

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

February 2026

Polk/Brandon Edition - Monthly

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FREE



**SPIDER VEINS
TREATMENT AND CAUSES**

SENIORS AGING IN PLACE

**HORMONES AND THE MIND: HOW
BIOIDENTICAL HORMONE THERAPY
SUPPORTS MENTAL
HEALTH AT EVERY STAGE**

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

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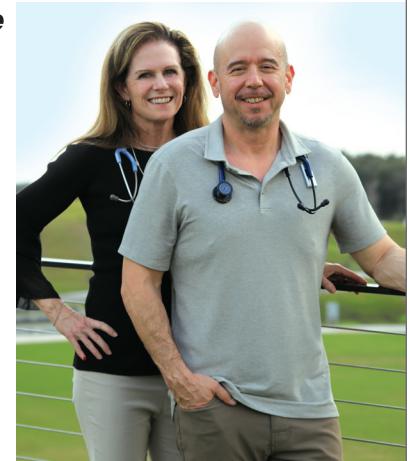
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SPIDER VEINS TREATMENT AND CAUSES



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.



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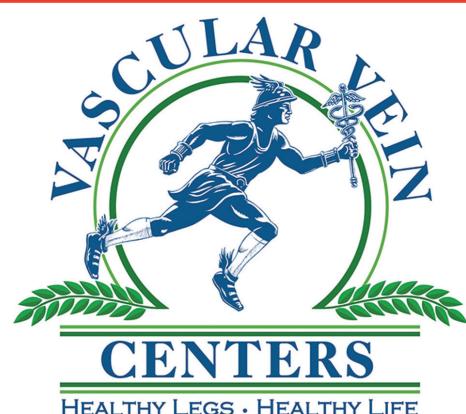


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PROSTATE ARTERY EMBOLIZATION: A Minimally Invasive Breakthrough in the Treatment of BPH (Enlarged Prostate)

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 Chairman 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:

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

HORMONES AND THE MIND: HOW BIOIDENTICAL HORMONE THERAPY SUPPORTS MENTAL HEALTH AT EVERY STAGE

HAVE YOU EVER FELT UNLIKE YOURSELF-MOODY, FOGGY, ANXIOUS, OR EMOTIONALLY FLAT-BUT COULDN'T EXPLAIN WHY? MAYBE YOUR LABS LOOKED "NORMAL," OR YOU WERE TOLD IT WAS JUST STRESS, AGING, OR LIFE. BUT THE TRUTH IS, WHEN HORMONES SHIFT, SO DOES YOUR BRAIN. MENTAL HEALTH AND HORMONE HEALTH ARE DEEPLY INTERTWINED, AND TOO OFTEN, THIS CONNECTION IS OVERLOOKED OR DISMISSED.

At D&G Optimized Wellness and Hormones, we've seen firsthand how restoring hormonal balance helps clients reclaim not just their physical health, but their mental clarity, motivation, and emotional stability. Hormone replacement therapy (HRT)-especially bioidentical hormone replacement therapy (BHRT)-isn't just about easing hot flashes or improving libido. It's about mental wellness, emotional resilience, and helping people feel like themselves again-sometimes for the first time in years.

The Hormone-Mind Connection

Hormones influence every system in the body, including the brain. A drop or imbalance in any of the major hormones-estradiol, progesterone, testosterone, thyroid, or cortisol-can wreak havoc on mental health, affecting how we feel, think, and respond to the world around us.

- **Estradiol** increases serotonin and dopamine, the brain's "feel-good" chemicals. When estrogen drops, so can mood, confidence, and cognitive sharpness. Many women entering perimenopause report an unexpected surge in anxiety or sadness-often tied directly to hormonal shifts.
- **Progesterone** has a calming effect through its action on GABA receptors in the brain. When levels decline, it's not uncommon to experience restlessness, poor sleep, and a sense of being "on edge" without a clear cause.



- **Testosterone** supports drive, assertiveness, energy, and resilience. Although often thought of in the context of men, testosterone is crucial for women, too. Deficiency can lead to low motivation, emotional flatness, and even depression-like symptoms.
- **Thyroid hormone** regulate metabolism and influence energy, temperature regulation, mood, and mental processing speed. Even subtle dysfunction can feel like depression, fatigue, or brain fog, and is frequently overlooked in standard evaluations.
- **Cortisol**, our primary stress hormone, plays a dual role. When balanced, it supports alertness and focus. When chronically elevated or depleted, it contributes to burnout, irritability, and disordered sleep.

Recognizing Hormone-Related Mental Health Symptoms

Many people suffering from hormone imbalances are misdiagnosed with anxiety or depression and placed on long-term psychiatric medications that don't address the root cause. While antidepressants and anxiolytics have their place, they are not always the full answer-especially when the driver is hormonal in nature.

