

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

October 2026

Polk/Brandon Edition - Monthly

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WHY FLU PREVENTION MATTERS MORE AS WE AGE

Gilberto Lozano M.D.
GILBERTO LOZANO, MD
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Health & Wellness MAGAZINE



Why Flu Prevention Matters More as We Age

By Gilberto Lozano, MD, Primary Care at Millennium Physician Group

Staying protected from the flu is an important part of staying healthy throughout the year. For older adults, influenza can be much more serious. As we age, changes in the immune system can make it harder to fight infections. At the same time, chronic conditions such as heart disease, diabetes, asthma, and chronic obstructive pulmonary disease (COPD) can increase the risk of complications.

That makes flu prevention essential to your overall wellness – especially as another flu season approaches. The good news is that a few simple steps, beginning with an annual flu vaccination, can help reduce the risk of serious illness.

Flu Season Is Coming. How Can You Prepare?

Flu is a highly contagious respiratory infection caused by influenza viruses. It spreads easily when an infected person coughs, sneezes, or talks, and you can also pick up the virus from contaminated surfaces before it reaches your eyes, nose, or mouth.

For the 2026-2027 flu season, the Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone 6 months and older. Flu activity generally increases in fall and winter, although the timing and severity can vary each season. For most people, September and October are the ideal months to get vaccinated. The timing is particularly important for older adults because the body needs about two weeks after vaccination to develop its protective immune response.

This doesn't mean the opportunity to protect yourself passes after October. If you haven't received your flu vaccine, it is still worthwhile to get vaccinated later in the season while flu viruses are circulating and the vaccine is still available.

And if you've already had the flu this season, vaccination is still beneficial. Flu vaccines protect against multiple influenza strains, so having one strain does not necessarily provide protection against others that may circulate later.

Why Older Adults Face Greater Flu Risks

Adults 65 and older are more likely than younger adults to experience serious complications from influenza. One reason is immunosenescence, the natural change in immune function that occurs with age. The immune system may not respond to infections as strongly as it once did, making recovery more difficult.



The risk can be even greater for older adults living with certain chronic health conditions. Influenza can worsen existing heart and lung conditions, and may contribute to complications such as pneumonia, hospitalization, and, in several cases, death.

Recent flu seasons demonstrate why prevention matters. During the 2024-2025 season, flu-related hospitalizations and outpatient visits reached their highest levels in 15 years, with more than an estimated 710,000 hospitalizations and more than 45,000 deaths reported, according to the CDC.

Is There a Different Flu Vaccine for Older Adults?

Because the immune response can become less robust with age, the CDC recommends that adults 65 and older receive one of three types of flu vaccines when available:

- A high-dose vaccine
- An adjuvanted vaccine
- A recombinant vaccine

These vaccines are designed to produce a stronger immune response in older adults than a standard-dose flu vaccine. However, if a preferred vaccine isn't readily available, getting a standard flu vaccine is still better than delaying vaccination.

Pneumococcal Protection Matters, Too

Flu isn't the only respiratory illness worth preventing. Pneumococcal infections can cause serious conditions, including pneumonia, meningitis, and bloodstream infections, and pneumonia can also be a complication of influenza.

The CDC recommends pneumococcal vaccination for adults 50 and older, as well as for certain individuals at increased risk. If you're unsure whether you are up to date, your healthcare provider can review your vaccination history and determine which vaccine(s) is appropriate for you. In some cases, flu and pneumococcal vaccines can be given during the same visit.



A Flu Shot is One Part of Staying Well

Vaccination is an important step you can take to reduce your risk of seasonal flu, but it works best alongside everyday precautions:

- Wash hands regularly
- Avoid close contact with people who are sick
- Stay home when you're ill to limit spread

It's also important to recognize when you may need medical attention. Flu symptoms often begin suddenly and can include:

- Fever or chills
- Cough
- Sore throat
- Body aches
- Headache
- Intense fatigue

Older adults do not always develop a fever, so any sudden change in how you feel during flu season is worth paying attention to.

Get Ready for Flu Season with Millennium Physician Group

You don't have to navigate flu season alone. Millennium Physician Group can help you understand your vaccination options, determine which prevention plan is right for you, and answer questions about protecting yourself and loved ones from influenza and other respiratory illnesses. A conversation with your healthcare provider today can help you take a proactive approach for your health throughout flu season.

