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MAGAZINE

November 2025

Polk/Brandon Edition - Monthly

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HOLIDAY METABOLIC RESET

SENIORS AGING IN PLACE

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Shivank Bhatia, M.D.

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SKIN CHANGES IN THE LOWER LEG ARE A SIGN OF VENOUS DISEASE



Skin changes – discoloration (pinkish or brownish), thickening, dryness and itching in the lower leg are usually signs of venous (vein) disease. If you have any of these in your lower legs and ankles, the specialists at Vascular Vein Centers can help with a careful evaluation and explanation of what is going on and provide the most effective, up-to-date, and minimally invasive treatments for the causes of skin changes.



WHAT DO SKIN CHANGES INDICATE?

Skin changes may be an indication that you have underlying vein disease. **Changes to look for include:**

- Dry skin
- Discoloration- pink or brownish
- Thickening, stiff, or firm skin
- Itchiness
- Prominent spider patterns especially around the ankle

Even if you don't see bulging varicose veins, you may have advanced vein disease and it's worth visiting Vascular Vein Centers if skin changes are present.

WHAT SYMPTOMS MIGHT I HAVE ALONG WITH SKIN CHANGES?

If you have vein disease, you might be experiencing increasing tiredness, fatigue, aching, and heaviness in your lower legs, along with skin changes. These symptoms are usually felt more in the mid-late afternoon and can occur long before bulging veins or skin changes are present.

As vein disease progresses, skin changes become more noticeable, and lower leg and ankle swelling (edema) increases, especially towards the end of the day. You may find your skin is extra sensitive and prone to rashes. Dry, brittle skin is more likely to crack and form a sore.

If you ignore skin changes, underlying vein disease can lead to venous ulcers. These painful, open wounds take a long time to heal and are prone to infection. If you get help for skin changes and the veins that cause them early, you can usually avoid future problems.

HOW ARE SKIN CHANGES TREATED?

Your provider will probably recommend a Doppler ultrasound for a definitive evaluation of your venous system. The Vascular Vein Centers team

uses the latest state-of-the-art GE Healthcare ultrasound equipment to view your venous system in detail. We can then discuss the best way to treat your skin changes if veins are in fact the cause.

Graduated medical-grade compression garments are the gold standard to help with symptoms of vein disease. However, if further treatment to resolve skin changes and underlying vein problems is recommended, the Vascular Vein Centers team can perform endovenous laser therapy or VenaSeal™ medical adhesive treatment. These are our primary procedures for treating the "source veins"; the origin of the problem.



Compression socks help you maintain your active lifestyle

Ultrasound guided foam sclerotherapy will be required in most cases to treat the "branch veins" (varicose veins) coming off the "source veins". The Vascular Vein Centers team uses the latest in FDA approved advanced treatments such as Varithena® foam sclerotherapy and VenaSeal™ medical adhesive to treat the remaining problem veins. Each has its specific indication and most insurance carriers cover the procedures.

If you have noticed skin changes in your lower legs, call Vascular Vein Centers today or book an appointment online.



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of Davenport / Haines City**

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At Serenity Mind & Body Solutions, we understand that the path to healing isn't always straightforward. Many of our patients come to us after years of battling anxiety, depression, or unwanted behaviors – often cycling through countless medications and therapy sessions with limited relief. While these traditional tools have value, they don't always get to the root of the issue.

That's where Exomind Therapy comes in. This innovative, drug-free treatment helps the brain heal itself – naturally and effectively – by harnessing your own neuroplasticity.

HOW EXOMIND THERAPY WORKS

Exomind Therapy goes beyond managing symptoms – it's designed to retrain and strengthen the brain's left dorsolateral prefrontal cortex (DLPFC), a key region responsible for mood regulation, focus, and impulse control.

When the DLPFC becomes underactive, it can lead to challenges like poor emotional regulation, negative thinking loops, low motivation, and difficulty managing stress. Through gentle, targeted neurostimulation, Exomind encourages the neurons in this area to fire more efficiently and form new, healthier connections.

Think of it as a workout for your brain - a way to help your mind reconnect, rebalance, and rebuild healthier patterns from within.

