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January 2021

South Palm Beach Edition - Monthly

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**NEW YEAR, NEW YOU:  
RESOLUTIONS FOR  
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**KNEE PAIN TREATMENTS**

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- LLM in Taxation New York University Law School 1986
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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.

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# Knee Pain Treatments: New FDA-Compliant Stem Cell Therapy Advancements Bring Hope and Relief For Knee Arthritis

By: Regenexx at Gold Coast Orthopedics, Regenerative Medicine

**K**nee arthritis affects more Americans than any other joint disorder in the United States. By age 60, an estimated 10 percent of men and 13 percent of women have knee arthritis. Knee arthritis and chronic knee pain often mean that you have to avoid the activities you love (from hiking to dancing to chasing the grandchildren), relying on over-the-counter pain medications, toxic steroid injections, dangerous narcotics, knee arthroscopy, and knee replacement surgery. But new advancements in bone marrow derived stem cell therapy (that comes from the patient, not someone else) offer hope, healing, and pain relief for arthritis of the knee.

## Symptoms and Treatments: How is Knee Arthritis Identified and Cured?

Arthritis of the knee, as with arthritis anywhere else in your body, is the result of chronic inflammation in your joints resulting in deterioration and degeneration of the structures in the knee. Common symptoms for knee arthritis include:

- Swelling and tenderness in your knee or knees, with swelling being more prominent after activity.
- Unstable knee. Over time, if left untreated, knee arthritis can create weakness and instability in your knee. This can cause your knee to lock up, freeze up, or even buckle when you put weight on it.
- Poor, limited range of motion in your knee when doing everyday activities, such as sitting, standing, and walking.

If your doctor diagnoses you with knee arthritis, he or she may recommend a combination of medical interventions and lifestyle modifications. These may include:

- Low-impact exercise/Physical Therapy
- Losing weight if you're overweight
- Acupuncture, natural topical creams, and ice packs

Common medical interventions often start with taking over-the-counter pain medications like aspirin, ibuprofen, and other nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs can temporarily help pain associated with arthritis but can lead to damage in the heart, kidneys, and GI tract over the long term and do not improve long-term pain. More serious medical approaches often graduate to:

- Prescription pain drugs
- Injections, such as corticosteroid injections to temporarily reduce pain
- Surgery

## Are Corticosteroid Injections Helpful For Knee Arthritis?

Your doctor may recommend corticosteroid injections for knee arthritis. Corticosteroids are powerful anti-inflammatory agents that temporarily reduce inflammation in an arthritic joint. Unfortunately, corticosteroids are also toxic to cartilage and increase the rate of arthritic progression. In a recent 2020 study from The Bone and Joint Journal, patients with knee arthritis who underwent corticosteroid injections were compared to patients with similar levels of knee arthritis who did

not have any steroid injections. The patients who were given steroid injections were more than 6 times as likely to undergo a knee replacement.

While helpful for knee pain in the short term, corticosteroid injections can actually worsen knee arthritis and pain over the long term.

## Is Surgery the Right Answer For Knee Pain and Knee Arthritis?

Your doctor may recommend a knee replacement, which involves removing the damaged knee joint entirely and installing an artificial knee.

In fact, arthritis is the #1 reason for people to get knee replacement surgery or hip replacement surgery. However, most surgeons recommend joint replacement surgery be the last resort because:

- Knee replacements wear out and most will need to be replaced, which is an even bigger operation than the first
- There have been many “mechanical problems” and manufacturer recalls related to artificial joints
- The surgery itself can cause damage to your joints and bones and may entail a long recovery process
- An artificial joint that becomes infected is a very serious complication that can lead to another joint replacement and long term IV antibiotics in the best case or can lead to leg amputation in more serious cases.
- More than one-third of patients who have a knee replacement still have knee pain.
- Range of motion in the knee after the surgery is usually reduced significantly.

Thankfully, a growing body of research is revealing new, cutting-edge approaches to knee arthritis, with many men and women finding the relief they need through stem cell therapies.

## Stem Cell Therapy and Knee Arthritis

The premise is simple, yet the science is groundbreaking. Your bone marrow and blood get drawn through a patented same-day protocol, and your stem cells processed by a specialized lab.

