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May 2020

Palm Beach Edition - Monthly



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**TRUSTS ARE NOT JUST  
FOR THE WEALTHY**

**PAIN MANAGEMENT  
FOR SCIATICA**

**COVID-19 CAUSING STRESS?**

**SAVING TEETH:  
DETERMINING IF TEETH SHOULD BE  
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**MACULAR HOLE**

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Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

## Revocable Living Trust

### ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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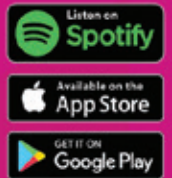
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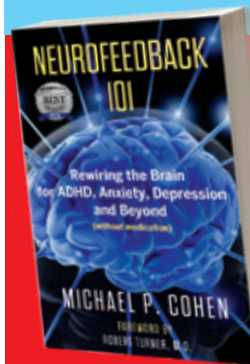


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**About Michael P. Cohen**  
Michael Cohen is a leading expert in brain biofeedback. For over 20 years he's worked with clients, taught courses and provided consulting to physicians and mental health professionals around the world.



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Read about neurofeedback's impact on sleep and anxiety on Page 18.



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# CLINICAL TRIALS

No other field of medicine is changing as rapidly as oncology. Over the past decade, literally dozens of new medicines and new approaches for treating cancer have been developed, and this has resulted in many more people surviving cancer than ever before. According to the National Cancer Institute, in 2020, there are over 15 million cancer survivors in the United States, and approximately two million of them have survived for 20 years or longer. Some of the reasons cancer survival rates have dramatically increased can be linked directly to such things as improvements in early detection methods, more advanced therapies, and genetic research and clinical trials, which are responsible for developing more effective drugs.

The future cures for various types of cancer will all come from clinical research, yet not many adult cancer patients participate in clinical trials. Why? In some instances, it is because clinical trials are misunderstood and patients may fear being “a guinea pig.” In clinical trials for a life-threatening disease like cancer, no one who participates in a clinical trial is ever treated like a guinea pig. In fact, such great precautions are taken on behalf of patients who participate in clinical trials that, many times, their cancer treatment goes beyond standard care protocols.

## Debunking the Myths

Aside from the misunderstanding about being a guinea pig, patients who are considering participating in a clinical trial for cancer are often concerned that they might be given a placebo or a drug that will prove to be ineffective. The truth is that in some types of clinical trials (specifically those that are investigating something simple such as a new cold medication) some participants are given only a placebo. However, in clinical trials for cancer, a participant is never given anything less than the current standard of care.

All participants in oncologic clinical trials will be given the best standard treatment available for their particular type of cancer ... then in addition to that standard treatment, they may be given the new drug that is being tested or a placebo. No participant is ever given a placebo alone.



## Increased Participation in Clinical Trials Means Faster Approval for New Treatments

According to the American Cancer Society, there are many hundreds of promising new cancer drugs and therapies currently undergoing research. The average time for a new drug to be approved is seven years, and many times clinical trials cannot be conducted because of a lack of patient participation. If more cancer patients participated in clinical trials, there would be more new drugs available sooner in the future. Don't miss the opportunity to be a part of finding the cures for cancer.

Florida Cancer Specialists (FCS) is a recipient of the national ASCO Clinical Trial Participation Award and a strategic partner of the Sarah Cannon Research Institute, one of the largest clinical trial organizations in the U.S. As such, FCS offers access to more national clinical trials than any other private oncology practice in Florida ... and, if you qualify to participate in a clinical trial, you can do so in the comfort and convenience of your local FCS cancer center.

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Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.



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by Andrew M. Curtis, ESQ



# TRUSTS ARE NOT JUST FOR THE WEALTHY



**P**erhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.

Another reason for having a revocable living trust is to protect against incapacity. In the trust, you designate who would manage

your assets in the event,, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove



to be a bad result, because the husband could remarry and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once

you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will, follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit.. And for persons with handicapped children, a "supple-

mental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement for government benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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# Pain Management for Sciatica



## SCIATICA TREATMENT

**S**ciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one or both sides of your body.

Sciatica most commonly occurs when a herniated disk, bone spur (arthritis) on the spine or narrowing of the spine (spinal stenosis) compresses part of the nerve. This causes inflammation, pain and often some numbness in the affected leg(s).

Although the pain associated with sciatica can be severe, most cases resolve with non-operative treatments in a few weeks with treatment that Dr. Rosenblatt can easily perform.

Pain that radiates from your lower (lumbar) spine to your buttock and down the back of your leg is the hallmark of sciatica. You might feel the discomfort almost anywhere along the nerve pathway, but it's especially likely to follow a path from your low back to your buttock and the back of your thigh and calf.

The pain can vary widely, from a mild ache to a sharp, burning sensation or excruciating pain. Sometimes it can feel like a jolt or electric shock. It can be worse when you cough or sneeze, and prolonged sitting or walking can aggravate



By Aaron Rosenblatt, MD

symptoms. Some people also have numbness, tingling or muscle weakness in the affected leg or foot. You might have pain in one part of your leg and numbness in another part. You do not have to have low back pain to have sciatic pain.

Please call Dr. Rosenblatt when self-care measures fail to ease your symptoms or if your pain lasts longer than a week, is severe or becomes progressively worse. **Get immediate medical care if:**

- *You have sudden, severe pain in your low back or leg and numbness or muscle weakness in your leg*
- *The pain follows a violent injury, such as a traffic accident*
- *You have trouble controlling your bowels or bladder*

Sciatica occurs when the sciatic nerve becomes pinched, usually by a herniated disk in your spine or by an overgrowth of bone (bone spur) on your vertebrae. More rarely, the nerve can be compressed other tissue or damaged by a disease such as diabetes. Shingles is another common cause that would require treatment.

