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Health & Wellness[®]

MAGAZINE

December 2025

Polk/Brandon Edition - Monthly

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FREE



**SPIDER VEINS
TREATMENT AND CAUSES**

SENIORS AGING IN PLACE

**BEYOND THE PILL:
RETRAIN YOUR BRAIN
FOR LASTING WELLNESS**

**TESTOSTERONE
REPLACEMENT THERAPY**

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Shivank Bhatia, M.D.
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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.



•\$100 off a FULL Spider Vein Treatment (reg. price: \$350)

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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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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.

3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.

4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.

5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.

6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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

TESTOSTERONE REPLACEMENT THERAPY:

An In-depth Look, at Its Wide Appeal

IN A TIME WHERE HEALTH AND WELL-BEING ARE BECOMING INCREASINGLY IMPORTANT ACROSS ALL DEMOGRAPHICS, TESTOSTERONE REPLACEMENT THERAPY (TRT) STANDS OUT AS AN ADVANCEMENT THAT HAS THE POTENTIAL TO REDEFINE STANDARDS FOR BOTH MEN AND WOMEN. AS WE NAVIGATE THE COMPLEXITIES OF AGING, THE DECREASE IN TESTOSTERONE LEVELS BRINGS ABOUT CHALLENGES THAT IMPACT OUR STRENGTH, EMOTIONAL WELL-BEING, AND OVERALL VIGOR. TRT OFFERS A RAY OF HOPE BY NOT ONLY AIMING TO RESTORE BALANCE BUT ALSO BY PROMISING TO IMPROVE OUR QUALITY OF LIFE. THIS DETAILED EXAMINATION SHEDS LIGHT ON THE BENEFITS OF TRT, DISPELS MISCONCEPTIONS, AND HIGHLIGHTS ITS CAPACITY TO TRANSFORM HEALTHCARE.



TESTOSTERONE

The Range of Benefits Offered by testosterone, Going Beyond Just Building Muscle

While testosterone has traditionally been associated with men's health its influence is crucial for individuals of all genders. Scientific studies emphasize its role in metabolic processes in managing conditions like type 2 diabetes. Research indicates that TRT can boost insulin sensitivity, reduce inflammation and enhance cholesterol profiles leading to a significant decrease in cardiovascular risk factors.

For women, the advantages of testosterone therapy stretch beyond improving libido. TRT effectively addresses symptoms related to levels of androgens by tackling mood disorders, preventing loss of bone density and muscle mass, as well as addressing various forms of sexual dysfunction.

Recent research challenges the belief that testosterone replacement therapy (TRT) causes hair loss in women presenting evidence of its ability to promote hair regrowth on the scalp and supporting arguments against baseless concerns.

Dispelling Misconceptions; A Journey Towards Truth and Well-being

The increasing popularity of TRT has given rise to myths and misunderstandings particularly regarding its safety. In depth reviews and analyses of existing literature disprove the idea of a connection between TRT and elevated cardiovascular risks. Instead, studies indicate that testosterone plays a role against heart disease with its therapeutic use demonstrating improvements in heart function among individuals with these conditions.

Regarding worries related to liver health, aggression and cancer risks thorough investigations confirm the safety of TRT when administered appropriately. Contrary to fears of liver issues or increased aggression levels, testosterone therapy—especially when not taken orally—has been linked to enhanced well-being without health concerns. Additionally, its counteractive relationship with estrogen alleviates concerns about breast cancer risk underscoring its benefits for estrogen related conditions.

Testosterone and Psychological Well-being; A Shift in Understanding

One of the findings in TRT research is its significant influence on mental health.

Testosterone plays a role, in promoting well-being by naturally reducing anxiety and fostering a more positive mental state. Both men and women have reported feeling more confident and experience decreased levels of anxiety highlighting how this hormone affects not only physical health but also mental health.

Sharing stories and expert insights can enhance our understanding of Testosterone Replacement Therapy (TRT). Hearing from individuals whose lives have been positively transformed by TRT sheds light on its benefits providing a perspective on the therapy. We stress the importance of individualized treatment plans that cater to specific health conditions like metabolic syndrome as we age.



As we look towards the future of TRT in healthcare, discussions around this treatment are constantly evolving. Its use in addressing health issues signifies a move towards comprehensive and inclusive treatment options. Ongoing research aims to uncover more about the benefits, safety and applications of TRT potentially leading to improved and therapies.

The impact of TRT on society is profound as it challenges ideas, about aging and gender specific treatments.