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UNDERSTANDING AI'S PLACE IN MENTAL HEALTH CARE

By Elizabeth Dosoretz, LCSW

Over the past few years, artificial intelligence has moved from something abstract to something woven into our everyday lives. It is changing how we work, communicate, learn, and make decisions. With innovation comes excitement, and there is no question that AI has the potential to improve efficiency and expand access in meaningful ways. At the same time, innovation also calls for responsibility, clear guardrails, and thoughtful oversight. Without those, even well-intentioned tools can cause harm.

Mental health is one area where AI is gaining significant traction. According to a recent American Psychological Association (APA) health advisory, millions of people around the world are engaging with general-purpose generative AI chatbots and wellness apps to find support they cannot access elsewhere. This trend reflects the very real mental health crisis we are facing, marked by rising rates of loneliness, anxiety, and disconnection. Many people want help but struggle with long waitlists, limited availability, financial barriers, or stigma. For them, accessibility is often the driving force.

As demand for mental health services continues to rise, the ease of access and relatively low cost of AI-based tools have made them an attractive option. For some, these tools feel less intimidating than reaching out to a provider. They can reduce certain barriers, such as shame, fear of judgment, or the challenge of fitting appointments into a busy schedule. For someone in distress who wants immediate support, turning to AI can feel like a logical step. At the same time, it is important not to lose sight of how new this technology actually is.

AI can feel as though it has been around for a long time, perhaps because of how quickly it has been adopted and integrated into daily life. In reality, these tools have not had the benefit of being tested and retested over decades in the way traditional clinical approaches have. Mental health care is not about efficiency metrics or spreadsheets. It is about providing care to humans, whether children, adults, or families, often at their most vulnerable moments. Mental health professionals rely on evidence-based practices, ethical standards, and clinical skills that have been studied, refined,

and proven over time. When we introduce new tools into this space, especially those that interact directly with vulnerable individuals, caution and humility are essential.

It is also critical to be clear about what these technologies are and what they are not. AI tools are not designed to provide clinical assessment, diagnosis, or treatment. Many are not grounded in scientific research, are not regulated or approved for mental health use, and do not operate within the ethical and legal frameworks that guide licensed professionals. This creates real risks, including misinformation, misinterpretation of symptoms, inappropriate reassurance, and significant privacy concerns.

The APA advisory outlines several important recommendations for safer use of AI in mental health contexts:

- These tools should not be relied upon to replace psychotherapy or psychological treatment.
- There must be safeguards to prevent unhealthy emotional dependency, as constant availability and personalization can blur the line between using a digital tool and forming a perceived relationship.
- Privacy must be prioritized, particularly when platforms have unclear policies regarding data use, storage, or sale.
- Users should be protected from misleading or inaccurate information, built-in biases, and tools that appear more effective than they truly are.
- Additional protections are especially important for children, teenagers, and other vulnerable populations.
- Comprehensive AI and digital literacy education is also essential so individuals understand both the potential benefits and the limitations of these tools.

Very few things in health care are purely good or purely bad. What matters is how tools are used, how they are regulated, and whether people truly understand what they are engaging with.



Context matters. Every innovation introduced into the mental health space should be evaluated not only for its promise but also for its potential consequences.

AI touches our families, our communities, and the future of care itself. With education, responsibility, and clear boundaries, we can make informed decisions about when these tools may be helpful and when human connection, clinical expertise, and professional care are essential.

About the Author

Elizabeth Dosoretz, LCSW, is the founder and CEO of Elite DNA Behavioral Health. As a mother of three, her personal journey through the challenges of postpartum depression inspired her to found Elite DNA Behavioral Health in 2013 with a goal to provide accessible, affordable mental health care to everyone. Now one of the fastest-growing mental health providers in the Southeast, Elite DNA provides in-person and virtual behavioral health services from more than 40 locations across Florida, Virginia, and Alabama. For more information, visit EliteDNA.com.



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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.

