

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

October 2025

Polk/Brandon Edition - Monthly

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**SPIDER VEINS
TREATMENT AND CAUSES**

**MANAGING HYPERTENSION
FOR A HEALTHIER LIFE**

SENIORS AGING IN PLACE

**HEALING WITH SOUND:
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by Samuel P. Martin, MD, FACS,
Medical Director at Vascular Vein Centers

SPIDER VEINS

TREATMENT AND CAUSES



Spider veins (also called telangiectasias) are small superficial blood vessels in the skin. They get their name because their appearance is similar to that of a spider web. They most commonly appear as blue or purple spider web-like patterns on the inner and outer thighs, calves, back of the knees and the ankle area.

Spider veins can be the tip of the iceberg as a sign of underlying vein disease. Some people complain of warmth or discomfort over spider patterns. Do your spider veins or profession indicate high risk factors for vein disease?

WHAT'S CAUSING YOUR SPIDER VEINS?

Many factors can contribute to the development of these unattractive veins. Some can be avoided or improved, but many of these factors are out of your control:

- Heredity
- Hormones
- Pregnancy
- Weight gain
- Age
- Trauma
- Surgery

Prolonged standing or sitting required by many professions can contribute to the development and reoccurrence of spider veins.

YOUR TREATMENT OPTIONS

Our spider vein treatment options improve the appearance of your legs with minimally invasive procedures that let you get back to normal activities the same day. They require no prolonged recovery or discomfort. We use injection sclerotherapy for the best results eliminating spider veins. It is important to realize that more spider veins can occur over time.

Stop hiding your legs because of spider veins. You don't have to wait to get spider



vein treatment that will eliminate the embarrassing webs of blue, red and purple veins. We offer regular cost-saving specials to help you regain the confidence and self-image you may have lost. Take a moment to visit our website and review our Cycle of Care, which outlines the Vascular Vein Centers' treatment process, to see how quickly you can get back legs you'll want to show.

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Managing Hypertension for a Healthier Life

By Eduardo Ramirez, MD, Internal Medicine at Millennium Physician Group

When it comes to your health, not every risk announces itself with warning signs. High blood pressure, also called hypertension, is one of the most common conditions in the United States. According to the National Heart, Lung, and Blood Institute, half of all American adults have high blood pressure.

Although it rarely causes obvious symptoms, hypertension can influence your overall health in lasting ways. In fact, it is sometimes referred to as a “silent condition.” That’s why routine checkups with your doctor – and knowing your numbers – is one of the best things you can do to ensure you’re living your healthiest life.

Know Your Numbers

A blood pressure reading measures the force of blood pushing against the walls of your arteries. This is recorded as two numbers. The top number indicates your systolic pressure while the bottom is your diastolic pressure. Both numbers matter for your health.

It is common for blood pressure to change throughout the day, based on your lifestyle and activities. Here is how blood pressure levels are measured:

- **Normal:** Less than 120/80 mmHg
- **Elevated:** 120–129 systolic and less than 80 diastolic
- **High Blood Pressure (Hypertension, Stage 1):** 130–139 systolic or 80–89 diastolic
- **High Blood Pressure (Hypertension, Stage 2):** 140/90 mmHg or higher

When blood pressure is in a healthy range, your heart and vessels work smoothly, delivering oxygen and nutrients where they need to go. But when it runs higher than normal, your heart has to work harder, and your arteries experience more strain.

If it lasts over time, this added pressure can cause arteries to harden and narrow, increasing the chance of clots. It can also weaken the heart muscle, interfere with kidney function, and place stress on delicate blood vessels in the eyes, leading to vision problems. Recent studies also link long-term hypertension to memory changes and a higher risk of dementia.

Some patients with high blood pressure report fatigue, headaches, or shortness of breath. These symptoms often interfere with work, family life, and overall well-being. In short, high blood pressure doesn’t just affect one part of your body – it affects your future health as a whole.