By promoting comprehension and debunking misconceptions, we set the stage for a future where Testosterone Replacement Therapy (TRT) is not solely viewed as a concern for men but as an essential aspect of comprehensive healthcare.

Personal Reflections...Embracing an Approach to Health

The utilization of Testosterone Replacement Therapy highlights the progress in science and our evolving knowledge of well-being. Its advantages, which encompass mental and emotional wellness emphasize the role of hormones in attaining a harmonious and rewarding existence. As we persist in exploring and advocating for health choices TRT emerges as a source of optimism offering avenues to vitality and well-being that were previously unimaginable.

On our quest for health, it is vital to stay informed, receptive and proactive in pursuing remedies that boost our welfare. TRT serves as one tool among many in our arsenal shedding light on the route, to a more dynamic life.

Dr. Rita Gillespie's path to becoming a leading expert and advocate for Bio-identical Hormone Replacement Therapy (BHRT) is both fascinating and enlightening. Growing up in the suburbs of Philadelphia, Rita's years were defined by a nature and a dedication to excellence. Being the oldest of three siblings she not set standards but also displayed natural leadership qualities from a young age. Her love for sports & running began during her school years and continued through her college days at LaSalle University, where she excelled on an athletic scholarship.



After completing her studies Dr. Gillespie's journey towards a career took her to the Philadelphia College of Osteopathic Medicine. Her medical training started at the Albert Einstein Medical Center in Philadelphia providing her with a foundation in the aspects of patient care. However, it was during her residency at the University of Florida Gainesville in Emergency Medicine that she gained a perspective on medicine and sharpened her skills in acute patient management.

Dr. Gillespie's venture, into Hormone Replacement Therapy was driven by both professional interest and personal need. Following years of practicing emergency medicine, she decided to pursue education through Worldlink Medical to specialize in BHRT. Dr. Gillespie's interest, in this area wasn't just academic; she personally experienced the symptoms of menopause giving her insight into how hormonal imbalances affect patients.

As a Doctor, Rita takes an approach to her practice focusing on the balance of mind, body and spirit. This perspective greatly influences her view on BHRT, which she believes should be integrated into patient care to promote healthy aging and enhance overall well-being. With both experience and medical knowledge Dr. Gillespie isn't a healthcare provider but also a compassionate advocate for her patients. She knows firsthand how BHRT can improve quality of life and is committed to supporting her patients with understanding, expertise and a dedication to health.

To Dr. Gillespie, BHRT represents more than a treatment—it's a way, to age gracefully while maintaining strength, mental clarity and emotional stability. Her goal is to make BHRT a standard part of healthcare so that individuals can live fulfilling lives at any stage.

She is deeply committed to this purpose due to her encounters and the successful results she has seen in her patients, which positions her as a qualified and enthusiastic advocate, for Bio-identical Hormone Replacement Therapy.



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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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CHRONIC LOW BACK PAIN TREATMENT



Mechanism of Action in Spinal Pain

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

Clinical Evidence Supporting PRP for Low Back Pain

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

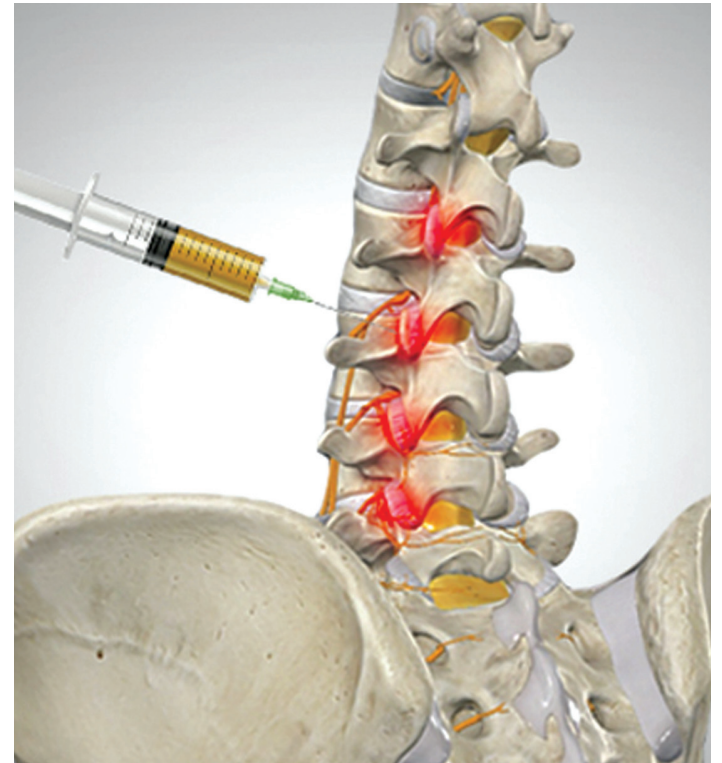
Another critical review in the Journal of Pain Research assessed the role of PRP in managing chronic LBP. The study reported that PRP injections are safe and effective in reducing back pain, with patients experiencing significant improvements in pain and function. The authors emphasized the need for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

