invasive treatment option.

Comparative Studies: PRP vs. Corticosteroids

Steroid injections are commonly used for LBP management due to their anti-inflammatory properties. However, their effects are often short-lived, and repeated use can lead to adverse effects. A systematic review with meta-analysis compared the clinical efficacy of PRP against corticosteroids for treating LBP. The study found that PRP provided more sustained pain relief and functional improvement than corticosteroids, suggesting that PRP could be a superior alternative for long-term management of LBP.

Safety and Considerations

PRP therapy is generally considered safe, given its natural source, which minimizes the risk of immune reactions and disease transmission. Reported side effects are typically mild and may include temporary pain at the injection site. However, as with any medical procedure, it's essential to consult with a qualified healthcare provider to determine if PRP therapy is appropriate for your specific condition.



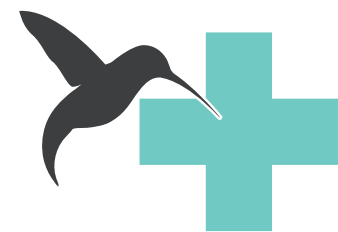
Conclusion

Emerging peer-reviewed research indicates that PRP therapy holds promise as an effective treatment for spine-related pain, particularly in cases of degenerative disc disease and chronic LBP. While initial findings are encouraging, further large-scale, randomized controlled trials are necessary to establish standardized protocols and confirm long-term efficacy. As the field of regenerative medicine advances, PRP therapy may become a cornerstone in the non-surgical management of spinal pain, offering hope to those seeking relief from chronic pain.

Chronic low back pain is a condition that can significantly impact your quality of life, limiting activities and even interrupting sleep. Traditional treatments such as physical therapy, medications and surgery, often have limited success and may carry risks. In recent years, Platelet-Rich Plasma (PRP) therapy has emerged as a promising regenerative treatment for spinal pain.

Understanding PRP Therapy

PRP is a suspension of platelets in plasma, obtained from your own blood. PRP contains a high level of growth factors and substances called cytokines that play a crucial role in tissue repair and regeneration. It is generally painless to obtain, using a simple blood draw followed by several processing steps to concentrate the platelets to the desired level. For pain involving the spine, concentrated PRP may be injected into ligaments, joints, discs, around nerve roots or all the above. This approach aims to enhance the body's natural healing processes.



woz wellness

Fast, minimally invasive pain relief.

844-GO PROLO (844-467-7656)

www.wozwellness.com

A LABOR (DAY) OF LOVE

Show Your Scalp Some Affection for Alopecia Awareness Month

by Alan J. Bauman, MD, ABHRS



September, to many, is about as good as it gets. Cooler temps, shorter days, and leaves changing colors all usher in the start of autumn.

But before you grab your pumpkin spice latte and break out the rake from your shed, this month begins by paying tribute to the countless hard-working Americans punching in and out every day. Labor Day, a time of relief and relaxation, is the perfect time to celebrate the workforce by giving them what they deserve most: a relaxing day off.

Believe it or not, the workforce and your scalp are in need of the exact same thing, as being overworked and stressed out leads to potential burnout for your follicles. It's fitting, as September is also Alopecia Awareness Month, a term that I'm sure many of you recognize but might not be entirely sure what it means.

To put it simply, alopecia is hair loss. There just so happens to be a slew of forms possible, so to avoid any potential confusion, we'll just stick with the usual suspect — androgenetic alopecia. More commonly

known as male (and female) pattern baldness, androgenetic alopecia makes up roughly 95% of all hair loss cases.

How has it become so prevalent? AGA is typically brought on by the hormone DHT, which causes hair follicles to shrink, resulting in a decrease in hair production. In cases of men, AGA begins with a receding temple and hairline, along with decreased coverage in the crown or back of the head, as well as on the top of the scalp. With women, AGA attacks the frontal half of the scalp with diffuse thinning, making the temples a potential target.