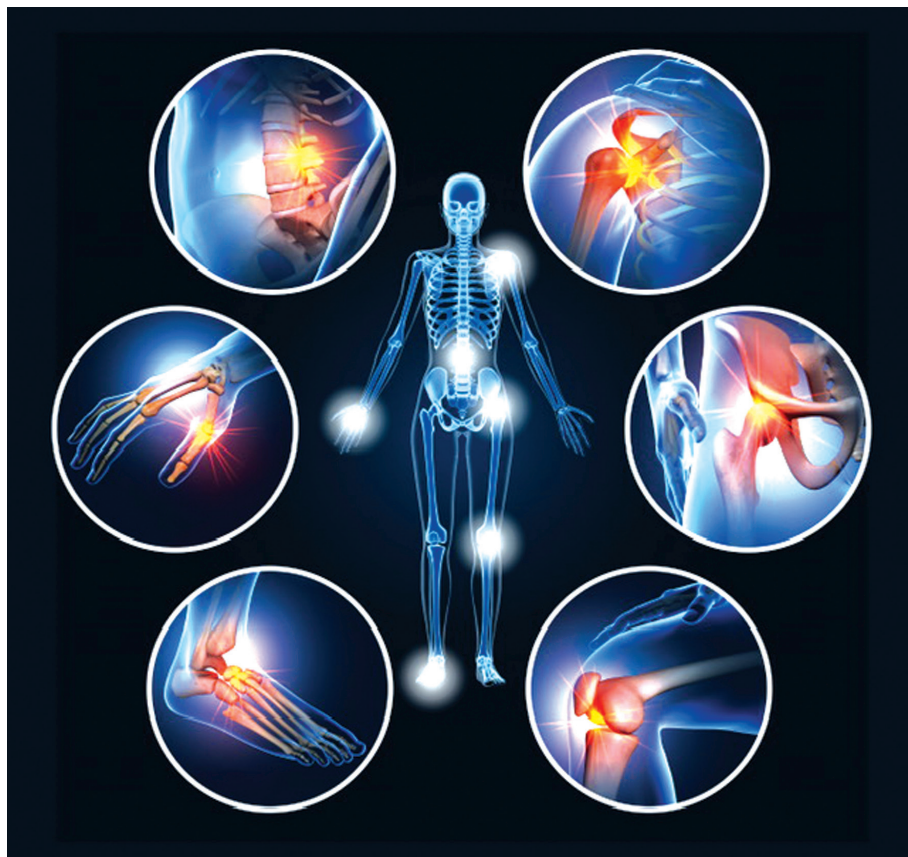
OUR PROMISE

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.

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HEALING WITH SOUND:

HOW STEMWAVE THERAPY IS CHANGING CARE IN LAKELAND

How Does It Work?

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

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

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



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

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

What Is STEMWave?

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

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

Conditions STEMWave Can Help

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

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

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

What Does Treatment Feel Like?

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

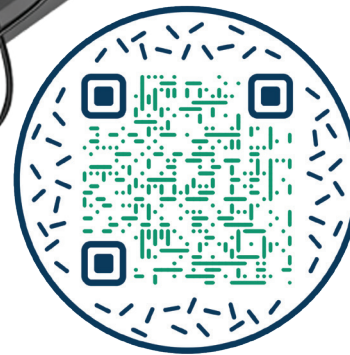
Most people notice improvement after just a few sessions, though a typical treatment plan involves a short series—often once a week for several weeks. Unlike medications, which mask symptoms, or surgeries, which carry risks and downtime, STEMWave works by helping the body rebuild itself.

Evidence You Can Trust

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

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

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



Why Lakeland?

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

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

Who Can Benefit?

If you've been struggling with:

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

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

Looking Ahead

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

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

Final Word

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

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



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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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A Guiding Hand:

Finding Compassion & Clarity in Life's Toughest Moments



In life's most difficult moments, finding a source of strength and guidance is paramount. For many families in South Florida, that source has been Sinai Memorial Chapel in Delray Beach. More than just a funeral home, Sinai has built a reputation as a compassionate partner, dedicated to easing the immense burden that comes with losing a loved one. Their approach is rooted in a simple, yet profound, understanding: that personal care and clear communication can bring profound comfort during a time of grief.

From the first phone call, the team at Sinai Memorial Chapel focuses on listening. They understand that every family and every individual is unique. There is no one-size-fits-all script. Instead, they begin by learning about the person who has passed—their story, their personality, their legacy. This personable approach transforms the necessary tasks of funeral planning from a cold, administrative process into a meaningful act of tribute.

