

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2026

Polk/Brandon Edition - Monthly

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FREE



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

**I CAN'T STRESS THIS ENOUGH...
THE IMPORTANCE OF STRESS
MANAGEMENT FOR HAIR & SCALP**

**BEYOND THE SCALE:
FIGHTING HIDDEN FAT
WITH HORMONES
AND DEXA SCANNING**

SENIORS AGING IN PLACE

VARICOSE VEINS ARE A MEDICAL CONDITION

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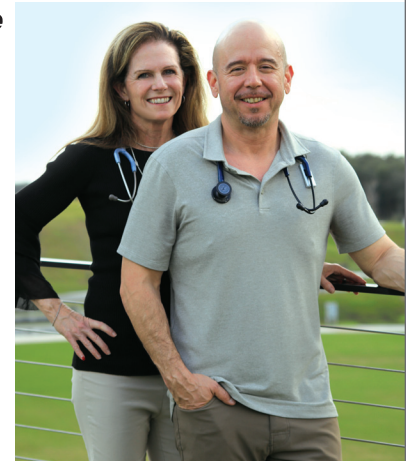
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SKIN CHANGES IN THE LOWER LEG ARE A SIGN OF VENOUS DISEASE



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



WHAT DO SKIN CHANGES INDICATE?

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

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

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

WHAT SYMPTOMS MIGHT I HAVE ALONG WITH SKIN CHANGES?

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

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

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

HOW ARE SKIN CHANGES TREATED?

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

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

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



Compression socks help you maintain your active lifestyle

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

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



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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:

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

BEYOND THE SCALE: FIGHTING HIDDEN FAT WITH HORMONES AND DEXA SCANNING



IN TODAY'S WORLD OF WELLNESS, TERMS LIKE "METABOLIC HEALTH" AND "VISCERAL FAT" ARE GAINING MORE ATTENTION—AND FOR GOOD REASON. WHILE MANY FOCUS ON THE NUMBER ON THE SCALE, A GROWING BODY OF EVIDENCE SHOWS THAT WHERE FAT IS STORED IS JUST AS IMPORTANT AS HOW MUCH WE CARRY. VISCERAL FAT—THE DEEP ABDOMINAL FAT THAT SURROUNDS INTERNAL ORGANS—IS PARTICULARLY CONCERNING. IT'S CLOSELY LINKED TO INSULIN RESISTANCE, INFLAMMATION, CARDIOVASCULAR DISEASE, AND AN INCREASED RISK FOR CHRONIC CONDITIONS LIKE DIABETES AND DEMENTIA.

At D&G Optimized Wellness and Hormones, we believe in addressing the root causes of poor metabolic health. This includes evaluating hormone imbalances, offering personalized treatment plans, and soon, introducing advanced diagnostic tools like the Hologic DEXA scan—a powerful way to identify visceral fat and track progress.

Understanding Metabolic Health

Metabolic health is defined by how efficiently the body manages energy, glucose, and fat. It's influenced by blood sugar levels, lipid profiles, blood pressure, waist circumference, and insulin sensitivity. Alarmingly, recent data suggests that less than 15% of Americans are considered metabolically healthy.

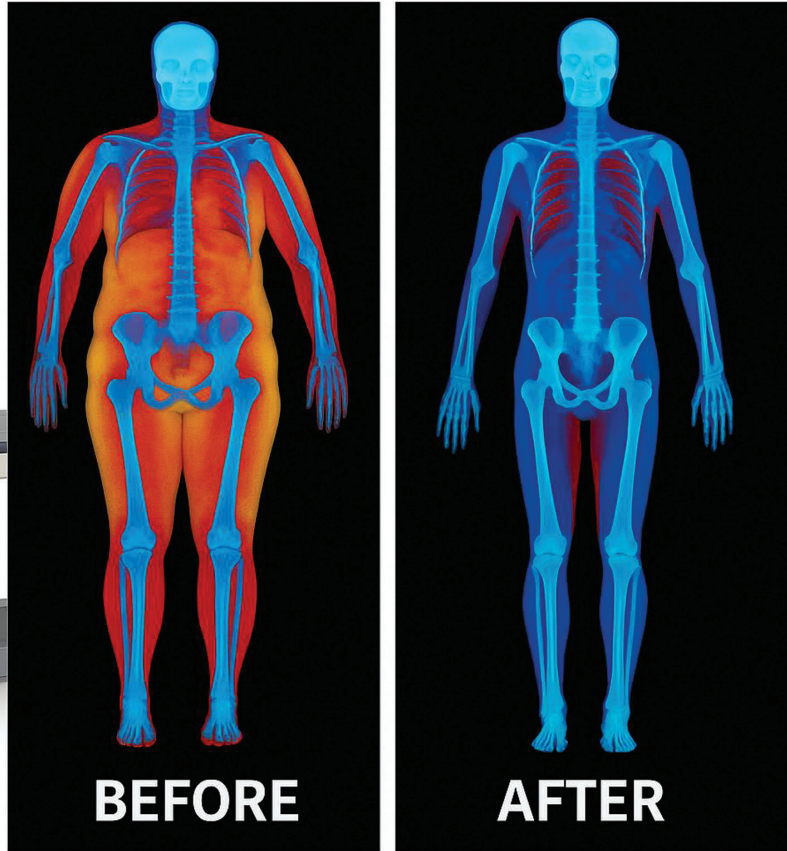
A key contributor to poor metabolic health is excess visceral fat. Unlike the fat that sits just under the skin, visceral fat surrounds the organs and secretes inflammatory substances that increase the risk of metabolic dysfunction. Even people with a "normal" BMI can harbor high levels of visceral fat, making it a hidden but dangerous threat.