During the physical exam, Dr. Rosenblatt will check your muscle strength and reflexes. For example, you may be asked to walk on your toes or heels, rise from a squatting position and, while lying on your back, lift your legs one at a time. Pain that results from sciatica will usually worsen during these activities.





Many people have herniated disks or bone spurs that will show up on X-rays and other imaging tests but have no symptoms. So doctors don't typically order these tests unless your pain is severe, or it doesn't improve within a few weeks.

- **X-RAY.** An X-ray of your spine may reveal an overgrowth of bone (bone spur) that may be pressing on a nerve.

- **MRI.** This procedure uses a powerful magnet and radio waves to produce cross-sectional images of your back. An MRI produces detailed images



of bone and soft tissues such as herniated disks. During the test, you lie on a table that moves into the MRI machine.

- **CT SCAN.** Can also be used for a faster imaging result or when an MRI is not allowed.

After evaluation, Dr. Rosenblatt might recommend injection of a medication into the area around the involved nerve root(s). This can help reduce and or eliminate pain by suppressing inflammation around the irritated nerve. This can greatly improve the pain and discomfort from the multiple causes of sciatica and help improve an individuals overall function. There are several different types of nerve root treatments to consider based on the location and severity of the impingement of the nerve. Usually treatment takes no longer than 5-6 minutes and can provide immediate relief!

Dr. Rosenblatt explains, "This procedure is simple and helps people of all ages to help feel less pain and function at a higher level. It is great for neck and lumbar spine pain. It will also help to avoid unnecessary spine surgery."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 17 years with great success. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

## Early Pain Treatment CAN PREVENT Prolonged Suffering!

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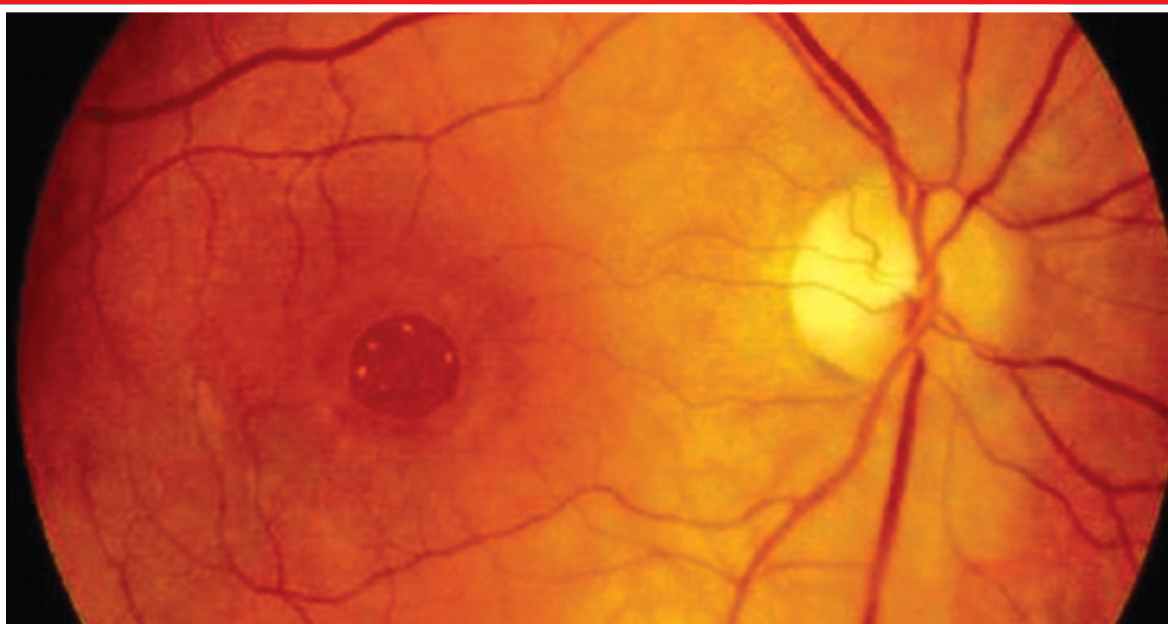
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Lauren R. Rosecan,  
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# MACULAR HOLE

**M**acular hole is when a tear or opening forms in your macula. As the hole forms, things in your central vision will look blurry, wavy or distorted. As the hole grows, a dark or blind spot appears in your central vision. A macular hole does not affect your peripheral (side) vision.



## **WHAT CAUSES A MACULAR HOLE?**

Age is the most common cause of macular hole. As you get older, the vitreous begins to shrink and pull away from the retina. Usually the vitreous pulls away with no problems. But sometimes the vitreous can stick to the retina. This causes the macula to stretch and a hole to form.

Sometimes a macular hole can form when the macula swells from other eye disease. Or it can be caused by an eye injury.

## **MACULAR HOLE DIAGNOSIS**

Your ophthalmologist will put drops in your eye to dilate (widen) your pupil. This allows him or her to look through a special lens at the inside of your eye.

Then he or she will take pictures of your eye using optical coherence tomography (OCT). With OCT, a machine scans the back of your eye. This provides very detailed pictures of the retina and macula. Your ophthalmologist studies these pictures to check for problems.

### MACULAR HOLE TREATMENT

Surgery called vitrectomy is the best way to treat a macular hole. Your ophthalmologist removes the vitreous that is pulling on your macula. Then he or she puts a gas bubble or Silicone Oil inside the eye. This bubble or oil helps flatten the macular hole and hold it in place while your eye heals. The gas bubble slowly goes away on its own but silicone oil requires a second surgery to be removed.