The process itself is handled with meticulous care and respect. The dedicated staff at Sinai walks alongside the family through every single step. This includes helping to arrange all details of the service, whether it be a traditional funeral, a memorial service, or a more contemporary celebration of

life. They assist with the careful preparation of the deceased, coordinate with cemeteries, and handle the myriad of logistical details, from securing official death certificates to arranging for transportation. Their expertise ensures that every element is executed with dignity, allowing the family the space to focus on healing and remembrance.

Sinai's deep familiarity with both state and federal regulations regarding burial and preparation also provides families with an invaluable sense of security. In a landscape that can seem filled with complex legal requirements, their guidance ensures that everything is handled correctly and respectfully, removing a significant layer of stress. At its heart, Sinai Memorial Chapel embodies the principle of being a true guide. They provide not just a service, but a supportive presence, ensuring that a family's final farewell is a loving, personalized, and peaceful experience.

Steven R. Fischman, is a licensed funeral director & embalmer, manages the funeral home and has been serving the Jewish community for fifty years. His son Robert manages operations. If you have questions about the funeral process, or need clarity on government requirements for burial, the caring team at Sinai Memorial Chapel is here to help. Please do not hesitate to call them with your inquiries.



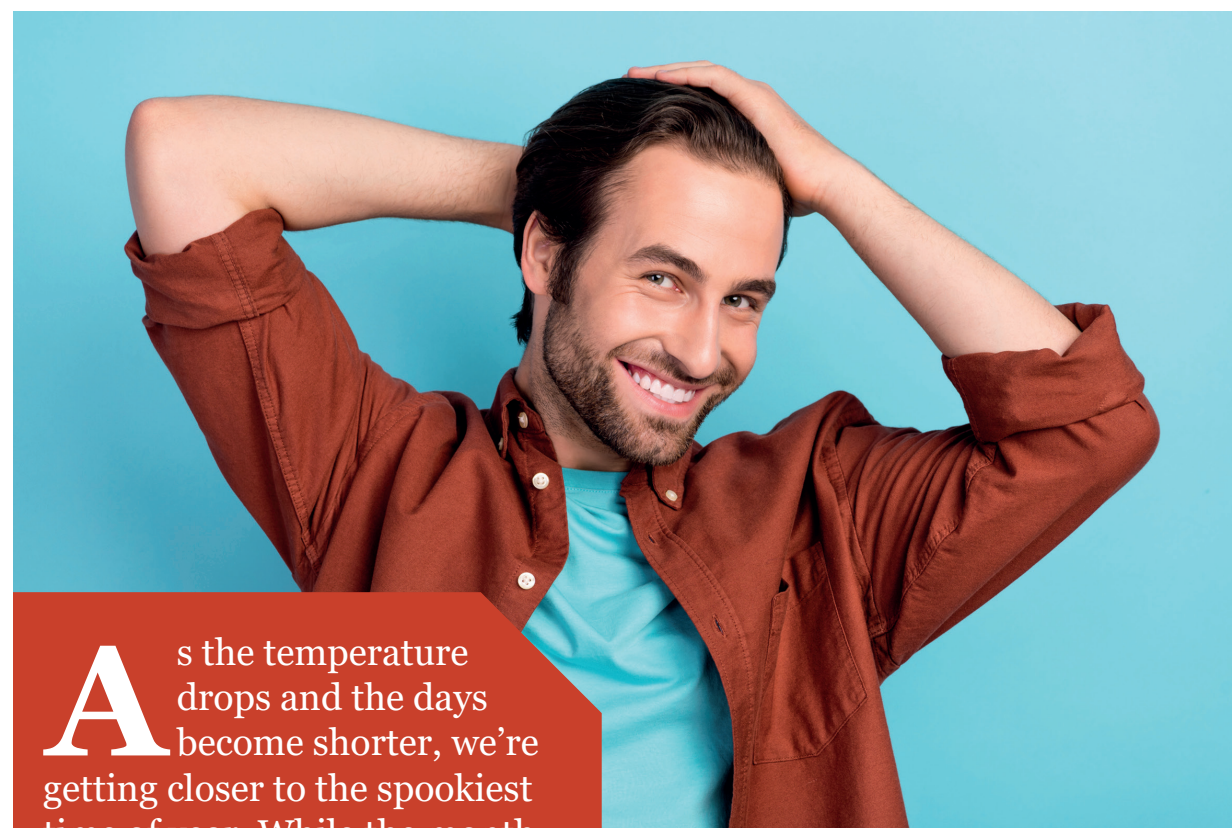
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by Alan J. Bauman, MD, ABHRS



As the temperature drops and the days become shorter, we're getting closer to the spookiest time of year. While the month of October is known for scary costumes and horror movies, there's nothing more terrifying than these two words: hair loss.