Comparative Studies: PRP vs. Corticosteroids

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

Safety and Considerations

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



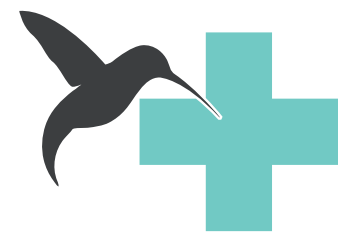
Conclusion

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

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

Understanding PRP Therapy

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



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HAIR FOR THE HOLIDAYS

Bauman Medical Holiday Bundles to Give the Gift of Hair

by Alan J. Bauman, MD, ABHRS



As the year comes to a close, we're just a few weeks away from the holiday season! And while spending time with friends and family to get in the festive spirit is always a treat, there also comes the stress we all know too well: gifts.

Just when you think you have enough time to figure out a plan, it's the night before, and all through the house, not a gift is to be found, not even a pair of socks. The stress of buying gifts is enough to make you want to pull your hair out. And if you know me well, you know exactly where this is going.

The impacts of stress on hair loss cannot be emphasized enough, so couple the daily stressors of life with the fast-paced nature of the holiday season, and you have a volatile cocktail for a thinned-out crown and receding hairline.

Save yourself the added stress of finding the right gifts by following our guide courtesy of Bauman Medical. These personal recommendations are sure to bring joy to whoever unwraps them. And who knows, with all the stress you're currently facing, maybe you'll find yourself something as a gift to you.

TURBO LaserCap

While not everyone can make the journey with the snow birds to Boca Raton this winter, that doesn't mean you can't bring the impacts of low-level laser therapy to your friends and family. Ditch the beanie and opt for a hat that gives heat and hair.

With my award-winning, trademarked Bauman TURBO LaserCap®, you'll be giving the gift that jumpstarts thicker, stronger, longer hair with quick daily use! All it takes is five minutes of use for the TURBO LaserCap to revitalize your scalp and trigger hair regrowth. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the Bauman TURBO LaserCap® is truly the gift that keeps on giving.

But why stop there, especially when Bauman Medical offers a variety of gifts so tempting that you might just have to buy yourself something. Beyond the TURBO LaserCap, we're proud to also suggest these options:

Hair Loss Evaluation

Just like how no snowflake is the same, your scalp is one-of-one, meaning hair restoration isn't a one-size-fits-all solution. Whether you're considering early intervention or advanced treatment, a hair loss evaluation with one of our hair experts is a personalized gift tailored to your specific stage of hair loss.

Finding a regimen tailored to your scalp yields results on a timeline that fits your hair restoration needs. Along the way, our knowledgeable team will answer any questions you may have, making your first step into hair restoration seamless.

TrichoTest

While products like 23 & Me reveal your genetic history, our breakthrough TrichoTest goes a step further, identifying genetic factors and characteristics to create a personalized hair loss treatment plan based on your unique DNA. While typically done in-house, Bauman Medical offers a fast, easy, and 100% non-invasive option that can be done from the comfort of home.

For those looking to learn about how their genetics impacts their hair loss treatments, have a family history of hair loss, or have tried different therapies with disappointing results, the TrichoTest is a perfect gift this holiday season. With personalized reports and plans featuring genetic factor explanations and prescription recommendations, the TrichoTest is a once-in-a-lifetime breakthrough that will solve your hair loss for good.

Hair Vitamin Complex

For those looking to improve their daily routine, incorporating the Bauman Medical Hair Vitamin Complex is a simple addition for massive results. Our Hair Vitamin Complex couples essential vitamins, minerals, and powerful antioxidants designed for optimal nutrition for your hair follicles. From vitamin D3 and C to Resveratrol and Selenium, this supplement promotes overall scalp health, leading to the gift of thicker, shinier, and more vibrant-looking hair.



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

can be applied dry or wet. Give your scalp a few minutes to absorb the solution before styling. The same is done in the evening as well.