The Hormone Connection

Hormones play a central role in where and how fat is stored. As we age, declining levels of estrogen, testosterone, progesterone, and thyroid hormone lead to reduced muscle mass, increased fat storage, and worsening insulin resistance.

- In women, estrogen decline during menopause is directly linked to increased visceral fat.
- In men, lower testosterone levels contribute to abdominal weight gain and a slower metabolism.
- Thyroid hormone supports metabolism and digestion; even "normal" low levels can hinder fat loss and energy.

Left unchecked, these imbalances make losing weight and improving metabolic health nearly impossible—especially around the midsection.



A Holistic Plan for Lasting Change

- We know that transformation doesn't come from a single solution—it requires a comprehensive strategy:
- Nutrition: We encourage an anti-inflammatory, whole-food-based diet that supports hormone balance and insulin sensitivity.
- Movement: Resistance training, walking, and increasing daily activity are essential for muscle retention and metabolic health.
- Hormone Optimization: By restoring hormones to optimal levels, we unlock the body's ability to burn fat, build strength, and feel energized.

Objective Tracking: With the addition of DEXA scans and ongoing lab monitoring, we bring clarity and accountability to every patient journey.

Polk County and Frankly Everyone Deserves Better

Visceral fat may be silent, but its effects are not. At D&G, we're building a system of care that prioritizes prevention, education, and empowerment. The upcoming addition of DEXA

scanning reflects our mission: to offer cutting-edge, personalized medicine that works—because you deserve to feel better, live better, and age on your own terms.

BHRT: A Targeted Solution

Bio-identical Hormone Replacement Therapy (BHRT) is a core component of our approach to restoring balance and optimizing metabolism. Unlike synthetic hormones, BHRT matches the molecular structure of your body's own hormones, making them safer and more effective.

- Estrogen improves lipid panels, reduces insulin resistance, and helps prevent the accumulation of visceral fat.
- Testosterone enhances lean muscle, boosts metabolism, and supports fat loss
- Progesterone promotes better sleep and counteracts cortisol, which drives belly fat.
- Thyroid hormone helps regulate energy, temperature, and metabolism—critical for fat burning and glucose control.

Our BHRT plans are customized and focused on how patients feel—not just lab numbers—helping our clients regain energy, body confidence, and metabolic control.

Precision Tracking Coming Soon: DEXA Scanning Arrives in Lakeland

In the coming months, we'll be introducing a Hologic DEXA scanner to our primary Lakeland location—adding a powerful new dimension to our patient care. This state-of-the-art technology measures total body composition, including fat mass, lean muscle, and most importantly, visceral fat.

Unlike traditional methods like BMI or bathroom scales, a DEXA scan gives a detailed and accurate picture of what's happening beneath the surface. It allows us to quantify your progress, tailor your plan, and make data-driven decisions that accelerate results. This new offering will be available not only to our current clients, but also to the greater Lakeland community—providing an essential tool for anyone serious about improving their metabolic health and preventing chronic disease.



863-899-2404

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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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PHYSICAL THERAPY FOR THE BRAIN



Have you noticed you have difficulty hearing your family and friends in a noisy restaurant? Do you seem to have difficulty understanding certain people? Do you have difficulty concentrating in noisy situations? Even if you have hearing aids, you may need help over and above the hearing aids. You may physically hear what is being said but the brain is not interpreting that signal properly.