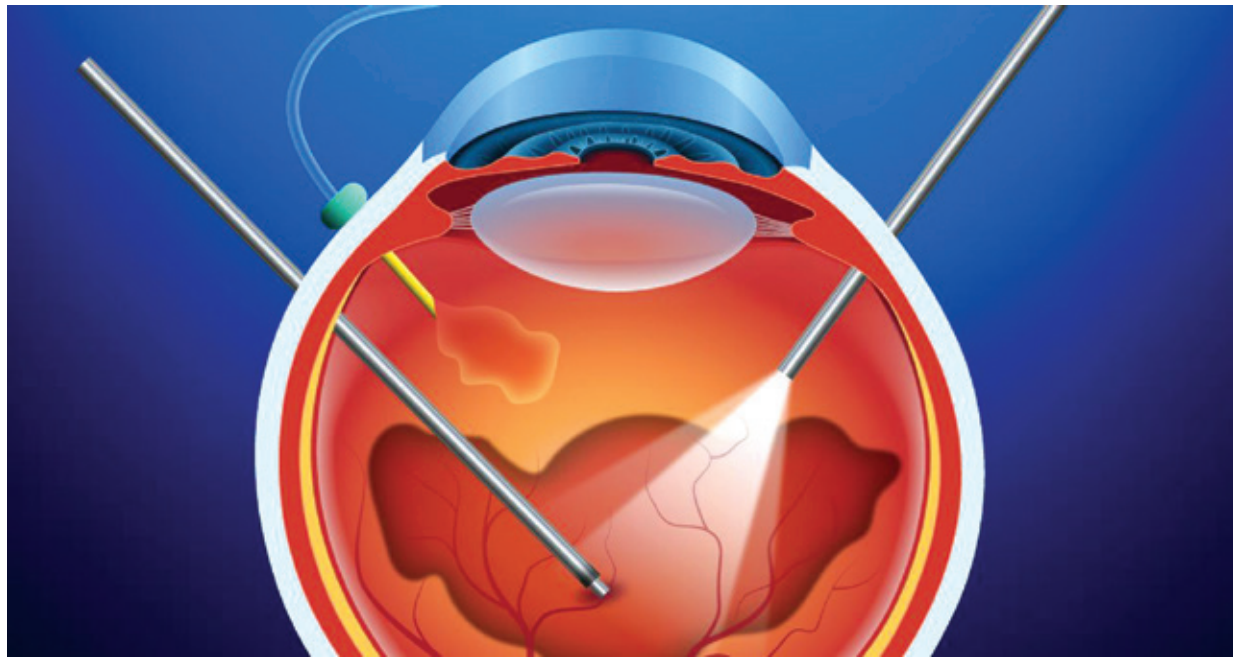
*Things to know about Vitrectomy surgery for macular hole:*

- Your eye may hurt after surgery. Your surgeon will have you take medicine to help with pain.
- You will need to wear an eye patch for a short time. You also will need to put drops in your eye.

You cannot fly in an airplane until the gas bubble is gone. This is because going up quickly in altitude can make eye pressure rise. That can cause problems with the bubble. If you have the oil there are no restrictions.

If you need to have any other type of surgery, be sure to tell your doctor before surgery that you have a gas bubble in your eye.

Your vision will improve as the macular hole closes. It may take several months for the hole to finish healing. How much vision you get back depends on the size of your macular hole. It also depends on how long the hole was there before you had surgery.



## The Retina Institute of Florida

### Lauren R. Rosecan

M.D., Ph.D., F.A.C.S.

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# Saving Teeth:

## Determining If Teeth Should Be Treated or Replaced

**P**atients every day face the decision of whether or not to have teeth treated or removed. The choice can be difficult from an emotional viewpoint as well as a functional one. In many cases, the tooth or teeth in question are not causing any pain. What may not be understood is the potential long term damage that can be caused by keeping a hopeless tooth in the mouth. A number of research articles have demonstrated the considerable impact maintaining a hopeless tooth can have on adjacent teeth and bone. It has been shown that this situation can lead to a 10x greater chance of losing a neighboring tooth and possibly increasing the cost of treatment. Understanding some basic criteria may help determine if you should consider treating or replacing a tooth in question.



In many cases, a patient is made aware of a tooth issue when a cavity develops. In some instances the issue can be corrected with a small filling. In other cases, more extensive dental work may be involved. It may be advisable to have a periodontal evaluation of the teeth being considered for treatment to be sure the surrounding bone and tissue are strong enough to maintain your investment for a good period of time. This would be similar to determining if the foundation was solid prior to building a new home. A common sense approach can be used to help make these decisions. For example, no one would want to invest in new furniture or carpets in a home that was burning down. A periodontal evaluation helps determine if the surrounding bone and gum are sufficient to support the teeth being examined.



### Periodontal Evaluation:

A periodontal evaluation includes determining how much gum and bone support remains around the teeth. The painless examination typically includes reviewing a current set of dental x-rays, measuring the “gum pockets” and “gum loss” around the teeth, checking for tooth mobility and considering the amount of healthy root that remains in the bone. These parameters can help predict the prognosis of the teeth in question. There is no hard and fast rule that will give a black and white answer, but these indicators can help reveal the health of the tooth’s foundation. This information, along with the extent of the cavity present in the tooth, can be weighed together in the decision as to treat or replace the tooth.

A simple example might be a tooth requiring significant dental work that has a short root, significant bone loss, deep “gum pockets” and is loose. Clearly, this may not be the best candidate for extensive dental work as the prognosis for keeping the tooth a long time is poor. In addition, the mobility of the tooth will likely help destroy the bone in the area more rapidly, potentially condemning the adjacent tooth as well. In this situation, removing the tooth and replacing it may be a better and more cost effective option.

Compare this to a tooth with a small cavity, no bone loss, no mobility and slight gum inflammation. In this case, the tooth seemingly could be treated in a fairly conservative manner and be retained with a good prognosis.