Xtressé

While a box of chocolates is always a sweet gift to give, there's nothing sweeter than a full head of hair. With our Xtressé Nutrient Gummies, you can curb both cravings. Xtressé is designed to support hair follicle health on a cellular level thanks to its proprietary X3-Bioactive™ blend born from regenerative medicine.

Containing essential micronutrients like vitamins C, D3, E, magnesium, and zinc, along with powerful regenerative compounds like NAD and taurine, and hair restorative ingredients like pumpkin seed extract and saw palmetto, Xtressé also plays a role in supporting women's health, too. Strawberry flavored and sugar-free, enjoy two of these guilt-free gummies daily for optimal results.

Microneedling Session

Also known as dermarolling, microneedling is an effective way to trigger the release of growth factors in the scalp, leading to hair growth and hair follicle regeneration. While you could opt for a dermaroller as a gift, why not leave it to the experts to get the job done right? By booking a microneedling session at Bauman Medical, our certified trichologist will have your scalp feeling invigorated. Combine microneedling with a topical treatment like PEPgro, and you have a combination as iconic as milk and cookies.

E-Store Gift Cards

While the joy of giving gifts is unmatched, it's safe to say it's sometimes not the easiest part of the holiday season. From the friend who already has everything to the parent who insists on not getting them anything, it can get stressful as the holidays near. Save yourself the anxiety of guessing by letting them make the decision. With an e-store gift card from Bauman Medical, friends and family can find the product best suited to them.

Learn More

With still plenty of time to spare, save yourself the added stress of finding the perfect gift and opt for one of the many options Bauman Medical has to offer. Giving the gift of hair is one that truly keeps on giving, so make this year's holiday season one that your friends and family won't forget. From the Bauman Medical team and I, we wish you all a safe and happy holiday. To schedule a private one-on-one in-person or virtual consultation, call **561-220-3480** or go to **www.baumanmedical.com**.



Before and 6 months after using the Bauman TURBO LaserCap

Backed by scientific research for hair vitality and containing premium vitamins and minerals, all it takes is four capsules of the Hair Vitamin Complex daily for quality results.

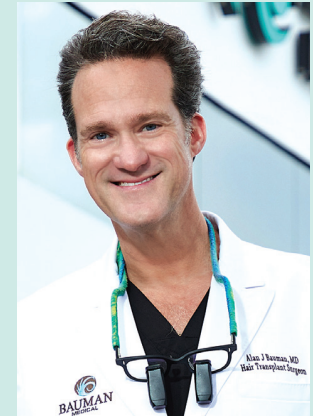
PEPgro™

Another stocking stuffer to improve daily routines, our Bauman Medical PEPgro™, a potent dual peptide-containing formulation, will have your mornings and nights supporting your natural hair growth cycle. Beyond optimizing hair health, PEPgro™ offers an array of benefits, such as:

- Reducing scalp inflammation to cultivate a healthy hair growth environment
- Enhance the delivery of nutrients to your hair follicles by improving blood circulation
- Support healthy hair structures via stimulated collagen and elastin production
- Maintain a clean and healthy scalp with antimicrobial properties
- Maintain hair color by supporting melanin production in the hair follicles

Utilized morning and night, PEPgro's application is simple. All you need is to apply a dropperful (1 ml) to the targeted areas of your scalp. It doesn't matter if you just woke up or just got out of the shower, as PEPgro™

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRSHair 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®



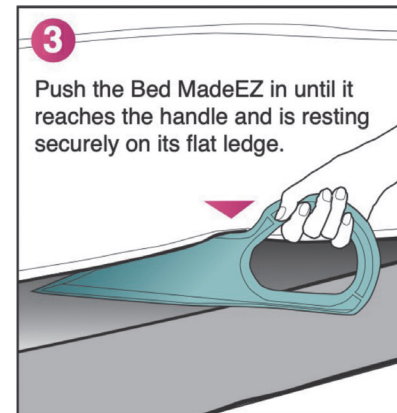
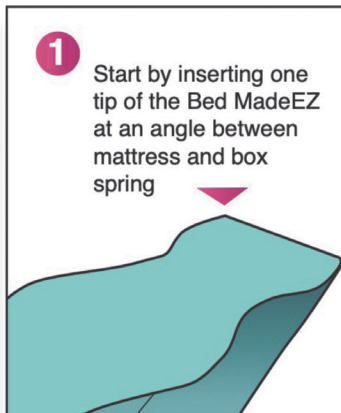
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.