Taking the Pressure Out of the Diagnosis

Managing hypertension is not just about numbers on a chart. It’s about supporting your overall health and helping you feel your best. As a physician specializing in internal medicine at Millennium Physician Group, I help patients understand their blood pressure, how it affects their health, and what steps they can take to keep it in a healthy range.



Eduardo Ramirez, MD

If your readings are consistently above the normal range, we’ll work together to craft a care plan that fits your life, your needs, and your priorities. For many patients, the first step is lifestyle changes – and these can be surprisingly powerful.

Choosing fresh fruits and vegetables, limiting processed foods, and maintaining a healthy weight are all ways to help lower blood pressure. Even small adjustments like reducing salt in your diet or adding more movement to your day can bring numbers down and reduce long-term risks.

When lifestyle changes aren’t enough, medication may be recommended. We’ll review the options together and discuss what is most appropriate for your individual needs.

Hypertension Care That Fits Your Life

Don’t wait for hypertension symptoms to appear. A simple blood pressure check can start a conversation that protects your health today and for years to come.

At Millennium Physician Group, we’re here to connect you to a healthier life. One of the largest comprehensive primary care practices in the Southeast, we have multiple office locations in Polk and Braden Counties. As part of the Millennium team of physicians, advanced providers and staff, our comprehensive services include:

- Access to **same-day appointments** when you need care quickly.
- **Coordinated care** between your primary care provider and specialists.
- Onsite 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, the priority is always to keep you healthy, avoid unnecessary tests and hospital visits, and lower your overall healthcare costs.

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

Attention Medicare-Eligible Patients:

Medicare’s Open Enrollment Period runs from October 15 through December 7. This is the time each year to review your coverage and make any changes to your Medicare Advantage or Part D prescription drug plan. You can learn more at [.medicare.gov](https://www.medicare.gov) or by calling 1-800-MEDICARE.



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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.