Auditory training is a way to fill in the gaps for both hearing aid users and non-hearing aid users. Non-hearing aid users may be experience something called “Hidden Hearing loss.”

Hidden hearing loss is a fairly new disorder, so research is minimal.

Hidden hearing loss affects one’s ability to understand speech, especially in noisy environments. These situations are also difficult when a person has a typical hearing loss and wears hearing aids. But, unlike typical hearing loss, hidden hearing loss doesn’t show up on standard hearing tests, making it challenging to diagnose and manage. It impacts both social interactions and overall quality of life, making it essential to recognize and address.

One test that is useful to determine if a person has hidden hearing loss is a test called Speech in Noise (SIN). This test measures how much difficulty a person has understanding speech in noisy situations. If a person tests normally otherwise but the speech in noise test

indicates an impairment in noise, then the diagnosis might be hidden hearing loss.

HOW CAN I HELP MYSELF BEYOND HEARING AIDS?

In previous articles, we’ve discussed accessories, now we’re going to discuss brain training.

There is help available in the form of Auditory Training (also called Aural Rehabilitation). Essentially this is physical therapy for the brain. There is a new app-based program designed to help a person improve their understanding in noise. The goal of the program is to improve the listener’s ability to understand conversations in noise, keep up with fast talkers, boost your ability to remember and recall important information and overall improve your confidence when in challenging environments.

In-person Auditory training has existed for many years, called LACE (Listening and Communication Enhancement). This was a time-consuming and expensive commitment as insurance does not cover the program. Although it is a proven method for improving

people’s experiences with their hearing aids, it just wasn’t practical. A new app developed by Neurotone called LACE AI Pro brings this therapy into your pocket. We are excited to offer this program to our clients and to the public at large; you do not need to be a patient with our practice to sign up for this program.

LACE AI is based on over 20 years of research. The methods used in the program are backed by scientific studies and are shown to be extremely effective when done consistently. This means you can trust that LACE AI is a proven way to help you hear better and keep your mind sharp.

Using games and listening exercises specifically designed to improve a patient’s ability to understand speech in quiet and in noise. For about 15 minutes a day, you can sharpen your listening skills, and develop strategies for complex and challenging situations. LACE AI is offering a 7-day, no obligation trial to anyone interested. If you like the program and wish to continue with the program, you will have the option to purchase a lifelong membership with a 1-time payment.

LACE AI pro is appropriate for many situations:

- Hidden hearing loss
- People with hearing loss but have not pursued amplification yet
- New hearing aid users
- Experienced hearing aid users that want to improve their performance and/or those still struggling with the hearing aids to understand speech

If you would like more information, please call us at **561-366-7219**. You can also visit <https://www.laceauditorytraining.com/for-patients>

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LACE AI pro cannot cure hearing loss of any kind and cannot prevent dementia or Alzheimer’s. This program is designed to exercise your auditory system and cognitive system but is not able to cure or prevent a disease process.

LACE AI pro is only available through an authorized provider

Hearing Healthcare That You Can Trust

I CAN'T STRESS THIS ENOUGH...

The Importance of Stress Management for Hair & Scalp

by Alan J. Bauman, MD, ABHRS



“Just relax.” Well, it’s easier said than done. You can only take so many deep breaths without feeling any sort of relief. And while you as a whole are feeling the brunt of it, your scalp and hair aren’t immune to the impacts of stress.

Of course, a damaged scalp and receding hairline probably aren’t helping with your stress levels, but without getting rid of the root cause, your roots will continue to suffer. Some people turn to yoga. For others, the gym. And while those options are great (and I may be biased here), they pale in comparison to what our Bauman Medical facility has to offer. From our peaceful Scalp Makeovers to easy in-house procedures, it’s nothing but tranquility once you step through our doors.

But before diving into treatment plans, it’s imperative to understand just how long days at the office can lead to a thinned-out crown. Stress Awareness Month is more than just recognizing how you’re feeling — it’s about seeing the impacts of stress, and you can better correct your mind and body.

The Impacts of Stress on Scalp Health

Trouble sleeping. Getting sick more frequently. And hair loss. Stress doesn’t discriminate when it comes to attacking the body. But it’s not working alone. There are many different deficiencies and conditions that can lead to hair loss. At Bauman Medical, the most common issues revolving around stress are:

Telogen Effluvium

Think of the term telogen as the resting stage for hair. While we could all use a little rest, sometimes we can overdo it and sleep through our alarm. Your hair might not be late for work, but it’s still taking the rest of the day off. A sick day on the scalp leads to dormant follicles, meaning hair growth is also taking a personal day. All of this happens because of stress, as hair follicles, delicate

as they are, are receptive to the stress hormone cortisol. While cortisol has become a buzzword in itself, it can be brought on by a variety of reasons, stemming from catching a cold to a long day at the office. The pressure on hair follicles leads to shedding and, eventually, to entering the telogen stage to recover. If you think that a 20-minute nap or quick walk around the office isn’t worth it, your scalp hopes you think again.