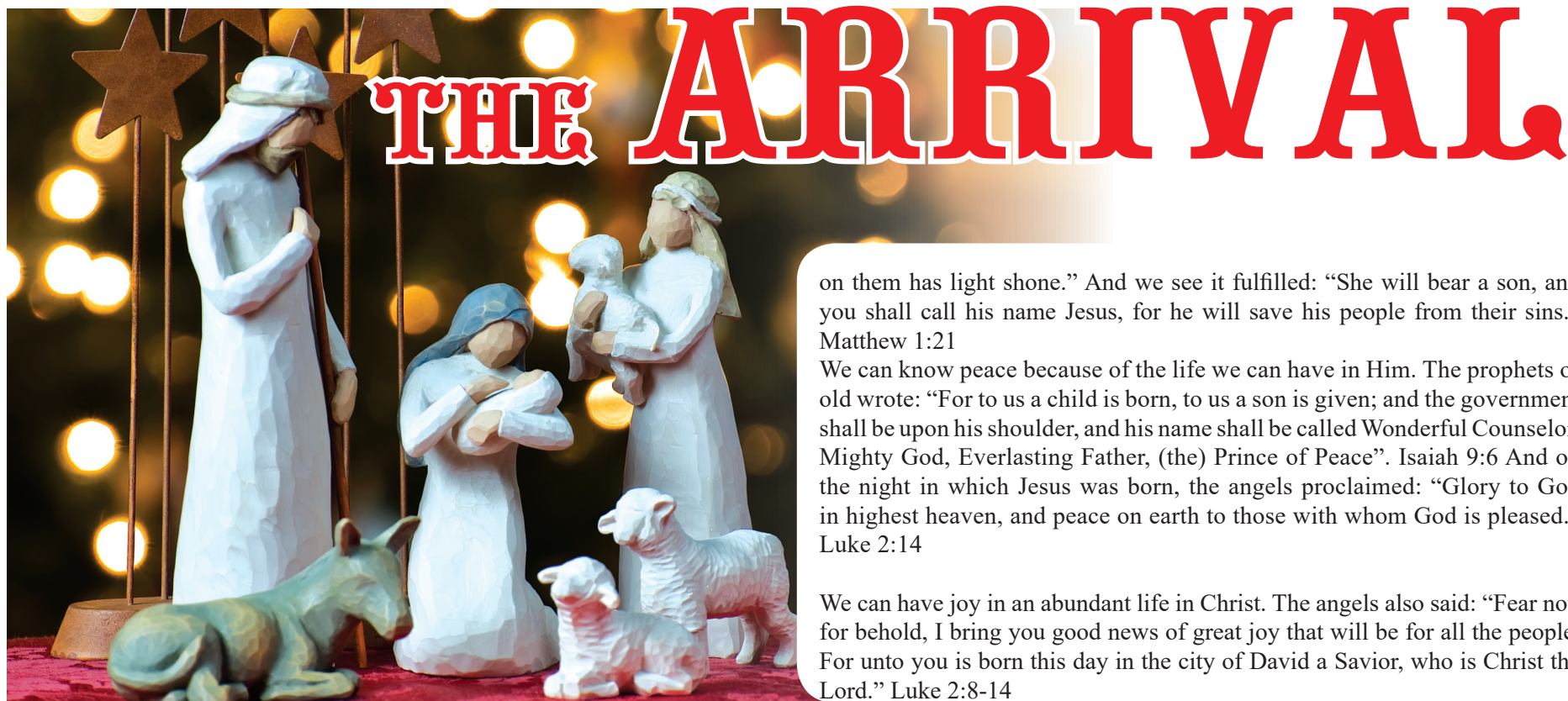


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THE ARRIVAL

on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.” Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness,

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

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.



**Wednesdays
6:33 PM**

**322 N Scenic Hwy.
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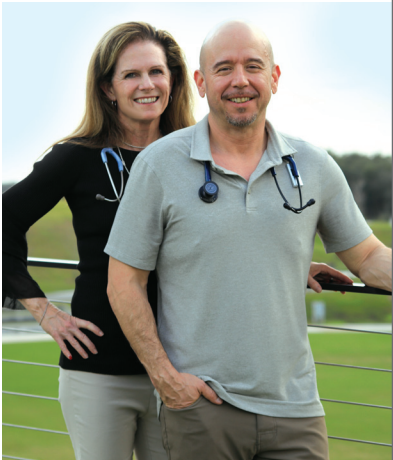
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