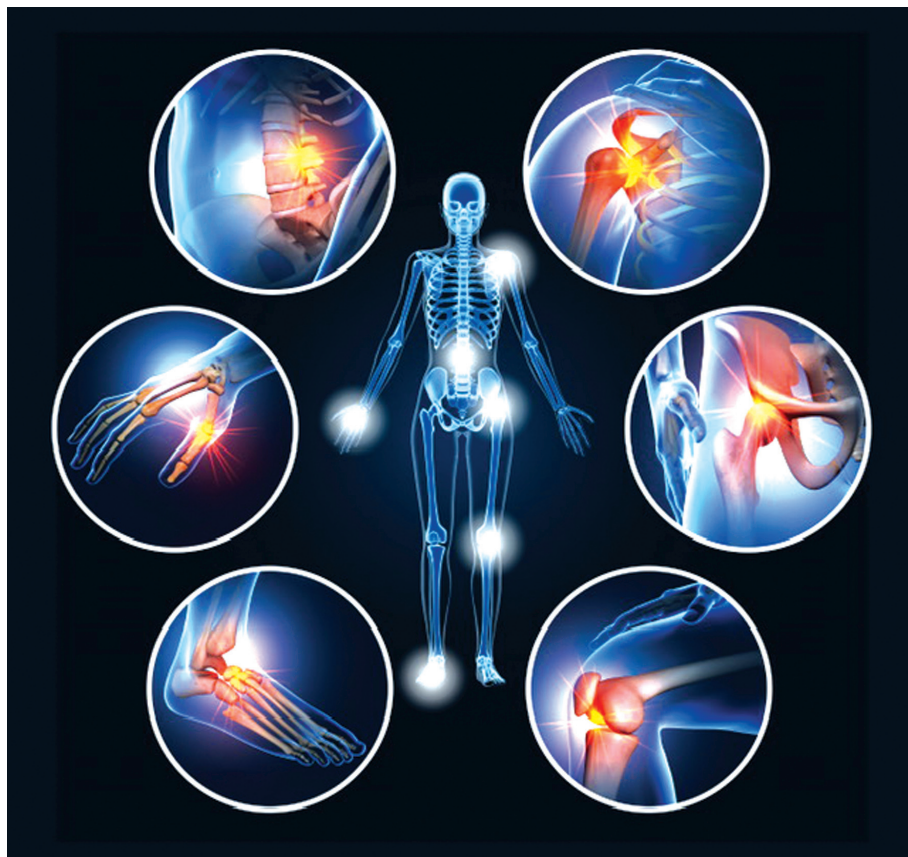
OUR PROMISE

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
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HEALING WITH SOUND:

HOW STEMWAVE THERAPY IS CHANGING CARE IN LAKELAND

How Does It Work?

At its core, STEMWave relies on a fascinating biological principle called mechanotransduction—the process by which cells sense mechanical signals and turn them into healing responses. When targeted soundwaves are delivered to injured or painful tissue, they set off a chain reaction:

- **Improved circulation:** Shockwaves stimulate the growth of new blood vessels (a process called neoangiogenesis), which brings fresh oxygen and nutrients to the area.
- **Reduced inflammation:** The pulses act like a reset button for the immune system, helping calm chronic irritation that drives pain.
- **Cell activation:** Research shows shockwaves can activate local stem cells and repair cells, prompting tissue regeneration.
- **Pain interruption:** The treatment can quiet overactive pain nerves, giving relief where other therapies have failed.

Think of it as giving your body a nudge in the right direction—encouraging natural healing in places that have been stuck in a cycle of pain and dysfunction.



When most people hear the word “shockwave,” they imagine something dramatic—maybe an explosion or a jolt of electricity. But in medicine, shockwaves are nothing of the sort. Instead, they are gentle yet powerful pulses of sound energy, and they’re quietly revolutionizing how we treat pain, injuries, and even certain chronic conditions.

And here in Lakeland, Florida, that revolution is now available with STEMWave therapy, a state-of-the-art treatment that harnesses sound to help the body heal itself.

What Is STEMWave?

STEMWave is a form of extracorporeal shockwave therapy (ESWT)—a technology that has been used in Europe and around the world for decades. You may be familiar with the way doctors use soundwaves to break up kidney stones; STEMWave works on a similar principle but is designed for soft tissues, joints, and nerves. Instead of breaking things apart, however, it stimulates repair, regeneration, and pain relief.

The treatment is completely non-invasive, requires no surgery, no injections, and typically no downtime. Sessions are done in the office and usually last less than 30 minutes.

Conditions STEMWave Can Help

The science supporting STEMWave is extensive, with dozens of published studies across different specialties. Here are just a few areas where it has proven effective:

- **Joint pain & arthritis:** Studies show shockwave therapy reduces pain and improves function in knee osteoarthritis, making it a safe, non-drug alternative.
- **Tendon problems:** From Achilles tendinopathy to tennis elbow and plantar fasciitis, shockwave is a leading option when rest, braces, and injections haven't worked.
- **Sports injuries & stress fractures:** By stimulating bone healing, shockwaves can speed recovery and sometimes prevent surgery.
- **Nerve conditions:** There's evidence shockwave therapy may help in cases of diabetic neuropathy, improving nerve health and reducing pain.
- **Pelvic & urologic health:** Low-intensity shockwave has shown promise for erectile dysfunction and chronic pelvic pain, offering men safe, drug-free solutions.
- **Wound healing:** By boosting blood flow and cellular repair, it can help chronic wounds close more effectively.

With such a wide range of uses, STEMWave isn't just for athletes or those with long-term injuries—it has the potential to help almost anyone struggling with persistent pain.

What Does Treatment Feel Like?

Patients are often surprised by how simple the process is. A handheld device is placed against the skin, and pulses of sound are directed to the affected area. You may feel tapping or mild pressure, but the treatment is generally well-tolerated.