THE SCIENCE OF SELF-HEALING

At the core of Exomind Therapy is neuroplasticity - your brain's natural ability to change and adapt. By stimulating the DLPFC with low-frequency, precise pulses, Exomind helps "reset" neural networks that may be stuck in unhealthy cycles of mood dysregulation or compulsive behavior.

This treatment doesn't mask symptoms. Instead, it guides your brain toward lasting change, promoting clarity, calm, and emotional stability that feel both natural and sustainable.

BEYOND THE PILL:

Retrain Your Brain for Lasting Wellness



RESULTS THAT GO BEYOND MOOD

While Exomind Therapy is highly effective for anxiety and depression, its benefits often extend far beyond mood relief. Many of our clients experience meaningful improvements in areas such as

- PTSD and trauma recovery
- Impulsivity and binge eating
- Chronic insomnia
- ADHD-related focus and concentration issues

Patients frequently report increased self-control, better decision-making, and reduced emotional reactivity. For those struggling with binge eating or impulsive behaviors, Exomind helps quiet the overactive neural pathways that drive compulsion – often leading to sustainable weight loss and a healthier relationship with food.

A COMFORTABLE, NON-INVASIVE EXPERIENCE

Each Exomind session lasts less than 30 minutes and is completely comfortable and non-invasive. During treatment, you'll sit in a calm, spa-like environment as a handheld device gently stimulates the targeted area of your brain. There are:

- No needles
- No medications
- No sedation or downtime

Most patients describe the experience as relaxing and leave feeling a sense of focus, calm, and mental clarity. After your session, you can immediately return to your daily routine.

Our team at Serenity Mind & Body Solutions takes the time to create a personalized treatment plan tailored to your goals, ensuring your journey toward healing is safe, effective, and empowering.

A NATURAL PATH TO MENTAL CLARITY

If you've been searching for a more natural way to heal your mind and reclaim your peace, Exomind Therapy at Serenity Mind & Body Solutions in Lakeland offers a powerful next step.

Let us help you retrain your brain, restore your balance, and rediscover your peace of mind.



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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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

HOLIDAY METABOLIC RESET:

STAYING ENERGIZED, BALANCED, AND STRONG THROUGH THE SEASON

November is the season of gathering, gratitude, and connection. It's also the time when sugar finds its way into almost every celebration, schedules grow chaotic, and stress creeps in quietly. For many, this is when healthy habits start to unravel. Energy dips, sleep gets shorter, and come January, the goal becomes “getting back on track.”



But what if this year could be different?

Instead of starting the new year feeling drained, bloated, or frustrated, imagine heading into January already feeling steady, strong, and in control of your health. That's exactly what a holiday metabolic reset is designed to do.

This reset isn't a diet, cleanse, or short-term program. It's a simple, sustainable way to protect your metabolism during the most tempting time of year—without missing out on the joy of the season.

Metabolic Health: Your Holiday Advantage

Your metabolism isn't just about how many calories you burn—it's the foundation for how your body uses and regulates energy. When your metabolic system is functioning well, your blood sugar stays stable, your hormones remain balanced, and your energy is steady throughout the day.

When it's not, you may notice increased fatigue, brain fog, hunger swings, bloating, and stubborn weight gain—especially around the midsection. The holiday season is the perfect storm for metabolic disruption: sweets, irregular sleep, skipped workouts, and more alcohol than usual. These all contribute to higher insulin levels, increased visceral fat, and inflammation.

The good news: These effects are preventable—and even reversible—with targeted, realistic strategies.

A Real-Life Reset: Lisa Could Be Anyone

Consider “Lisa,” a woman in her early 50s who represents what many people experience each holiday season. She works hard, juggles a busy schedule, and wants to stay healthy—but year after year, the holidays throw her off track.

By January, she finds herself exhausted, bloated, and frustrated that all the progress she made earlier in the year seems to have vanished.

But what happens when someone like Lisa approaches the season differently? Instead of starting over in January, she begins her reset in November: a daily walk after dinner, protein-forward meals, consistent sleep, and attention to hormone balance. She still enjoys her favorite holiday foods—but with intention, not guilt.

By the time the new year arrives, she feels steady, energized, and in control—a powerful contrast to the usual post-holiday crash.

Lisa isn't a single person—she's a very common story. And her experience can be yours, too.