While we might be taking some time off to start the month, our team at Bauman Medical is dedicated to giving your scalp the TLC it deserves. While a day off will undoubtedly help you, we have the tools to truly help your hair. Our work leads us to new cutting-edge treatments that combat AGA and much more, such as:

FOLIX HAIR GROWTH LASER

When it comes to putting in work for hair restoration, our team at Bauman Medical knows a thing or two about the impacts of laser therapy. That's why I'm excited to reveal that our clinic is one of only a few practices in America to utilize the FoLix Hair Growth Laser, courtesy of Lumenis.

FoLix, a non-invasive and FDA-approved laser treatment, is a game-changer in the realm of androgenetic alopecia. By using fractional photothermolysis, we're able to target specific portions of the scalp to stimulate hair growth. You might be wondering, "What is photothermolysis?" Simply put, it involves heating specific cells and tissues using light energy. Think of the lasers used for tattoo removal but with none of the discomfort.

What sets Folix apart from traditional methods of hair restoration, such as microneedling, is the level of control we now possess. With this precision, patients will be greeted with a procedure for hair growth that is not only safe but also comfortable, instilling a sense of security and confidence.

The standard for FoLix treatment takes place over 4-6 sessions, each spaced one month apart, with periodic maintenance to follow. Beginning with pre-treatment, patients are provided protective eyewear before their hair is sectioned to show thinning areas. Now, the work really gets going. A member of our team will apply the laser handpiece and its cooling tip, working across the thinning zones in a grid-like pattern. As the laser pulses, patients can expect a warm heat across those spots.

We now enter the post-treatment period, during which patients may notice a slightly redder scalp than usual, similar to the appearance of your skin after being in the sun for too long. But despite the redness for a few hours, there's no discomfort, no downtime! That means getting back to work, or in this month's case, back to a day of R&R. Some basic care tidbits to keep in mind, though, are avoiding scalding hot showers or abrasive chemicals on your scalp.

A streamlined procedure, FoLix results will begin to show after the first two or three treatments. This is



Before and 6 months after using the Bauman TURBO LaserCap



Before and 12 months after PRP by Dr. Alan J. Bauman, M.D. - Bauman Medical

when reduced shedding and increased volume will appear. After the subsequent two sessions, new baby hairs and improved density begin to appear. If you're back in the office for measurements, we can see exactly how well you're responding in each zone. Within about half a year, most patients notice significantly fuller areas that were previously weak.

Despite the impacts of FoLix, things like androgenetic alopecia simply don't stop. Because of this, it's integral to keep up with maintenance following the initial treatments. Much like using minoxidil or PRP, FoLix works best over time with additional laser sessions to maintain follicle activity and prevent potential regression. A few times a year, for 30 minutes at a time, and your follicles will be working like never before.

While FoLix showcases the boundary-pushing science around hair restoration, that doesn't mean it can't work hand-in-hand with other proven treatments. Those familiar with Bauman Medical know about some of these staples that pair perfectly with the new kid on the block:

HAIR FOLLICLE STEM CELL BANKING

While you're on your way to cash your check at the bank, why not stop into our facility and make a follicle deposit? Hair Follicle Stem Banking offers immense benefits for current and future procedures. By collecting stem cells directly from your hair follicles, we can cryopreserve them to use for treatments like topical scalp solutions or hair follicle cloning.

With untapped potential beyond hair loss treatment, Hair Follicle Stem Cell Banking enables your body to work for you now and in the future. From skin rejuvenation to orthopedic treatments, and even possible organ repair and replacement, stem cell banking offers a truly personalized plan that extends well beyond your initial deposit.

STEMGRO™

Ready to make a stem cell withdrawal? Putting your cells into something like STEMgro™ is a savvy move toward hair regrowth. A pain-free, personalized topical treatment in-office derived from your own hair follicle stem cells, STEMgro™ continues to break new ground with ongoing clinical trials that are furthering its development toward injectable treatments. Looking into the future, we've even seen the possibility of hair follicles cultivated in the lab, all tailored to your scalp and your scalp only.