Most people notice improvement after just a few sessions, though a typical treatment plan involves a short series—often once a week for several weeks. Unlike medications, which mask symptoms, or surgeries, which carry risks and downtime, STEMWave works by helping the body rebuild itself.

Evidence You Can Trust

Skepticism is natural with any new therapy. But STEMWave is not a fad—it's backed by decades of research. Clinical trials and meta-analyses consistently show it can:

- Reduce pain more effectively than placebo or even some traditional treatments.
- Improve mobility and function in chronic tendon and joint conditions.
- Promote long-term healing, not just temporary relief.

For example, in a head-to-head study, shockwave therapy for plantar fasciitis worked just as well as custom orthotics, giving patients another non-surgical option. In men with erectile dysfunction, seven randomized controlled trials showed significant improvements in both function and quality of life.



Why Lakeland?

Until recently, residents of Polk County often had to travel to larger cities to access this type of advanced technology. Now, with STEMWave available right here in Lakeland, the community has access to cutting-edge care without leaving town.

At D&G Optimized Wellness and Hormones, we believe in combining the best of modern science with a personalized, whole-person approach to health. STEMWave fits perfectly with that vision—safe, non-invasive, and designed to restore the body's own ability to heal.

Who Can Benefit?

If you've been struggling with:

- A chronic tendon injury that won't heal
- Arthritic knee or hip pain interfering with daily life
- Plantar fasciitis making it hard to walk in the morning
- Nerve pain from diabetes or injury
- Or if you've tried "everything" and still don't feel better

...STEMWave may be the option that changes the game for you.

Looking Ahead

The science of shockwave therapy is still expanding. Researchers are exploring its role in stem cell activation, bone healing, and even regenerative medicine. What's clear already is that this technology offers hope where other therapies fall short.

For Lakeland, it means better access, fewer surgeries, and more people living pain-free.

Final Word

STEMWave isn't about masking symptoms. It's about helping the body remember how to heal. For people in Lakeland and the surrounding area, it's an exciting opportunity to access a proven, non-invasive therapy that's already transforming lives across the world.

If you or someone you love is tired of living with pain, stiffness, or limitations, now is the time to explore what STEMWave can do. Healing with sound has arrived in Lakeland—gentle, powerful, and ready to restore.



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PROSTATE ARTERY EMBOLIZATION: A Minimally Invasive Breakthrough in the Treatment of BPH (Enlarged Prostate)

By Dr. Shivank Bhatia, M.D. FSIR

Interventional Radiologist, Founder of Florida Prostate Centers® and Palm Beach Prostate Center®

Benign Prostatic Hyperplasia (BPH), a non-cancerous enlargement of the prostate gland, affects approximately 50% of men over age 50 and up to 90% over age 80. The resultant lower urinary tract symptoms (LUTS)—including urinary frequency, urgency, nocturia, weak stream, and incomplete bladder emptying or Urinary Retention — can significantly diminish quality of life. Traditionally, management options have included pharmacotherapy and surgical interventions such as transurethral resection of the prostate (TURP). However, for many patients, particularly those with comorbidities or aversion to surgical risks, Prostate Artery Embolization (PAE) has emerged as a safe, effective, and durable minimally invasive alternative.

What is PAE?

Prostate Artery Embolization is a catheter-based endovascular procedure performed under conscious sedation. It involves selective catheterization of the arteries supplying the prostate followed by embolization—controlled blockage—of these vessels using calibrated microspheres. The occlusion reduces blood flow, inducing ischemia in hyperplastic prostatic tissue. Over time, this leads to volume reduction and symptomatic improvement.

Patient Selection and Pre-Procedural Considerations

Optimal candidates are typically men with moderate to severe LUTS due to BPH who wish to preserve their ejaculation, sexual function or prefer a minimally invasive option. PAE is a size independent option – it serves patients with both moderate (<80cc) and large prostates (>80 cc), where traditional surgery carries higher complication risks and options are limited.