We frequently hear clients say:

- "I can't concentrate like I used to."
- "I'm crying at the drop of a hat."
- "I'm anxious for no reason."
- "I feel disconnected, like a fog is over my brain."
- "My motivation disappeared, and I just can't find my spark."

These are not just emotional reactions—they're physiologic responses to underlying hormonal shifts. Perimenopause, menopause, and andropause (age-related testosterone decline in men) are often accompanied by psychological symptoms that are wrongly dismissed or minimized.

Identifying these issues early—before they escalate into burnout or long-term emotional suppression—is one of the most powerful interventions we can offer.

BHRT: Supporting Emotional Wellness from Within

Bioidentical hormone replacement therapy, personalized to your symptoms and physiology, can lead to transformative results—both physically and mentally. Our goal isn't just to "treat" a lab value. It's to restore your optimal function and quality of life.

- We've seen dramatic improvements in:
- Mood stability
- Anxiety and stress resilience
- Sleep quality and depth
- Motivation, drive, and energy
- Cognitive clarity, focus, and memory recall

BHRT doesn't override the body; it works with it, using hormones that are structurally identical to what your body once produced in abundance. That's why so many clients say things like, "I feel like myself again," or "I didn't realize how much I was struggling until I felt better."

Mental health is not separate from hormonal health—it is intimately connected. BHRT is often the missing piece for those who've tried everything else without lasting improvement.

Age Is No Barrier to Mental Clarity

One of the most powerful misconceptions we challenge daily is the idea that mental or emotional decline is an inevitable part of aging. It's not. With thoughtful hormone optimization, we've seen patients in their 60s, 70s, and even 80s experience renewed mental sharpness, emotional stability, and a zest for life that many assumed was long gone.

Our own co-founder, Dr. Rita Gillespie, is menopausal and uses bioidentical hormone therapy herself. Both her 79-year-old mother and Dr. Jason De Leon's 66-year-old stepmother are also on therapy—and thriving. They are vibrant, mentally sharp, and living proof that age does not preclude optimization. In fact, they remind us daily that the second act of life can be the most fulfilling—when your body and mind are finally in sync.

Wellness Beyond Hormones: A Holistic Path Forward

At D&G Optimized Wellness and Hormones, we believe that optimal health isn't just about numbers on a lab report—it's about how you feel, think, move, and engage with the world around you. That's why we're proud to be part

of a broader wellness community that recognizes the essential connection between mental, emotional, and hormonal health.

For individuals seeking deeper therapeutic support, we're honored to share our space with Arkham Rise Counseling, a veteran-owned mental health practice known for its commitment to ethical, compassionate, and evidence-based care. Their team specializes in individual, family, and group therapy—providing support for those navigating anxiety, trauma, grief, life transitions, and emotional burnout.

Arkham Rise shares our values of integrity, empowerment, and whole-person healing. Their clinicians foster a safe, inclusive environment rooted in respect and collaboration. Their presence enhances what we offer at D&G, allowing clients to access both hormone optimization and personalized emotional wellness under one roof.

**To learn more
about their services
or to schedule a session, visit
www.arkhamrise.com.**

**In Closing**

Mental health is physical health. If you've been told your symptoms are "just in your head," or that everything looks "normal" but you feel anything but—don't settle. You deserve clarity, calm, and emotional balance at every age. Hormones may be the missing piece, and addressing them could be the most transformative thing you do for your mind.

Let us help you get back to feeling like you!!!



863-899-2404
info@optimizedwellness.net
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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.

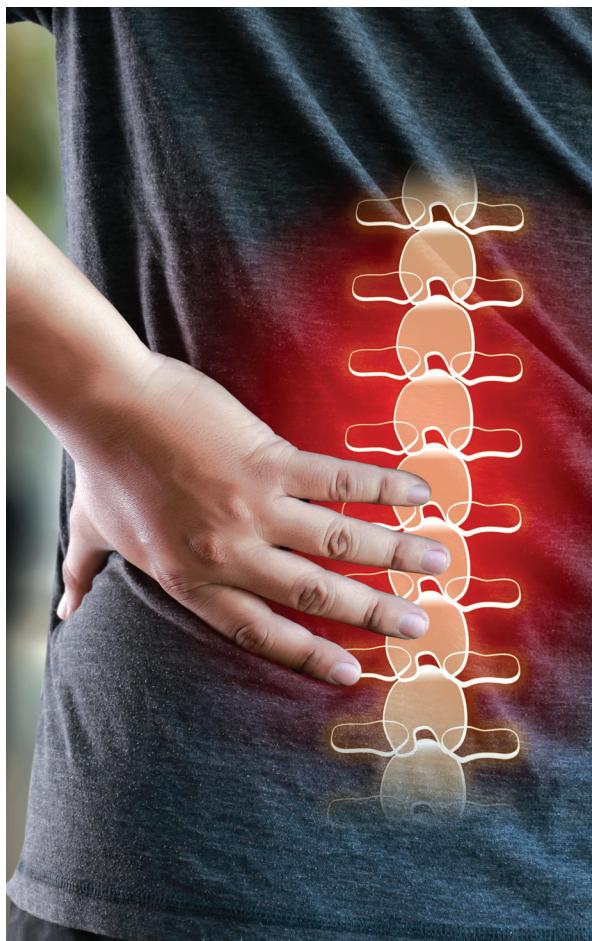
Let us help you retrain your brain, restore your balance, and rediscover your peace of mind.



