



DR. ALAN J. BAUMAN

HAIR RESTORATION PHYSICIAN

BAUMAN MEDICAL

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Did you plan your career or stumble on it?

I was drawn to medicine and surgery at an early age after I was mentored as a teenager by a prominent plastic surgeon in NY. But it wasn't until many years later after I had met a hair transplant patient, did I consider seeking out specialized training in hair loss. Between the artistry, the microsurgery, and creating natural-looking life-changing results, I was hooked!

What are you or your company doing to give back to the community?

Years ago, I established the Bauman Philanthropic Foundation, a 501(c)(3) non-profit organization dedicated to providing life-changing pro-bono hair restoration, surgical hair transplants, and medical treatments to patients in need. Our goal is to help restore the appearance of men, women, and children who have suffered debilitating hair loss through accidents, medical treatments, or other unfortunate causes, so they may regain the confidence they've lost in often devastating circumstances.

I'm also a proud volunteer board member and Medical Director of Grey Team, a Boca Raton-based non-profit dedicated to protecting our military veterans from PTSD-related suicide using a holistic, non-drug, overall wellness approach.

Do you have any unique habits that you feel contribute to your success?

I consider myself health conscious and have a regular exercise and nutritional regimen that includes intermittent fasting. I've also become somewhat of a "biohacker," taking a systems approach to my health. This means measuring physiological changes in my body including sleep, for example, whenever making modifications in my regimen, in an effort to optimize my performance both mentally and physically.

I take a similar approach to hair and scalp health with our patients, having implemented the latest technology to quantify results from incremental treatment changes in our patients. At Bauman Medical, the tools we use include HairCheck®, a device that accurately and scientifically measures the severity of hair loss early on and, over time, how well patients respond to restorative treatments before the results are noticeable to the naked eye.

What advice would you give to someone starting out?

I'd pass along the valuable advice my dad gave me, "Find something you like to do, and you'll never have to work a day."