Evaluation includes detailed urologic history, physical examination, International Prostate Symptom Score (IPSS) assessment, Prostate Specific Antigen (PSA) level and imaging—most commonly a pelvic MRI or ultrasound—to evaluate the health of prostate and bladder. A collaborative approach with urologists ensures comprehensive care and proper diagnosis.

The PAE Procedure

PAE begins with percutaneous arterial access—usually via the femoral artery (groin access) using image-guided fluoroscopy. Through a microcatheter, the interventional radiologist navigates into the prostatic arteries bilaterally. Embolic microspheres (typically 300–500 µm in size) are then injected until stasis is achieved.

Technical challenges include arterial tortuosity and variability in pelvic vascular anatomy. However, advancements in microcatheter technology, experienced operators and imaging have improved success rates. In the hands of experienced operators like those at Naples Prostate Center®, bilateral embolization is achievable in over 97% of cases.

Clinical Outcomes and Efficacy

A Cochrane review comparing PAE to TURP based on up to 24 months' follow-up, showed that PAE and TURP may work similarly well in helping to relieve symptoms. Men's quality of life may be also improved similarly.

Long-term outcomes of PAE are favorable. Our study of 1075 PAE patients – the largest in the US – published in the prestigious, *Peer-Reviewed Journal* – showed sustained symptom relief at three to five years post-PAE in over 84% of patients. Importantly, PAE preserves sexual function—an often under-recognized concern with surgical options like TURP or laser ablation, which carry risks of retrograde ejaculation and erectile dysfunction.

This article can be accessed at:



Prostatic Artery Embolization: Mid-to Long-Term Outcomes in 1,075 Patients - Journal of Vascular and Interventional Radiology

Safety Profile and Complications

PAE has a strong safety profile. Minor complications, such as transient urinary discomfort, and bladder spasms typically resolve within few days and are managed by over the counter medications. Major complications are rare (<1%), especially in experienced hands. The non-surgical nature of the procedure allows it to be performed without need for anesthesia, avoiding systemic risks. This safety profile, minimally invasive nature and preservation of sexual function make PAE a preferred option for most men.

Advantages of PAE in the Modern Therapeutic Landscape

In the context of modern value-based care, PAE stands out for several reasons:

- 1. Minimally-Invasive** – No incisions, no general anesthesia.
- 2. Outpatient Procedure** – Typically performed in under an hour, with same-day discharge.
- 3. Lower Risk Profile** – Reduced risk of bleeding, infection, or incontinence.

- 4. Preservation of Sexual Function** – A significant factor for many men.

- 5. Durability of Results** – Sustained symptom improvement with a low reintervention rate.

Conclusion: With personal experience of over 1800 PAE procedures, I am an advocate for patient-centred, minimally invasive therapies, I have witnessed first-hand the transformative impact PAE can have on patients suffering from BPH. For residents of South Palm Beach county, access to this advanced treatment offers new hope—particularly for those seeking alternatives to traditional surgery.

While no treatment is universally appropriate, PAE provides a compelling option in the evolving algorithm for BPH management. We ensure that patients receive the most appropriate and individualized care.

About the Author:

Shivank Bhatia, M.D. FSIR, is a board-certified interventional radiologist and founder of Florida Prostate Centers. He served as Chariman and Professor of Interventional Radiology at UHealth - University of Miami Health System from 2019 - March 2025.