Lee R. Cohen, D.D.S., M.S., M.S.

*Lee R. Cohen, D.D.S., M.S., M.S., is a Dual Board Certified Periodontal and Dental Implant Surgeon. He is a graduate of Emory University and New York University College of Dentistry.*



*Dr. Cohen completed his surgical training at the University of Florida / Shands Hospital in Gainesville, Florida. He served as Chief Resident and currently holds a staff appointment as a Clinical Associate Professor in the Department of Periodontics and Dental Implantology. Dr. Cohen lectures, teaches and performs clinical research on topics related to his surgical specialty.*

*The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (LANAP procedure) to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.*

*Dr. Cohen uses in-office, state of the art 3D Green 2 CT imaging which offers Hi Resolution 5 Second Low Dose Scans to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.*

*Dr. Cohen formerly served on the Board of Trustees for the American Academy of Periodontology and the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American College of Maxillofacial Implantology and the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.*



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561-691-0020

# ANYONE CAN SUFFER FROM ANXIETY

## NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

It's human nature to seek out the reasons why we feel anxious. Very often we look at external factors for the root cause; being unhappy in a job, living situation, with family or significant others tend to be our "go to". We may also look at our past experiences, upbringing, past trauma, to explain this unrelenting uneasy feeling we have inside.

The truth is that anxiety is a pattern of neuron firing in the brain that can be present from birth. Brain neural patterns don't necessarily dictate how we will behave, however, trying to change the environment or behavior won't alter the patterns. Therefore, you can't talk someone out of anxiety. Anxiety is also not reserved for adulthood, it can cause dysfunction and issues in life regardless of age. Adults are unable to "change" their way out of anxiety and for children and young adults, you can't change their routines or discipline them from feeling anxious.

### In babies and infants, anxiety neural patterns in the brain may present as:

- Colic
- Tantrums
- Fussiness
- Sensitive
- Not a good sleeper

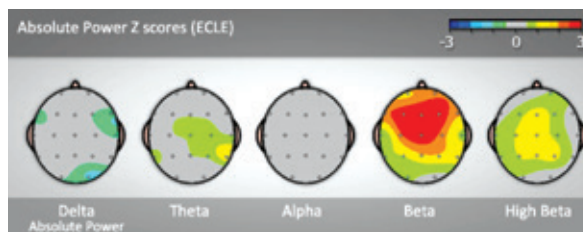
### As a child gets older into the toddler years it may present as:

- Terrible two's, three's, and four's
- A spirited child
- Cranky, fussy, and not a good sleeper or napper
- Tantrums
- Picky or sensitive
- Difficulty with separation

I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing anxiety in young children is very difficult and not usually done unless symptoms are severe. In most cases, anxiety manifests at an older age when the symptoms are abnormal for the age or stage of development. And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

**"She didn't study for her test and that is why she's refusing to go to school today". "He's unmotivated to do anything except play video games and that is why his stomach hurts all of the time and he sleeps all day". "She just has too many activities scheduled and that's why she's overwhelmed". "He has too much homework and is up all night studying which explains why he doesn't sleep well".**

The reality of the situation is that neither your child's personality nor their hectic schedule is the culprit. It's their brain, or rather, the neural patterns in their brain, that is not allowing them to handle the workload at school, pressure with friends, feeling good, making good food choices, having a normal sleep schedule, and so on. And to make it even harder to diagnose or differentiate, anxiety patterns can look different but produce the same results.



Here is an example of one type of anxiety pattern. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others. Very often, we contribute anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early

symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional or physical trauma. It's a pattern in the brain that they are born with.

### As a child reaches school age, anxiety may look like:

- Worrying about performance, grades
- Worrying about parents or loved ones dying
- More separation anxiety
- Fear of getting sick (vomiting is most popular)
- Fear of getting sick at school
- Social anxiety, difficulty with friends
- Feeling overwhelmed
- Nightmares or unable to sleep/fall asleep alone
- Sleep walking, talking or restless sleep
- Fatigue
- Refusal to go to school or meltdowns when going to school
- Frequent trips to the clinic
- Vocal or motor tics
- Loss of appetite or poor diet
- Somatic symptoms such as stomachaches, headaches, diarrhea, or digestive problems
- Poor grades usually due to missing school or falling behind

### As they reach the teenage and adult years, the problem can become more apparent and more severe:

- Continued worry and difficulty handling traumatic events
- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression, suicidal or homicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)

- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes, suspensions or expulsions
- Poor conduct: lying, stealing, violence
- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.

According to *The Anxiety and Depression Association of America*, "Anxiety and depression are treatable, but 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 Child Mind Institute Children's Mental Health Report."

Many health professionals believe that anxiety is a normal part of childhood and symptoms are not cause for alarm. Others believe that parenting and discipline need to be improved or implemented to treat the symptoms. In severe cases, medication is introduced as a treatment, but unfortunately, many children who suffer with symptoms, are medication resistant or not severe enough to medicate.

Adults can experience similar frustration when treating anxiety with medication. The diagnosis is a broad one and there may be very different neuron patterns causing the anxious feelings. This can cause treatment to be somewhat of a guessing game. Others struggle with side effects and dependency.

**Neurofeedback can help.** Neurofeedback can not only help reduce the anxiety symptoms specific to you, but it can "retrain" the neural patterns in the brain so that anxiety is better managed or controlled throughout your life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the anxiety patterns in the brain.

### WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent

to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through an auditory reinforcement of "beeps" and sometimes through visual reinforcement of changes on the screen.

### WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

**Symptoms of these conditions, among others, can improve through neurofeedback training:**

- Anxiety • Sleep disorders • Depression • ADD/ADHD
- Sensory processing disorder • Bipolar disorder
- Seizure disorders • Auditory/visual processing
- Chronic pain/Fibromyalgia • Migraines/headaches
- Traumatic brain injuries • Stroke • Cognitive decline
- Peak performance • Oppositional defiant disorder
- Rages/mood swings • Attention/focus/concentration
- Reactive attachment disorder • Autism/Asperger's
- Learning disabilities • Obsessive compulsive disorder

### WHAT IS AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

At our center, our goal is to teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. **Examples of those positive changes may be:**

- Sleep patterns/quality of sleep
- Energy levels, calmer or more activated
- Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues
- Mood or emotions • Motivation and organization
- Feelings of Well Being • Obsessive behaviors or thoughts
- Memory/cognitions • Anxiety patterns or trauma patterns
- Coping • Regulation
- Learning, communicating, and/or performance

### WHAT IS AQEEG (QUANTITATIVE EEG) OR BRAIN MAP?

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts

are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

We don't always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

### IS THERE ENOUGH RESEARCH?

Neurofeedback has been researched since the 60's. Here are some resources for research. We have several journal articles, studies and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

**Look up the work of:**

*Dr. Joe Kamiya and Dr. Barry Sterman* (Credited for earliest development of Neurofeedback).

**Look for specific researched conditions:**

<https://www.eeginfo.com>

<https://www.isnr.org>

<http://www.eegspectrum.com>

**Print Resources:**

*Journal of Neurotherapy*

*Neuroregulation*

*Applied Psychophysiology and Biofeedback*

*A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback* (Curtain Up) Paperback – 31 May 2001 by Jim Robbins.

*Healing Young Brains: The Neurofeedback Solution* Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.

### HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at [info@bocabraincenter.com](mailto:info@bocabraincenter.com), or text us at **(561) 206-2706** or visit our website at [www.BocaBrainCenter.com](http://www.BocaBrainCenter.com).



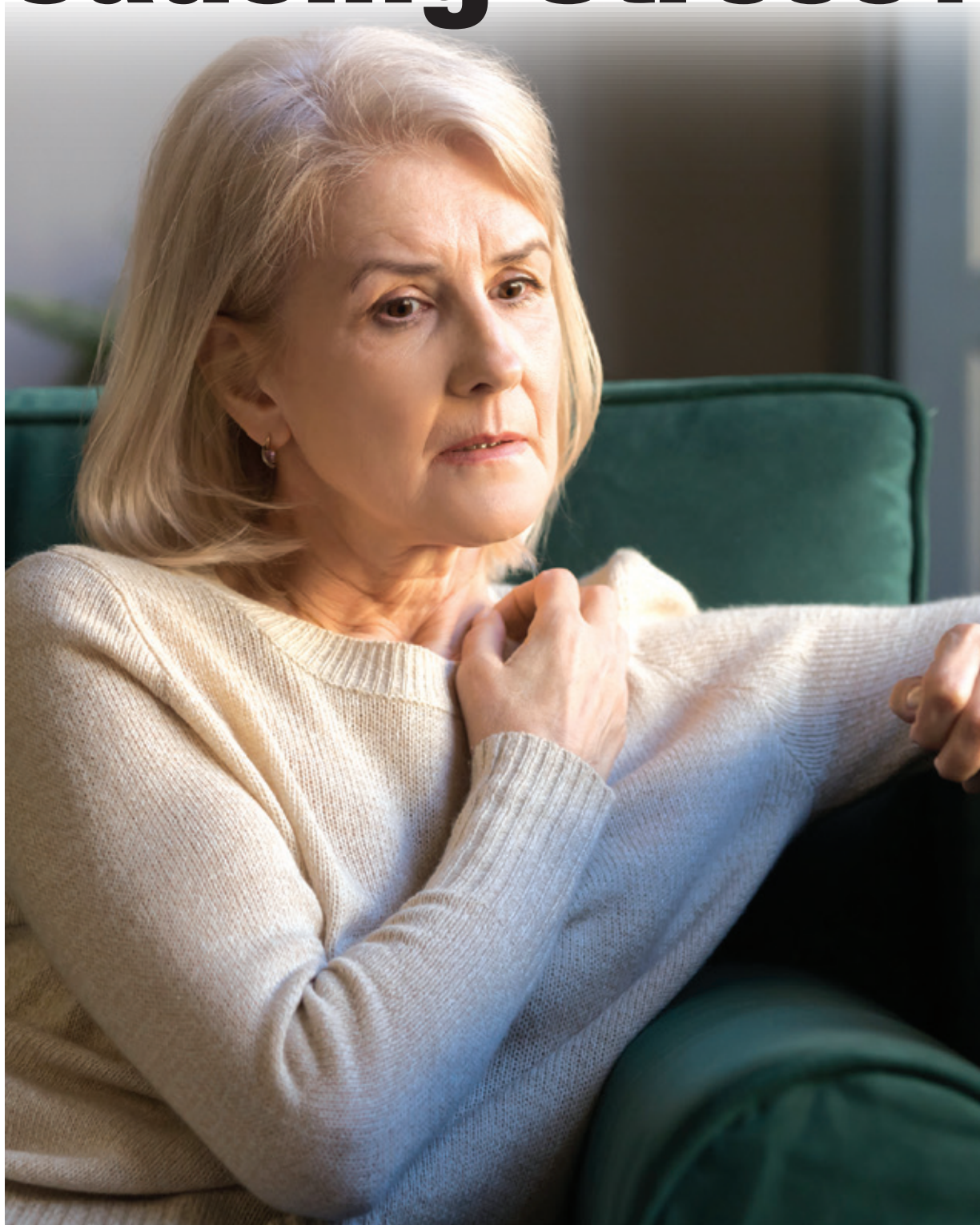
#### Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Acupuncture, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.