Trichotillomania

Take a moment. Are you sitting still? Feeling relaxed? I only ask because sometimes, without realizing it, our bodies tap our feet or bite our nails. Occasionally, we even twirl our hair around. You can see where this is going, I imagine. While it may feel natural and even calming to play with our hair, trichotillomania can put further stress on the scalp in the most innocuous ways.

Alopecia Areata (AA)

The betrayal of a lifetime. When we think of our immune systems, we imagine a group of organs and tissues working hand in hand to fend off germs and bacteria that try to attack our bodies. But with alopecia areata, our first line of defense starts playing offense. In an autoimmune disease, the immune system mistakenly



A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles. It also makes the perfect gift. Gift E-cards are available on our eStore.



Before and 12 months after PRP by Dr. Alan Bauman

attacks our hair follicles, treating them as foreign invaders. What once would grow now withers, as AA deals critical damage to follicles during their growth phase. While an array of factors can spark AA, stress is typically the lead culprit.

Stress Management at Bauman Medical

So, how do you treat these conditions? Simple, by letting our team at Bauman Medical take the reins and lead you toward serenity. While I'm not a therapist, I can still offer some advice: my world-class Scientific Scalp Makeovers™ are the perfect cure for a stressed mind.

What separates my Scalp Makeovers from other treatment options is that they are geared directly to stress-related hair loss. So instead of focusing on just your scalp, my team at Bauman Medical ensures a relaxing day for your entire mind, body, and soul. And that's apparent from the moment you step into our "Head Spa" room, with calming music and low lighting that will leave you with no choice but to relax. Whether you opt for a 60-minute or three-hour session, here are a few of the calming treatments you can expect:

- Aromatherapy
- A customized scalp treatment for maximum scalp health and hair beauty
- A deep and thorough scalp massage to stimulate and cleanse the scalp, as well as increase circulation
- Deep cleansing shampoo
- A customized conditioner or hair mask

Sometimes, you need to treat yourself. And what better gift to give yourself than a relaxing day of R&R at Bauman Medical? If stress is affecting your scalp, contact us today to explore our personalized hair solutions and start your journey to healthier hair.

PRP (Platelet-Rich Plasma)

PRP (Platelet-Rich Plasma) therapy is not just about hair restoration—it's an essential part of managing stress and supporting overall well-being. Our minimally invasive procedure is designed with your comfort and peace of mind in mind. It begins with a small blood draw,

followed by the gentle separation and concentration of platelets packed with natural growth factors. These powerful elements are then applied to your scalp, encouraging healthy hair growth and giving your follicles the restorative boost they need. Throughout the process, every detail is focused on relaxation: from topical anesthesia and a soothing environment to the attentive care of our expert team. Let PRP be your moment to pause, recharge, and support both your scalp health and your stress management journey.

TED & Exosome Therapy

When it comes to managing stress, one of the most effective ways to alleviate an anxious mind is by talking it out. Communication is integral with the mind and body, just as it is with exosomes. These special cells, whether nearby or far away, thrive on communicating across our bodies. What makes exosomes so important for hair restoration is what's found within them. Consisting of key elements like nucleic acids, growth factors, and other proteins, our team is able to pair them with our TransEpidermal Delivery (TED) procedure for increased scalp permeability and blood flow. You might be stressing out about having to deal with needles going into your scalp, I imagine. Quite the opposite! With TED, we stay away from anything sharp or pointy and opt for ultrasonic waves and air pressure to complement the Exosomes or topical hair growth serum we apply to the treatment zone.

Learn More

It's easier said than done, I know, but being able to keep stress under control has immense benefits on your scalp health, hair health, and mental health. This Stress Awareness Month, don't just recognize your anxiety: start treating it. And you don't have to do it alone. Myself and the rest of the Bauman Medical team are here to help usher in a more relaxed you.

Call 561-220-3480 or point your camera at the QR code below to schedule a private one-on-one in-person or virtual consultation at www.baumanmedical.com.



About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHR 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, 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.



- 1 Start by inserting one tip of the Bed MadeEZ at an angle between mattress and box spring



- 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.

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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I Have A Wait Problem

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Brent Myers



Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!

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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