1. Move to Manage Glucose

Movement is one of the most effective, accessible tools we have to stabilize blood sugar. Even a 10-minute walk after a meal can blunt a post-meal glucose spike, reduce inflammation, and improve insulin sensitivity.

- **Aim for:** At least 30 minutes of movement most days.
- **Strength matters:** Adding 2–3 short resistance training sessions per week preserves lean muscle—the single biggest driver of metabolic health.
- **Stack movement:** Take the stairs, walk between errands, or do bodyweight squats during commercials.
- Movement doesn’t need to be formal to be effective.

2. Balance Your Plate

You can fully enjoy holiday foods without sabotaging your metabolism. The secret is structure, not restriction.

- **Eat protein and fiber first.** This slows the absorption of glucose and keeps blood sugar steady.
- **Add healthy fats.** They help you stay full and satisfied, reducing the urge to snack endlessly.
- **Mindful indulgence.** Choose what you love most—don’t say yes to every cookie tray that walks by.
- Balanced plates mean balanced hormones.

3. Support Hormones, Support Metabolism

Many people underestimate how much hormones influence metabolism. Insulin, thyroid hormone, estradiol, progesterone, and testosterone are all key players in how efficiently your body uses energy.

During perimenopause, menopause, or periods of high stress, hormonal shifts can increase insulin resistance, slow metabolism, and make weight maintenance more difficult. This is why many patients find that addressing underlying hormone balance makes the holidays easier—not harder.

At D&G Optimized Wellness and Hormones, we focus on optimizing these key systems so your body works with you, not against you. When hormones are balanced, blood sugar stabilizes, cravings decrease, energy improves, and sleep gets deeper.

4. Sleep: The Metabolic Secret Weapon

Sleep is one of the most underrated metabolic regulators. Even one night of poor sleep can increase cortisol, spike blood sugar, and heighten cravings. During the holiday season, when schedules are full, protecting your sleep is essential.

- Aim for 7–8 hours each night
- Keep bedtime consistent when possible
- Limit alcohol and sugar late at night to protect REM sleep
- Better sleep equals better metabolism.

5. Start Now, Don’t Wait for January

Many people view November and December as “lost causes” when it comes to health goals. But the opposite is true: starting now gives you an enormous advantage.

You don’t need to overhaul everything at once. Start with one or two habits:

- A daily walk
- Prioritizing protein at meals
- Setting a firm sleep schedule
- Getting your hormones evaluated

These small actions compound, and by January, you’ll already feel the difference.

Quick Wins Holiday Checklist

- 10–15 minute walk after meals
- Protein and fiber first at every meal
- Resistance training 2–3x per week
- Consistent bedtime
- Limit alcohol and sugar late at night
- Prioritize hormone balance

Print this list. Keep it visible. These are foundational moves, not temporary fixes.

Spotlight: Elevating Wellness at D&G

At D&G Optimized Wellness and Hormones, our mission is to offer a truly personalized approach to metabolic health, hormone optimization, and preventive wellness. Beyond symptom management, we focus on uncovering root causes and optimizing how your body functions so you can feel your best at every stage of life.

We’re excited to share two recent additions to our clinic that take metabolic care to the next level:

True Visceral Fat Testing with advanced DEXA scanning — providing an accurate, objective look at body composition, visceral fat levels, and metabolic risk, empowering patients with real data to guide their goals.

StemWave Therapy, a noninvasive regenerative technology designed to support pain relief, tissue healing, and improved recovery — ideal for those wanting to stay active and strong.

These innovations reflect our commitment to blending cutting-edge technology with evidence-based care to help patients achieve sustainable health.

The Gift of Health

The holiday season should be a time of joy, not guilt. By focusing on metabolic health through movement, balanced meals, optimized hormones, and restorative sleep, you can fully enjoy the season without sacrificing how you feel.

Don’t wait for January to reclaim your health. Start your reset now.