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# COVID-19 Causing Stress?



**D**uring this time of social distancing and isolation to help slow the spread of COVID-19, your social media feed most likely looks a little different. Some friends may be enjoying time outdoors, baking, or playing with their kids. Others could be displaying a lot of stress over the situation. Knowing what to feel can be confusing. One thing is for sure – if you’re feeling anxious, you’re not alone.

“Extremely uncertain times like we’re experiencing right now are bound to heighten our stress and anxiety. We’re human. However, what can exacerbate this distress is when we begin expending significant energy being ‘anxious about being anxious,’” said Brendon Comer, behavioral health therapist at Banner Health Clinic in Colorado. “Practicing self-compassion and offering kindness and understanding to this increased discomfort may offer the opportunity to open up space for a calmer, gentler energy amid our inevitable worry. We can’t, nor are we expected to, be perfect.”

#### RECOGNIZE THE SIGNS

We’re all trying to figure out how to navigate a new normal with COVID-19. With this comes new feelings, but how do you know if you should be concerned about these feelings? According to the Centers for Disease Control and Prevention (CDC), stress and anxiety around COVID-19 may include:

- Changes in your eating habits
- Difficulty sleeping or a shift in your sleep pattern
- A strong sense of fear about your health or the health of your loved ones
- Having trouble focusing or concentrating
- An increase in your use of alcohol, tobacco or other drugs
- Your chronic health problems getting worse

If you recognize any of these symptoms, your next step is to take action and find ways to improve your mental health.





### TOOLS AND TECHNIQUES TO FEEL BETTER

You're not alone in your stress and anxiety. Because we're all experiencing a similar situation, there are many tools available to help you deal with coronavirus stress while you are socially isolated.

- **Meditate:** Meditation has long been used to increase relaxation and calmness. There are lots of meditation apps you can choose from that easily download onto your phone or tablet. Just search your app store.
- **Exercise your brain:** It's not healthy to be constantly focused on what's happening with COVID-19 while you are social distancing. Consider trying activities that stimulate your brain and take your mind off the coronavirus, like crosswords, Sudoku or working on a puzzle.
- **Practice yoga or tai chi:** The ancient practices of yoga and tai chi have both been shown to improve mental and physical health. Whether it's your first time or you are looking for new inspiration, there are plenty of apps, websites and online videos to help guide you through your practice.

- **Stay connected, virtually:** Maintaining connections with friends and family is critical to boosting your mental health. Although you can't connect in person, there are wonderful ways to stay connected virtually. Software and apps like Zoom, What's App or Google Hangout allow groups of people to visit through video – the perfect way to stay socially connected while social distancing.
- **Create Daily Routine:** We crave predictability in daily life. Maintaining bedtimes and waketimes, mealtimes, work times & playtimes will go a long way in creating structure and reliability in your and your family's life.

We are amid unprecedented circumstances as all of us are experiencing hour-by-hour, minute-by-minute changes, fears and uncertainties. "Many of us are being asked to work from home and are having to balance two obligations simultaneously – working from home while also parenting or caregiving at the same time. In addition, front-line workers are experiencing the illness, fears and stress of patients while also worrying about

their own health," said Comer. "Building in time each day to take care of our bodies and minds can go a long way in managing these multiple coronavirus-related stressors, increasing our chances of staying well."

Finally reach out for help. We live in a time where a therapist is simply a phone call or a video conference away. If you are struggling emotionally, don't do it alone. Reach out to a trained professional who can help you with the tools to weather this storm, strengthen yourself and your relationships.

**Sybil Berryman** is a Licensed Clinical Social Worker who has been working with couples, individual and families to weather life's storms for more than 20 years. Working together I help my clients overcome the impact depression and anxiety can have on one's life, relationships and career. To learn more about teletherapy and how to cope in this trying time please reach out directly **239-250-4104**.



# Why Biofeedback Can Help You Sleep Better than Medication

By Michael Cohen, Director and Chief of Neurotechnology

**I**n the wake of the recent worldwide health emergency, a scratchy wool blanket of anxiety has descended over America.

An inevitable symptom of anxiety is disrupted sleep – something many of our clients come to us to help them fix.

Nine million Americans turn to prescription and non-prescription sleep remedies regularly in a desperate quest to get some shut-eye, but are they the answer?

According to Matthew Walker, Ph.D., a top sleep researcher and author of *Why We Sleep*, most sleep meds over time can do more harm than good. Although they may put you to sleep, they might hamper and degrade the quality of your sleep by interfering with your brain's natural electrical rhythm (EEG).

## **Sleep stage disruption**

In order to sleep well, your brain waves need to be slow and even and able to change as you enter and exit various sleep stages. Medication may “knock you out,” but it can alter your sleep stages.

Interrupted sleep stages can impact cognitive ability, attention span, memory, the ability to learn new things or remember new things you learned the day before, and mood. It's also believed to interfere with the removal of amyloid proteins, which are linked to Alzheimer's disease.

## **Circadian rhythm disruption**

Medications also interrupt your circadian rhythm.

The American Sleep Foundation defines circadian rhythm as “...a 24-hour internal clock running in the



background of your brain (which) cycles between sleepiness and alertness at regular intervals. It's also known as your sleep/wake cycle.”

In addition to influencing when you get sleepy and when you feel awake, the circadian rhythm impacts hormone release, eating habits, digestion, body temperature and other important bodily functions.

Whatever your symptoms, this disruption can lead to not getting enough sleep and not feeling rested. Sleep deficits can cause emotional outbursts, poor decision-making, diminished memory and mental acuity and compromised health.

### The case against sleeping pills

In *Why We Sleep*, Dr. Walker devotes a chapter to the downsides of sleep medication.