Dr. Shivank Bhatia is an internationally renowned for his expertise in minimally invasive image-guided therapies that can treat various common medical conditions. Dr. Bhatia's career highlights include:

- Performed over 1800 PAE procedures – one of the largest in United States
- Pioneered prostate artery embolization in the U.S.
- Served as a PI on 3 clinical trials related to PAE
- Published the largest series of 1075 PAE patients to date in U.S
- Led an FDA approved Investigational Device Exemption (IDE) study for investigating the effects of GAE (Geniculate Artery Embolization) for knee osteoarthritis.
- Awarded Fellow of Society of Interventional Radiology, January 2020
- Delivered more than 100 invited lectures and published dozens of scientific articles in peer-reviewed journals on the topic of interventional radiology
- Trained more than 400 physicians on techniques related to prostate artery embolization

With a strong background in radiology and advanced training in interventional techniques, Dr. Bhatia has dedicated his career to improving patient outcomes through innovative approaches. Dr. Bhatia has contributed significantly to advancing literature supporting the adoption of PAE as a standard of care for BPH (enlarged prostate).

Jung et al: PAE for the treatment of LUTS in men with BPH. Cochrane Database of Systematic Reviews 2022, Issue 3. Art. No.: CD012867.

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IS YOUR CELL PHONE TO BLAME FOR THAT HEADACHE?

“You’ve probably heard it a thousand times by now, but one of the most common pieces of advice I give patients with neck pain and headaches is to change their cell phone habits.” – David Woznica, MD, MS

In today’s digital world, our smartphones have become indispensable—but could they also be a hidden culprit behind your persistent headaches and neck pain?

The Connection Between Your Phone and Pain

Many individuals unknowingly suffer from a condition called **cervicogenic headaches**, which stem from issues in the neck. “These headaches often involve pain on one side of the neck and head, and in some cases, even radiate down the arm,” explains Dr. Woznica. Another variety can cause pain on both sides of the head and is common among people in occupations like hairdressing, carpentry, or driving—where neck positioning plays a major role.

One critical factor? **Neck stability**. “Many of my patients have hypermobility, repetitive stress injuries, or past sports/accident-related trauma that can weaken the deep tissues of the neck,” Dr. Woznica says. The **spinal ligaments**, which are responsible for stabilizing the spine, can become strained over time, leading to instability and discomfort.

The Hidden Impact of Looking Down at Your Phone

Now, what does this have to do with your smartphone? A lot, actually.

“When you look down at your phone for extended periods—whether for work, education, or let’s be honest, scrolling Instagram—you’re often at a 45-degree neck angle. That position forces your neck to rely on ligament stiffness, disc strength, and muscle engagement to maintain stability,” says Dr. Woznica.

Research shows that prolonged use of this posture reduces **neck stiffness**, increasing strain on deeper tissues. “Your neck muscles naturally want to conserve energy,” Dr. Woznica explains. “Over time, your body activates the **cervical flexion relaxation response (FRP)**—where the muscles disengage and shift the load onto the ligaments and discs, which weren’t designed to handle it alone.”



How to Prevent Neck Pain from Phone Use

Fortunately, there are ways to protect your neck and prevent these issues:

- **Practice good posture** when using electronic devices
- **Take frequent breaks and stretch** to relieve tension
- **Limit screen time** and be mindful of prolonged downward gaze

For those already experiencing neck instability, strengthening **intrinsic neck muscles** may help—but Dr. Woznica warns, “It’s essential to do this under the guidance of a physical therapist, as some marketed devices or online exercises may actually worsen pain.”

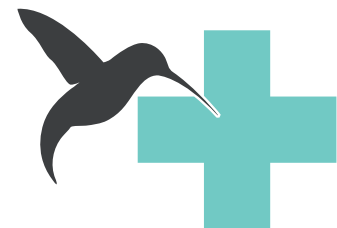
For persistent cases where therapy and medications don’t provide relief, **prolotherapy and platelet-rich plasma (PRP) treatments** can be an effective solution. “These treatments target weakened ligaments directly, promoting tissue repair and restoring stability,” Dr. Woznica explains. Administered with precision using fluoroscopy or ultrasound guidance, these regenerative injections can offer long-term relief from cervical instability.

Get a Personalized Treatment Plan

The best approach? Prevent the problem before it starts! Whether you’re constantly on your phone, laptop, or tablet, prioritizing **proper ergonomics** can save you from chronic discomfort.