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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 firsthand 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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UNLOCKING SUCCESS IN REGENERATIVE MEDICINE:

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

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

The Foundation of PRP Therapy

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

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

The Challenge of Blind Injections

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

Blind injections pose several risks, including:

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

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

Ultrasound Guidance: Redefining Precision

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

Key Advantages of Ultrasound Guidance

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



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

Clinical Applications of Ultrasound-Guided PRP Treatments

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

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

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

Patient Experience and Confidence

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

The Evidence Speaks for Itself

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

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

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

Conclusion: A Gold Standard in PRP Therapy

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

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



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FEELING GRATEFUL... FOR A *FULL* HEAD OF HAIR

Giving Thanks to Hair Restoration Advancements at Bauman Medical

by Alan J. Bauman, MD, ABHRS

Before we can carve into the turkey and crack open the cranberry sauce, we, of course, need to take a moment to talk about what we're thankful for. From friends and family to health and prosperity, November is the perfect reminder to appreciate all we have. Along with these staples of life, there's one more thing I'm thankful for — the advancements in hair restoration.

While not everyone's mind jumps to hair care before Thanksgiving dinner, I can't help but feel grateful for the progress that the Bauman Medical team continues to make in curbing hair loss. The idea of a thinned-out crown and receding hairline is slowly becoming an issue of the past, and we're not stopping anytime soon.

Having worked with many cases of hair loss, I know how thankful patients are to have a healthy, luscious scalp, especially as the winter months approach. Let's leave that wool cap at home and let a flowing mane keep you warm.

With how far we've come since the days of pluggy hair transplants, it feels only right to give a few of our treatment options at Bauman Medical a proper thank-you for the impact they've had on patients. This Thanksgiving, I'm thankful for:

FoLix

Our latest advancement, courtesy of the brilliant minds at Lumenis, FoLix, is a groundbreaking, FDA-cleared fractional laser treatment specifically designed to stimulate hair growth. While fresh on the scene, FoLix is quickly becoming a de facto choice for non-invasive non-chemical therapies targeted at middle-aged men and women experiencing mid-stage hair thinning.

A non-ablative laser, FoLix creates these microscopic thermal zones on your scalp that spark your body's



natural regenerative process. As a result, your dormant hair follicles are stimulated, leading to thicker and healthier hair growth. You hear lasers and think intense heat, but FoLix is applied gently with a specific cooling handpiece, allowing us to target the follicle-rich areas without damaging other portions of your scalp.

Don't let a thinned-out crown or noticeable scalp get you down. FoLix is the perfect option for those looking to combat hair loss without the potential drawbacks of other treatments. Whether that be invasive procedures or side effects from medication, FoLix is a safe treatment option that we all should be thankful for.

But FoLix is far from the only option that offers patients all the pros without the cons. We still have plenty to be thankful for here at Bauman Medical, such as these hair restoration staples.

Low-Level Laser Light Therapy Caps

If you want the benefits of FoLix without leaving the house, the award-winning Bauman Turbo LaserCap® is right for you. FDA-cleared, drug-free, chemical-free,

side-effect-free, and non-invasive, the Turbo LaserCap requires only 5 minutes of daily use for a lifetime of results. You can throw it on while preparing the turkey or watching the Thanksgiving Day Parade for a treatment plan determined by you.

TED w/Exosomes

A trending buzzword in medicine, exosomes are becoming an integral part of regenerative hair restoration. But just how exactly do they work? Think about it like this. You have family all across the globe. Your parents are right down the street, and your cousins are on the West Coast. Yet, no matter how far you are from each other, you still find a way to communicate who's bringing what to Thanksgiving dinner.

Cells are located throughout our bodies, near and far. Yet, they're still able to communicate with one another. If we use phones to chat with relatives, our cells rely on exosomes to talk with one another, no matter where they are in the body. Exosomes contain nucleic acids, growth factors, and other proteins that are integral when it comes to hair restoration.



Before and 6 months after using the Bauman TURBO LaserCap



Before and after FUE Hair Transplant by Dr. Alan Bauman

When we pair this with our TED TransEpidermal Delivery device, the exosomes get pushed through the skin in a comfortable, no-needle process. This aids in increased blood flow, stronger hair fibers, decreased shedding, and stimulated hair follicles, the results are bountiful. All done in a non-invasive procedure via sound waves and air pressure, you'll be thanking yourself for making the time for TED with Exosomes.

FUE Follicular Unit Extraction

While avoiding transplants is our goal, sometimes the best solution is to go back to basics. While the term "hair transplant" might send a shiver down your spine, Bauman Medical has made tremendous strides in a field once considered taboo. Gone are the days of painful, noticeable procedures; in their place are options like our clinic staple, natural and no-linear-scar FUE (follicular unit extraction).