Below are some of the salient points he covers. These are shortened and paraphrased for brevity:

#### Sleeping pills:

- Impede the brain from achieving the large, deep brainwaves characteristic of good, natural sleep.
- Have many side effects including next-day grogginess, daytime forgetfulness, unconscious acts after falling asleep (like sleep eating), slow reaction time during the day, and may negatively impact motor skills (such as driving).
- Can cause a “vicious cycle.” You awake groggy, seek out caffeine to stay alert during

the day, then have trouble falling asleep because of all the caffeine. You once again need a pill to go to sleep and may even need a higher dose as you build up a tolerance to it.

- Can cause “rebound insomnia.” When you stop using the sleep aid, your sleep is far worse than it was before you first used it.
- Can be physically addictive.

### A safe and effective alternative to sleep medicine

So, what can help you sleep better that is both safe and effective?

#### Biofeedback.

Today’s biofeedback employs high-technology tools to enhance its effectiveness. Biofeedback can be a potent, non-drug solution for improving sleep that doesn’t “mess with Mother Nature.” One type of biofeedback, neurofeedback, helps the EEG normalize itself and gets your circadian rhythm back on track.

### Comprehensive Sleep Program

The Center for Brain Training has developed a comprehensive sleep program. About 75% of people respond well. This program combines neurofeedback with other biofeedback tools and technologies to reduce your reliance on sleep medications, re-set the circadian rhythm and guide you into a natural, healthy and restful sleep habit.

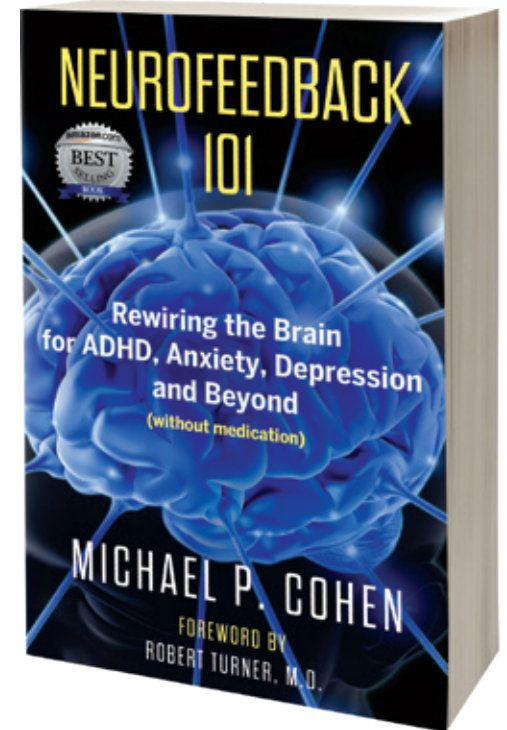
**“I couldn’t get over how easily I fell asleep after my fourth session,”** said “Joan, 43. **“It had been years since I’d gone to sleep and slept through the night. I felt like I had been reborn.”**”

To learn more about how we can help improve your sleep, contact my office or go to <https://www.centerforbrain.com/conditions/insomnia/>.



#### About Michael Cohen

Michael Cohen is a leading expert in brain biofeedback. For over 20 years he’s worked with clients, taught courses and provided consulting to physicians and mental health professionals around the world.



Interested in learning more about neurofeedback? You’ll have all your questions answered in Mike Cohen’s new Amazon best selling book *Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication)*.

Available in paperback or Kindle format on Amazon.



Welltower Center

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**Phone: 561-744-7616, Text: 561-291-9562**  
[www.CenterforBrain.com](http://www.CenterforBrain.com)

# RESOURCE GUIDE

## COVID-19 CORONAVIRUS

**F**lorida Department of Health has opened a 24-hour COVID-19 call center to answer questions you may have. Call **866-779-6121** or email **covid-19@flhealth.gov**. For more information on COVID-19, please visit The Florida Department of Health Website at **www.floridahealth.gov**

## COVID-19 TESTING IN PALM BEACH COUNTY

### **Palm Beach County Testing Line: (561) 642-1000**

- Telephone registration and appointment scheduling for COVID-19 testing will begin on Monday, March 30th from 8:00 am to 5:00 pm.
- Individuals requesting testing must be approved and scheduled through telephone screening by the testing line.

On-site testing (swab sample collection) will begin on Tuesday, March 31st at the FITTEAM Ballpark of the Palm Beaches (5444 Haverhill Rd).

### **211 Palm Beach**

The caring staff will listen to each individual's situation to provide information on available social services, community services and resources that include food assistance, medical clinics, foreclosure prevention, parenting info & special needs, senior services that include free "Sunshine" daily calls, services for teens and more. You can contact them **www.211palmbeach.org** or dial **211**.

### **Palm Beach County Schools**

The School District of Palm Beach County continues its commitment to feeding students while schools are closed. Starting March 30, 35 sites across Palm Beach County will be distributing 'Grab and Go' bags filled with breakfast, lunch, supper, and a snack. Boxes of food from Feeding South Florida will also be available on specific dates per location. Meals are FREE to anyone under 18 years of age (under 22 for ESE students), regardless of financial need. For more information about site locations, go to: **https://summerbreakspot.freshfromflorida.com/**. Or call Palm Beach County Schools hotline at: **561-969-5840**.