If you’re already struggling with persistent neck pain or headaches, **Dr. Woznica is here to help**. He specializes in custom prolotherapy treatment plans tailored to your specific condition and lifestyle. From discussing the best treatment options to outlining the estimated number of sessions and costs, Dr. Woznica ensures you have all the information you need to start your recovery journey.

Don’t let your smartphone dictate your well-being—schedule a consultation today and take control of your neck health!



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HAVE NO FEAR...

Because Bauman Medical Hair Transplants are Here!

by Alan J. Bauman, MD, ABHRS



With Halloween right around the corner, I'm sure many of you are flocking to your local Halloween store to get ready for this year's costume party. Whether dressing up as your favorite superhero or horror icon, nothing beats the fun of changing up your style for a night.

What's not so fun? Having to change up your look for weeks at a time. No one will pay you any mind on Halloween. But a few weeks after? People start to notice. Being forced to switch up your style for an extended period of time is just one of the many fears surrounding hair transplants. No monster or ghost is as terrifying as the old-fashioned approach to hair restoration.

Not only is the old methodology just begging for unwanted attention, but there's also the pain that comes with redefining your scalp. It doesn't matter how tough you are — anytime you can avoid pain, the

better. The urban legend surrounding hair transplants is one that could frighten even the bravest of souls while sharing scary stories around the fire.

Rest assured now that my team and I here at Bauman Medical can prove to you that these fears are purely hearsay in the modern realm of hair restoration. With our advancements in hair transplants, we provide results without the pain and spotlight of archaic methods of the past. With treatments like this, you'll be enjoying all the treats without worrying about the tricks, feeling reassured and at ease.

FUE

Gone are the days of plugs that feel more suitable for Frankenstein's monster. While these dominated the world of hair restoration in the 1970s, 1980s, and early 1990s, it's a whole new ballgame in 2025. No pain and one-hundred percent natural, FUE speaks volumes to how far we've come, making you feel confident and satisfied with the results.

FUE, or Follicular Unit Extraction, improves upon the outdated and invasive method of strip harvesting and instead opts for harvesting individual hair follicles directly from the scalp: no scalpel, no stitches, just accurate and comfortable follicle gathering. Along the way, we couple the expert skills of our team with state-of-the-art procedures and specialized mechanical instruments to ensure a safe and efficient procedure.

Upon completion, patients will walk out of the clinic without carrying a linear scar, making it an effective option with little downtime and no pain. And before you go and book a flight out of the country to get a questionable procedure, keep in mind — Boca Raton is beautiful this time of year.

VI|FUE™

When it comes to horror movies, the sequel to a classic is more often than not a disaster. When it comes to FUE, though, it's quite the opposite. With the VI|FUE™ procedure, we take the already effective FUE harvesting method and make it even more discreet. With no need for any type of shaving or trimming, it'll be like we weren't even operating on your scalp.

While modern hair transplants are nothing to fear, that doesn't mean it's the only solution for hair loss. At Bauman Medical, we believe in taking proactive measures to ensure that a transplant is a last resort. From at-home products like FDA-cleared hair growth shampoos and conditioners to in-house procedures such as Low-Level Laser Therapy and Platelet-Rich Plasma treatments, we have the tools to turn back the clock.

LOW-LEVEL LASER LIGHT THERAPY CAPS

This fall, you can leave the baseball cap at home by opting for my trademarked Bauman TURBO LaserCap®. Instead of spending a whole day out of the house hid-

ing your hair away, why not spend a few minutes in the comfort of your own abode, revitalizing your scalp? FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO LaserCap® will have your hair looking like the star of the show at your next Halloween party.