The scariest thing about hair loss is that it's based in reality — there are no urban legends here. As the clock ticks toward Halloween, so does the potential of fallen follicles, and like I always say, "time equals follicles." But hair loss doesn't have to be something that has you looking under your bed like the Boogey Man.

Every monster has its weakness. Vampires hate garlic. Werewolves despise silver. And hair loss? Well, hair loss has one weakness, and it's right here in Boca Raton. The potential of a thinned-out crown no longer needs to feel like an invincible phenomenon. Let Bauman Medical be your silver bullet against hair loss with our no-tricks, just-treatment approach.

FUE

For some, the scariest words one can hear are "hair transplant." Back before the turn of the millennium, I could understand the fear in this. After all, a painful, plug-based transplant seems more fitting for Frankenstein's Monster, not your scalp. Well, you all can breathe a sigh of relief, as hair transplants at Bauman Medical ditch the pain and plugs, and instead we opt for a 100% natural treatment that leaves our patients feeling like they've turned back the calendar.

With Follicular Unit Extraction, or FUE, for short, our hair experts say goodbye to the archaic days of strip harvesting. No scalpel or stitches are required; instead, we harvest individual hair follicles directly from the scalp. Assisting my team are specialized mechanical instruments to ensure that each procedure is as safe and efficient as possible.

"But what about scarring?" We kept that in mind as well, as patients will walk out of their procedure without a linear scar. While you may need a wig for your Halloween party, I can assure you that you won't need any head coverings once you leave our clinic.

VIP|FUE

Now that we've conquered our fear of hair transplants, let's take a step forward and embrace them even more. While FUE is already a great option, our VIP edition of the procedure makes it even more discreet. What makes VIP|FUE a step up is the fact that it requires no type of shaving or trimming. It'll be like we weren't even there.

When you're done, you can take a look into our crystal ball with our "long-hair preview," a little treat before reaping the benefits down the line. Come next Halloween, you'll be basing your costume around that new do of yours.



A patient's new hairline is mapped out and the donor area is trimmed in preparation for a traditional FUE procedure. With VIP|FUE, no shaving or trimming is required, so patients can keep their current hairstyle.



A Bauman Medical Patient Advocate reviews the Bauman TURBO LaserCap® with a patient. This FDA-cleared, at-home low-level laser therapy (LLLT) device stimulates hair growth with just five minutes of daily use.

Low-Level Laser Light Therapy Caps

As temperatures drop, you may want to put on a beanie to keep warm. Why not let a thick, healthy head of hair do the same by donning my trademarked Bauman TURBO LaserCap®. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, all you need is five minutes of use daily to revitalize your scalp and stimulate hair growth for this fall and future seasons to come.

PRP Platelet-Rich Plasma

Blood is a staple of horror movies. At Bauman Medical, it's a staple for hair growth. With PRP, we start by drawing a small sample of blood in order to isolate the platelets within. We then concentrate these platelets before injecting them back into the patient's scalp. This serum acts as a way to invigorate the scalp for improved hair growth. Afraid of needles? No need to be! As PRP is performed while under anesthesia, making it a painless procedure that's done within an hour.

PDOgro™

Just like how we've come to embrace hair transplants, we're doing the same this fall with needles by showcasing the next tier of PRP — PDOgro™. With this upgrade, we take the best of an already established procedure and couple it with Bauman Medical's delicate and absorbable polydioxanone threads. FDA-cleared, these threads are imperative to cultivating various scalp functions that aid in hair regrowth. These include activation of endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. The best part? No need to worry about recovery or aftercare, allowing you to go to that costume party or take the kids Trick-or-Treating.

TED

With our TransEpidermal Delivery procedure, we're continuing to keep your scalp out of harm's way. This non-invasive method is an effective way of administering hair growth serum to penetrate the scalp. TED's serum features an array of treats that are essential for a healthy scalp landscape, ranging from amino acids to growth factors, and even advanced peptides! When you put these together, you've got a sweet concoction that translates into increased blood flow, stronger hair fibers, decreased shedding, and stimulated hair follicles.