What makes a procedure like FUE something to be thankful for is that it's catered to your needs. Hair loss isn't a one-size-fits-all issue. So why should our solutions be the same? With FUE, we offer patients a variety of options that eliminate the outdated, invasive strip-harvesting method.

Now, our team at Bauman Medical harvests individual hair follicles directly from the scalp with the help of our robotics and specialized mechanical instruments. If you're going to opt for a direct procedure, why not choose one that offers immense benefits without any pain or linear scar?

VIP|FUE™

While we believe all our patients deserve to be treated like VIPs, there's only one VIP|FUE™ procedure. We're thankful to take an already established treatment and further develop it into an undetectable hair transplant. That means no shaving, no trimming, and no staples or stitches. Like a kitchen cleaned after Thanksgiving dinner, it's like our team wasn't even there.

TrichoTest

Wouldn't it be nice to know how you're likely to respond to one treatment or another? A great option is TrichoTest, a genetic test with a simple quick cheek swab analysis that provides us with a look at your metabolic pathways related to hair loss and treatments. These pathways are thoroughly examined, providing us with insights into the factors influencing your hair loss and how you'll respond to your specific treatment plan. Combined with our expertise and sophisticated customized therapies, our team will be able to find the perfect course for your hair restoration journey.

HairMetrix

I'm sure the topic of AI will be present at Thanksgiving dinner this year. With the rise of artificial intelligence, it makes sense for Bauman Medical to stay up to date and leverage this technology to improve our diagnostic evaluations and tracking. The result of this is HairMetrix, which uses an advanced AI-powered algorithm to analyze microscopic scalp photos to provide precise data on hair quality and quantity. Thanks to HairMetrix, our team can confirm the diagnosis and create a treatment plan tailored to your specific needs. Along the way, we'll monitor how your scalp responds to treatment, allowing us to adapt when needed to achieve the best possible results.

HairCheck

While it's one thing to check your hair in the mirror before guests arrive, it's quite another to use our HairCheck device. With this tool, we can determine our patients' exact hair volume more quickly and efficiently than ever before. The importance of these standardized noninvasive hair bundle measurements cannot be thanked enough, as they provide our experts with comparisons between affected areas and more permanent zones. Hair restoration takes time, which makes HairCheck an effective way to see how your treatment is working across your scalp well before results begin to show.

Learn More

While the many treatment plans and diagnostic tools offered at Bauman Medical are integral to helping with hair loss, they would be just tools without the fantastic team at our clinic. I am thankful to work with an amazing group of specialists dedicated to providing patients with life-changing procedures. And to those who choose Bauman Medical for their hair loss journey, I want to thank you for trusting us in this chapter of life. 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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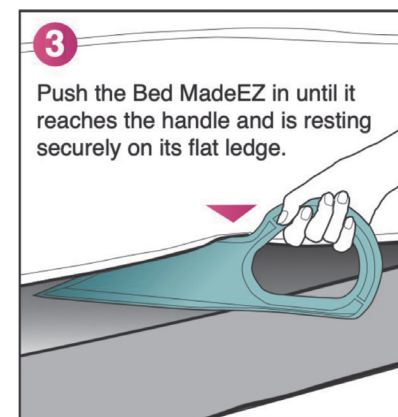
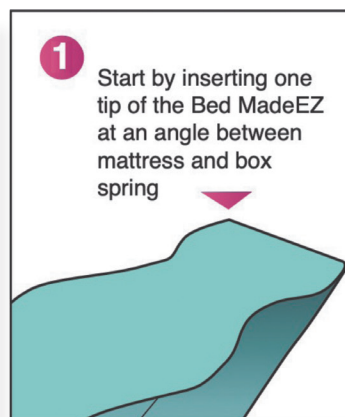
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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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Developing Discipline

Here's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: WHY ARE YOU NOT DOING IT?

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, "People who accept discipline are on the pathway to life, but those who ignore correction will go astray." NLT



Here are three "Disciplines of Being Disciplined".

1. Persistence – "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.

2. Advance Decision Making – "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

3. Delayed Gratification – "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening—it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood

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