LOW-LEVEL LASER THERAPY

A tried-and-true hair growth solution at Bauman Medical, our award-winning Bauman Turbo LaserCap® brings the benefits of FoLix to you. Whether you're in the office or chilling on the couch, all you need is five minutes out of your busy day for robust hair. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TurboCap will certainly put in the work for hair regrowth during and after hours.

PRP & PDOGRO™

FoLix isn't the only procedure that couples convenience and pain-free. Another Bauman Medical classic, you won't even feel or notice our PRP procedure. All we need from you is a small blood sample for massive results. We separate the platelets from your blood and concentrate them before gently reapplying them into your scalp.

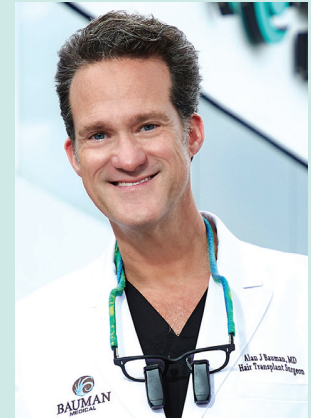
For even more vigorous hair regrowth, you can combine PRP with PDOgro™, our FDA-cleared, delicate, and absorbable polydioxanone threads that stimulate numerous scalp functions essential for hair regrowth. This absorbable material activates your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. Performed in our comfortable outpatient procedure, PDOgro™ requires no recovery or aftercare, allowing you to sit back and relax.

LEARN MORE

This Labor Day, treat your hair to the same care you deserve with a relaxing visit to our team at Bauman Medical. If you're feeling overworked, just imagine how your scalp is feeling. Let our experts take the lead on this project. 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.



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.



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

**Hair Restoration
for Men and Women**
www.BaumanMedical.com
561-220-3480

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



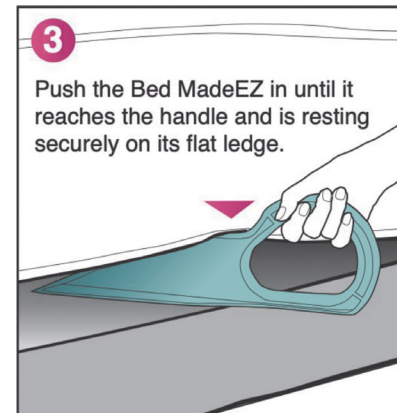
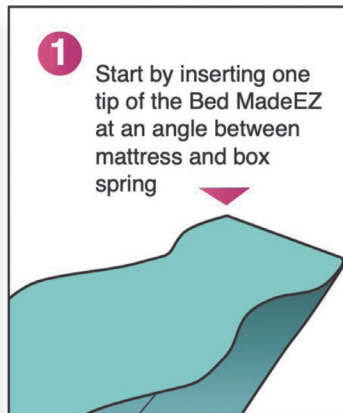
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.



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.



CADENCE KEEN INNOVATIONS

Find out more at
www.ckisolutions.com

Email
customerservice@ckisolutions.com

Phone
561-249-2219



It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**
- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

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.