TED w/Exosomes

Now is the time to start texting your friends and family about Halloween plans. After all, you don't want to have any costume repeaters. While they're probably not talking about Halloween, exosomes are still finding ways to share information across the body. It may not seem like an important conversation, but these exosomes contain nucleic acids, growth factors, and other proteins that aid in hair restoration and repair. When we implement exosomes into a TED procedure, we're speeding up the process and getting you to your hair destination quicker than before.

Learn More

Leave the tricks to the kids and just enjoy the treats. Hair loss no longer has to feel like a horror movie when working with my team here at Bauman Medical. From at-home treatments to in-person procedures, there's no need to fear a fallen follicle when you step into my clinic. Call **561-220-3480** or point your camera at the QR code below to schedule a private one-on-one in-person or virtual evaluation at **www.baumanmedical.com**.



About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRs Hair Loss Expert

With over 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®



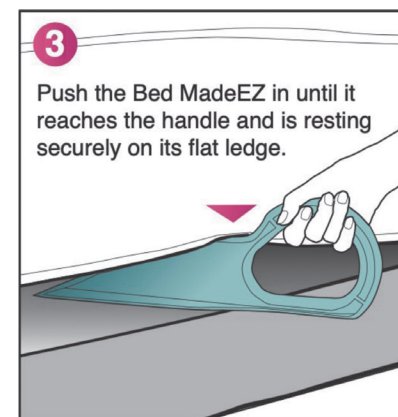
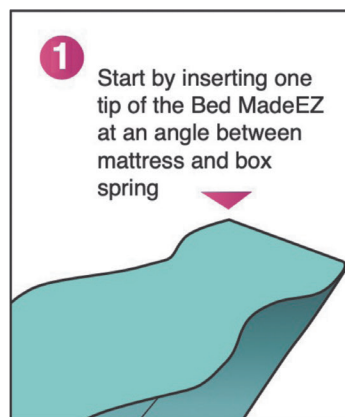
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.



What does the Bed MadeEZ do?

This aqua beauty (comes in pink too) does it all it:

- **Lifts and Holds** – as you insert the Bed MadeEZ under your mattress, it lifts the mattress for you and holds it up to 4 inches while you change your linens, giving you the time to make those famous hospital corners too!
- **Tucks** – using the tip, you can quickly tuck sheets, quilts, and blankets easily for a perfectly finished nice, crisp edge, saving your hands and wrists from scraping and strain.

It is **Ergonomically Designed** to eliminate strain. The design includes a large round handle, allowing for versatility in gripping positions for either one or two hands.

Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

- **Independently Tested** – to reduce strain on your back and shoulders caused by repeated lifting of a heavy mattress.
- **Recommended by OSHA** – around the world, housekeepers use the Bed MadeEZ to avoid injury and go home less tired.
- **Backed by a Lifetime Warranty**
- **Made in the USA** – and always will be made right here in Florida!

Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

- Reader's Digest – <https://www.rd.com/article/mattress-lifter/>
- Southern Living – <https://www.southernliving.com/bed-madeez-mattress-lifter-7109456>
- Apartment Therapy – <https://www.apartmenttherapy.com/amazon-mattress-lifter-tool-review-37184419>

Easy to Order, Fast Shipping!

The Bed MadeEZ can be ordered right off Amazon and it arrives quick! Simple to understand instructions are included and you can get right to business. The Bed MadeEZ makes changing linens and making the bed a breeze.

Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

- Back Injuries
- Arthritis
- A heavy mattress
- Recently Undergone Surgery
- Those undergoing Breast Cancer treatments
- Pregnant Women
- Anyone at all who wants to make their bed quickly, professionally and without heavy lifting and fear of back injuries due to strain.



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selfie



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

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

And probably more than you even realize.

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

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

We are God’s selfie.

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

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

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

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

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

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

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

You are God’s selfie.

Brent Myers

What is

RECOVERY CHURCH

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

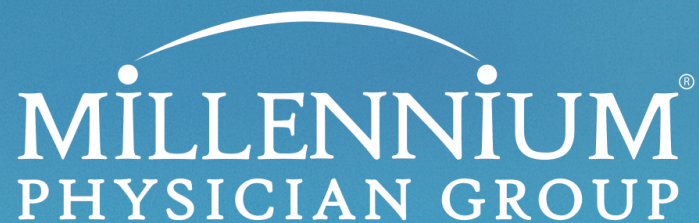


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