## AVAILABLE LOANS FOR SMALL BUSINESSES:

**Two public-funded small business disaster loans are currently available to local businesses impacted by the coronavirus.**

### **1. FEDERAL – SBA Economic Injury Business Disaster Loan**

a long-term loan (up to \$2 million and terms up to 30 years)

*Deadline is May 8, 2020*

<https://floridadisasterloan.org/>

### **2. STATE – Florida Small Business Emergency Bridge Loan**

a short term loan (up to \$100K for one year)

*Deadline is Dec. 18, 2020*

<https://www.sba.gov/>

## AVAILABLE GRANT FOR NON-PROFITS:

### **Community Foundation – COVID-19 Relief & Recovery Grant**

Open to nonprofits that provide services to Palm Beach County

<https://www.bdb.org/news/2020/03/25/economic-development-news/relief-and-recovery-funding-for-non-profits-grant-opportunities/>

### **Specific to Palm Beach County COVID-19 Relief and Recovery Grant**

United Way and many other funders in Palm Beach County have joined together to establish a coordinated Coronavirus (COVID-19) Relief and Recovery application process. This funding process will provide assistance to nonprofit organizations in Palm Beach County and Martin County whose staff, services and clients have been impacted by this disaster. Funding priorities include emergency food, shelter, access to healthcare and other basic needs.

Visit <https://unitedwaypbcc.org/coronavirus/> for more information

# UNEMPLOYMENT ASSISTANCE

Florida's Department of Economic Opportunity is home to the Reemployment Assistance Service Center. It is here that people can apply for benefits. The service is set up to provide "temporary wage replacement" to those who meet the eligibility requirements, according to its website. Here is who is eligible to receive state assistance:

1. Those who are quarantined by a medical professional or government agency.
2. Those who are laid off or sent home without pay for an extended period by their employer due to COVID-19 concerns.
3. Those who are caring for an immediate family member who is diagnosed with COVID-19.

To find out if you're eligible, visit the Florida Jobs website: <http://www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants/apply-for-benefits>.

All seniors can access Meals on Wheels by calling the elderly helpline at **866.684.5885**.

## HELPLINES:

- Palm Beach County Helpline..... 561-712-6400**  
**Town of Palm Beach..... 561-227-7070**  
**Wellington: Village Hall. 561-791-4000**  
**Senior Assistance..... 561-791-4796**  
**Boca Raton..... 561-243-7777**  
**Delray..... 561-982-4900**

# FITNESS FROM HOME!

## Blink Fitness

Blink Fitness is hosting Facebook Live sessions weekdays at 8 a.m. ET. The fitness chain will host virtual workouts, give tips to stay motivated and answer fitness questions from the comments.

## Orangetheory

Orangetheory is sharing a new 30-minute workout video each day, featuring some of its most popular coaches from around the world. According to the fitness center, the workouts don't require any special equipment, but may feature everyday household items.

## Peloton

For the next 90 days, Peloton is offering its app to new users for free. Even if you don't have the bike, the app has yoga, meditation, strength, stretching, bodyweight cardio and strength training exercises. According to the company, all you need is a mat to get started.

## 305 Fitness

305 Fitness is offering cardio dance live streams twice a day on YouTube. The sessions are held at 12 p.m. and 6 p.m. ET, and are hosted by the founder of the studio, Sadie Kurzban.

## Gold's Gym

Gold's Gym is offering a variety of digital workouts for free through the end of May. Its app offers over 600 audio and video workouts.

## Planet Fitness

Planet Fitness is live streaming "Work-Ins" at 7 p.m. ET every day on Facebook. The company said its trainers, and occasionally surprise celebrity guests, will lead the 20-minute workouts, which are free for everyone.

## Crunch Fitness

Crunch Fitness' online workout class portal, Crunch Live, is now free for 45 days, even for

non-members. The app has over 100 workouts, including dance, yoga, pilates, barre, kickboxing and more.

## Retro Fitness

Retro Fitness announced Friday that it is now offering free daily live stream classes on its Facebook page that are available weekdays at 6 p.m. ET and taught by the company's expert trainers. The theme of the first workout was "Body Blast."

## Life Time

Life Time announced Thursday "Classes on Demand," a way for members and non-members across the country to stream cardio, strength and yoga classes for free. New classes are added every day and include kickboxing, barre, guided meditations and more.

## YMCA

On Thursday, the YMCA launched on-demand exercise and youth programs called YMCA 360, including barre, boot camp, yoga and more "to support the health and well-being of everyone staying home." All of the exercise courses are free for a limited time, regardless of Y membership.

## Barry's Bootcamp

Barry's Bootcamp is hosting 20-minute bodyweight workouts live on Instagram for free. On Tuesday, its 9 a.m. PDT workout was hosted by CEO Joey Gonzalez, and the 12 p.m. PDT workout was led by VP of Curriculum Chris Hudson.

## CorePower Yoga

CorePower Yoga is offering free access to a limited collection of online yoga and meditation classes while studios are closed. "What's important to remember right now is that our yoga practice is always there for us – wherever we are," the company said.

**Brain & Wellness Center**  
 All Ages Welcome  
 Brain Biofeedback is a Non-Medication Approach  
 (561) 206-2706 WWW.BOCABRAINCENTER.COM  
**ARE YOU ADHD?**  
 Can't Concentrate? Can't Focus? Can't Remember? Too Tired or Too Hyper? Interferes with School, Work, Sleep, Relationships? Affects Grades or Work Performance?  
 CALL OR VISIT OUR WEBSITE TODAY!  
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 3502 Kyoto Gardens Dr. Suite B, Palm Beach Gardens, FL 33410



# Cataract Surgery in 2023: What should you expect?

By David A. Goldman MD

**W**hile there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The Ophthalmologist'.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, microincisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

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# Don't Give Up!



**O**K. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

**Perseverance reveals our conviction.** Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

**Perseverance reveals our commitment.** In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.

Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

**Perseverance reveals our character.** Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!

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In Neil's mind, racing and fighting cancer have a lot in common. Both can be very hard. Both require dedication and the willingness to push yourself to your limits. But with the right team of oncologists with over 35 years of experience, targeted treatments and clinical expertise, great outcomes can happen.

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