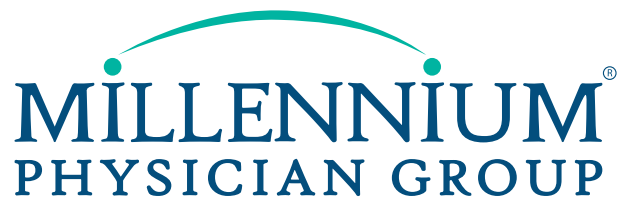
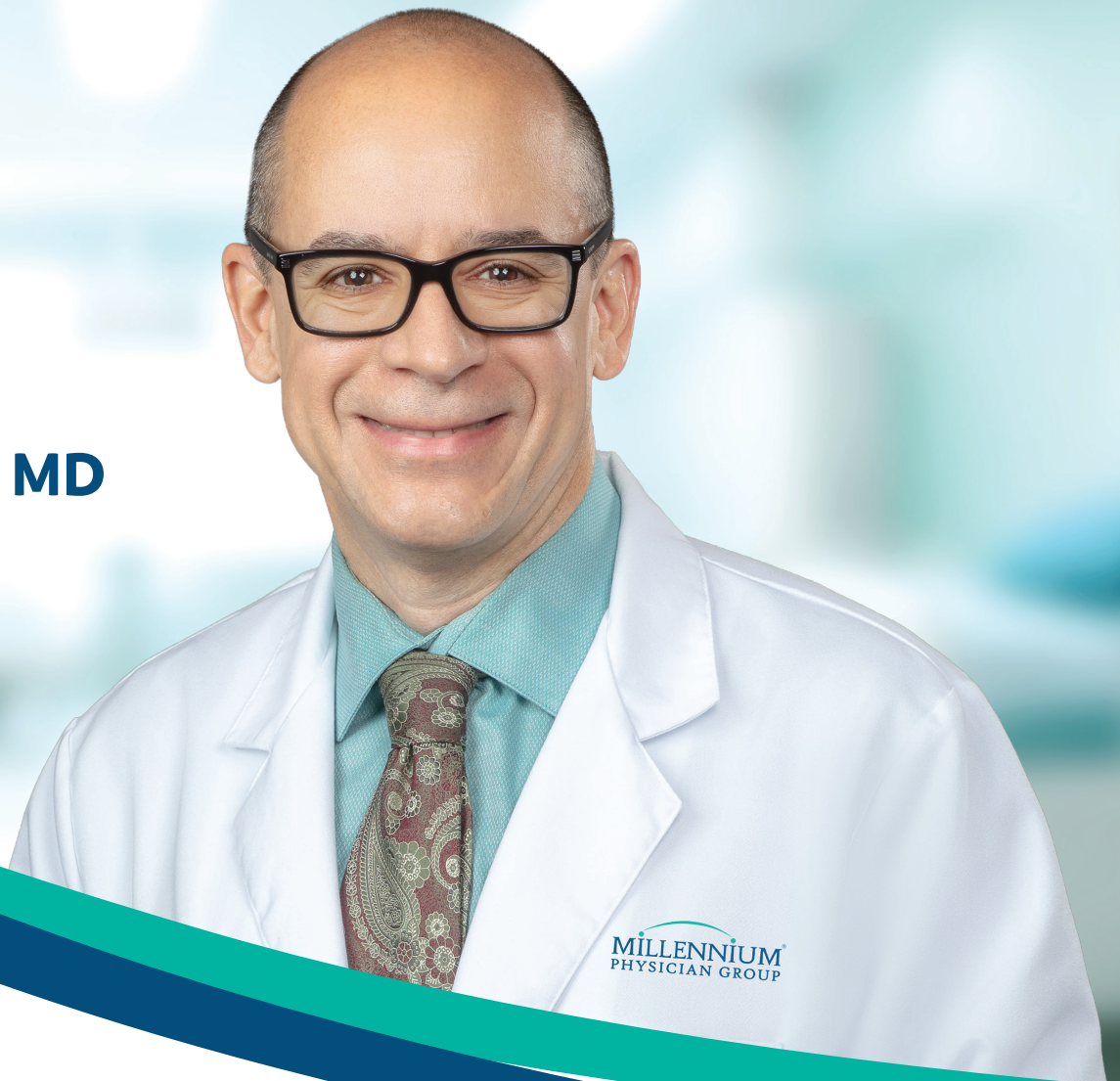
Wednesdays
6:33 PM
322 N Scenic Hwy.
Lake Wales, FL 33853



<https://www.facebook.com/RecoveryChurchlakewales/>
Lakewales@recovery.church
www.recovery.church/Lakewales | (863) 605 7170



**Introducing
Gilberto Lozano, MD**



Your Connection to a Healthier Life

NOW WELCOMING NEW PATIENTS

Schedule your appointment today!



863.678.1400

Monday-Friday 9am-5pm

320 State Rd 60 E., Suite 301

Lake Wales, FL, 33853

MillenniumPhysician.com