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CHRONIC LOW BACK PAIN TREATMENT



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.

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 *Biomedicines* 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.



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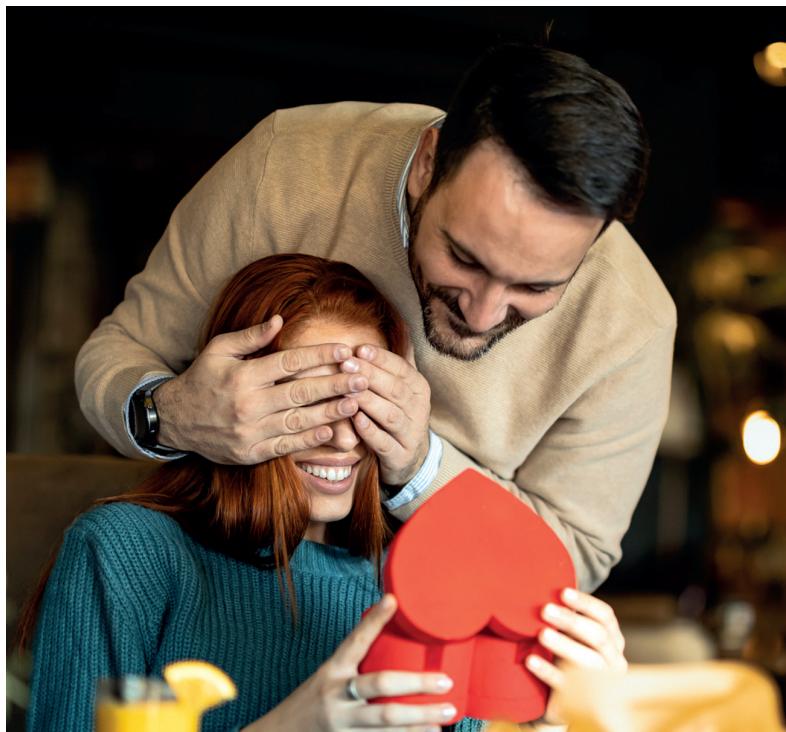
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FALL BACK IN LOVE WITH YOUR FOLLICLES

How to Rekindle the Relationship Between You and Your Hair

by Alan J. Bauman, MD, ABHRS



“It’s not you, it’s me.”

“Maybe we should take a break.”

“I need space.” “You deserve better.”

Break-ups, no matter how long you’re with someone, are never easy. I’m sure you’ve heard or said at least one of these once in your life. While my medical background doesn’t pertain to marriage counseling or couples therapy, I certainly know a thing or two about a break-up that can easily be avoided: the relationship between you and your hair.

Before you and your hair decide to start seeing other people, why not take a moment to address the underlying issues in your relationship? Not sure where to start? Our team at Bauman Medical has you covered. With February being the month of love, make your scalp this year’s Valentine. No need for a bundle of roses or a box of chocolates, however.

painful procedures that leave you with a buzz cut and scars. Just like relationships grow and evolve, so do hair restoration strategies. This is especially true given the advancements made at Bauman Medical with our FUE (Follicular Unit Extraction) Hair Transplant.

What makes FUE different from the traditional FUT strip harvesting? The beauty of FUE is that a little goes a long way. The process begins with harvesting individual grafts from your scalp that can be as few as one hair follicle. Just like how we have that special someone, your scalp also has that special follicle that can produce impeccable results. Couple that with a faster recovery process and added comfort, and you’ll be falling back in love with your hair in no time!

Bauman Medical will bring back that spark between you and your hair in no time. From proper diagnostic tools to state-of-the-art hair restoration procedures, here are just a few options to rekindle the love you once had for your hair.