PRP PLATELET-RICH PLASMA

While Dracula might want your blood for hunger, we use your blood to help you. Yes, with PRP, you can help us achieve your hair restoration goals. By drawing a small blood sample, we're able to isolate the platelets found from within. After this, we concentrate these platelets to inject them into your scalp. Thanks to you, our team is able to invigorate the scalp for hair growth. And don't worry, we don't bite. But even if we did, PRP is painlessly injected while under local anesthesia—an hour's time for a year's gain or more.

PDOGRO™

Coming to a theater near you is the exciting sequel to the acclaimed PRP procedure — PDOgro™. In this venture, the best of PRP remains, complemented by Bauman Medical's delicate and absorbable polydioxanone threads. A pairing sure to be loved by audiences, this combination sparks a variety of scalp functions that are essential to hair regrowth. FDA-cleared, these threads activate your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. Completed in our secure outpatient procedure, PDOgro™ is the perfect option for those seeking effective hair regrowth without worrying about recovery or aftercare.

TED

Speaking of no recovery, our TransEpidermal Delivery is another state-of-the-art procedure coupling non-invasive techniques with effective hair growth. TED is a way of administering a hair growth serum to penetrate your scalp. This serum contains all the essential components for a healthy scalp, such as amino acids, influential growth factors, and advanced peptides. All of these combined lead to increased blood flow, stronger hair fibers, decreased shedding, and stimulated hair follicles. In turn, you've got the perfect concoction for a robust scalp and robust hair.



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

TED w/EXOSOMES

Just like how we text friends and family about plans for Halloween and fall, the exosomes in our bodies also communicate near and far. While they don't talk about what they have going on this weekend, exosomes do allow information sharing across the body for cells.

See, this is important because exosomes contain nucleic acids, growth factors, and other proteins that are integral for overall rejuvenation and repair. By combining your exosomes with our already established TED procedure, your journey through the realm of hair growth will be expedited.

LEARN MORE

Having worked with hair restoration for so long, I understand that the idea of losing something so prominent can be quite a scary thought. Because of this, the Bauman Medical team and I believe it is essential to make the process one that is exciting and hopeful. With all the horror stories of hair transplants from the past, we're here with you every step of the way through this endeavor. Regardless of whether you have questions or concerns, we've got you covered. 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.



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



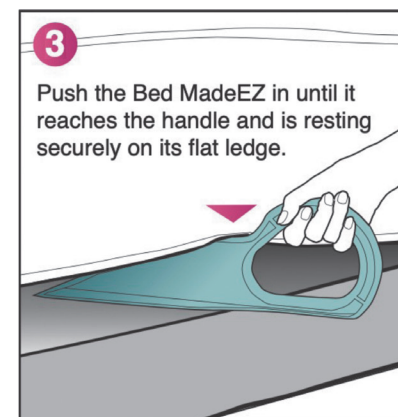
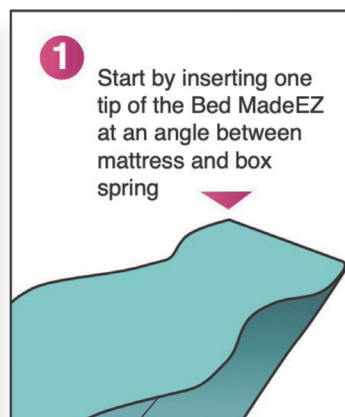
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

Changing linens is a pain, literally. Strain to your back from lifting and holding your heavy mattress, frustration as the sheets untuck before you can finish, and occasionally a chipped nail ... bed making is exhausting. And it isn't getting better anytime soon. With the increase in pillow-top mattresses, foam mattresses, and luxury coil mattresses, mattresses are getting heavier by the year.

The Truth About Your Mattress.

- Mattresses now average 12 ½' high;
- They are over 15" thick;
- A king mattress can easily top 300 pounds.

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



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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selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself:

what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, *“Let us make human beings in our image, to be like us... So God created human beings in his own image.* In the image of

God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece...*” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers

What is

RECOVERY CHURCH

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



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6:33 PM
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**Limitations may apply.*

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