Low-Level Laser Therapy

One way to make your hair feel like the light of your life once again is to give it the proper light needed for hair restoration. Embrace the warmth of my state-of-the-art Bauman TURBO LaserCap®! Bring the benefits of low-level laser therapy to the comfort of your home and treat yourself and your scalp to a nice, cozy evening. With only five minutes of daily use, you’ll start to notice the hair you fell in love with. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO LaserCap is a speedy way to get back to your relationship roots with, well, your roots!

FUE Hair Transplant

Sometimes in a relationship, one party has to work on themselves. In the case of your scalp, that once dreaded word is the best course of action. But hair transplants aren’t how they used to be. Gone are the days of pluggy-looking,

But when it comes to that special someone, you always want to give more. Thankfully, you can treat your scalp with the care it deserves by opting for our VIP|FUETM. How can FUE get any better? Making your scalp feel like a VIP means skipping the trimming and shaving. That’s right, no buzz cut: it’s like you weren’t even here. No hair transplant comes close to the discretion and effectiveness of VIP|FUETM, making it the perfect Valentine’s Day gift to your scalp.

TED & Exosome Therapy

The key to a great relationship is communication. Just as it’s important for both parties to be on the same page, your body contains special cells called exosomes that also place heavy emphasis on communication. Whether exosomes are living together or are currently long-distance, they still find a way to communicate all across our bodies. So how do exosomes fit in with hair restoration? They contain key elements like nucleic acids, growth factors, and other proteins, which, when paired with our TransEpidermal Delivery (TED) procedure, we are able to increase scalp permeability and blood flow, both major factors in scalp health. Will this hurt? Far from it, as TED uses ultrasonic waves and air pressure to complement the Exosomes or topical hair growth serum we apply to the treatment zone.

PRP

It takes time to rekindle the relationship you once had with your hair. At least, that was the case prior to our PRP procedure, a staple at Bauman Medical for its efficacy in natural hair growth. All we need is an hour, and in return, we’ll give you back years of hair! PRP works by taking a small blood sample from you. We then isolate the platelets found within said sample with some assistance from our advanced technology. Once concentrated, our team can now tap into the platelets’ growth factors that are then applied to your hair for the aforementioned hair growth. Your scalp will recognize your efforts in making this work, giving you great results with next to no discomfort.

PDOgro™

While I love our PRP and other procedures present at Bauman Medical, there’s one thing I love more: finding ways to improve them. Anytime we can make an advancement in our hair restoration solutions, it’s like falling back in love. And there’s no better example



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

of furthering an already fantastic option than with our PDOgro™ procedure. If you love PRP, you're going to want to hear this. A true power couple, PDOgro™ combines PRP with our special polydioxanone threads. These delicate and absorbable materials help stimulate an array of scalp functions — functions that are integral in substantial hair regrowth. This FDA-cleared synthetic absorbable material serves as a catalyst for your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. In Layman's terms? Say hello to a year or more of blossoming hair regrowth through a safe and tranquil outpatient procedure. And no matter how far along you are, rest easy knowing that the Bauman Medical team will be there from start to finish.

Learn More

A strong relationship takes time to build. That goes for personal dynamics and the connection you have with your hair. If you're looking to revitalize the feeling you had about your do and go back to the honeymoon phase, my team at Bauman Medical is here to help. This Valentine's Day, make it a point to love yourself and your scalp by choosing one of our many cutting-edge restoration options. 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.



www.HealthandwellnessFL.com

About Dr. Alan J. Bauman



**Alan J. Bauman, MD, ABHRS, IAHRS
Hair Loss Expert**

With over 29 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 36,000 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 10 straight years, "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®



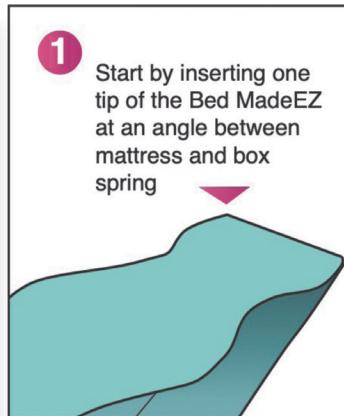
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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, mattress 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>



- 2 Keeping the Bed MadeEZ angled slightly towards you, insert it between mattress and box spring.



- 3 Push the Bed MadeEZ in until it reaches the handle and is resting securely on its flat ledge.

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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In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard’s charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine’s Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

“Teacher, which is the most important commandment in the law of Moses?” Jesus replied, “You must love the LORD your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as

yourself.’ The entire law and all the demands of the prophets are based on these two commandments.” – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It’s simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It’s a simple formula – not an easy one.)

So in this month where we set aside a day of love, let’s make it a lifestyle not just a holiday. Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers

What is

RECOVERY CHURCH

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



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