Then, your concentrated stem cells and natural growth factors are injected under precise image-guidance using sonographic and X-ray devices directly into multiple tissue structures in your affected knee (eg. cartilage, ligaments, tendons, bone, meniscus). This provides more stem cells to the injured, degenerated, and inflamed joint than your body would otherwise send to the area, resulting in significant improvements in your knee pain and knee function within just a few months.

Unfortunately, the world of stem cell treatments is often referred to by scientists as a “wild wild west.” The efficacy of stem cell procedures for knee arthritis and chronic knee pain means many companies have rushed to market with various health claims and procedures. Alas, many (if not most) of what you'll find on the market – such as the use of exosomes or umbilical cord “stem cells” – isn't backed by real research and in fact, is illegal to use.

When choosing a stem cell therapy treatment for knee arthritis, it's critical that you look for a procedure that's truly backed by science, and specifically peer-reviewed randomized controlled medical trials and other clinical trials.

When reviewing the published research, the science is clear: The most advanced and effective stem cell therapy for knee arthritis is stem cells from your bone marrow concentrate (BMC) injected into the joint and sometimes into the bone.

In one study, BMC injections into the knee joint significantly reduced the need for knee replacement surgery. Another study tracked patients for 15 years and found that BMC injections into the bone also significantly reduced the need for knee replacement.

At Regenexx, this is the exact same procedure we employ in our clinics. These advancements in stem cell therapy and technology mean our Regenexx approach, overseen by expert technicians and clinicians who have been doing this for over a decade, is far more effective than the run-of-the-mill treatments offered by other providers.

If you suffer from knee arthritis and want to avoid costly and invasive knee replacement surgery, contact us today to learn how you can use these advancements in stem cell therapy to naturally and effectively target your knee health concerns.



**Evan Musman, DO** is a non-surgical orthopedic physician who completed his anesthesiology residency at the Albert Einstein College of Medicine in 1994. After training, he stayed at AECOM and served as an Attending in Anesthesiology instructing residents and focused on Pain Medicine. He then joined a private practice in Connecticut where he served as the Medical

Director of the Johnson Ambulatory Surgical Center and treated complex pain patients. He continued his northward migration and opened Vermont Pain Management, the first, free-standing interventional pain management practice in the state. He was the President of the Vermont Society of Interventional Pain Physicians for over 10 years. After over 25 years of practice, Dr. Musman became increasingly dissatisfied with destructive/ablative modalities including the overuse of corticosteroids and became active with regenerative modalities. He joined the Regenexx network of physicians. Dr. Musman's clinical practice focuses on Interventional Regenerative Orthopedics – Offering Regenexx procedures – the Nation's Most Advanced Non-Surgical Stem Cell and Platelet Treatments for Injuries and Arthritis under image guidance using ultrasound and fluoroscopy (live X-ray). He is a distinguished clinician and physician leader dedicated to the treatment of patients with special emphasis on sports-related injuries, orthopedic and spinal regenerative therapies. Dr. Musman treats sports-related and other common orthopedic conditions and is uniquely qualified to treat arthritis, complex degenerative disc disease, sciatica and other nerve disorders without surgery. His clinical skills, empathy and compassion for his patients have resulted in an impeccable reputation among patients and referring Physicians.



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# NEW YEAR, NEW YOU: RESOLUTIONS FOR HEALTHIER HAIR

By Alan J. Bauman, M.D., ABHRS

## AFTER 2020, WE ARE ALL READY FOR A FRESH START.

Last year was challenging for all of us. Too many Zoom calls, too many canceled plans, and too few visits with family and friends. But as we optimistically look ahead to what is in store in the New Year, we can all agree we want to look and feel our best when we are reunited with friends and family again.



**F**or many of us, the stress of 2020 has led us to make some lifestyle choices that aren't always the healthiest, such as smoking, drinking, irregular sleep patterns, less exercise, etc. These habits aren't just unhealthy; they can also act as triggers for unhealthy hair, and even hair loss.

As you begin putting your healthy resolutions into action, you may see the health of your hair improving as well. Here are some simple ways you can boost both your overall health and the health of your follicles.

**EAT A HEALTHY, BALANCED DIET** – Men and women who lack these key vitamins are more at risk of thinning and unhealthy hair – biotin, antioxidants, zinc, iron, Vitamin B, and protein. Steep drops in these essential nutrients can force the hair follicles to shed their hair strands and go into a prolonged resting phase during which time no new hairs are grown. To ensure your hair stays healthy, or to give unhealthy hair a boost, make your diet is packed full of hair “superfoods,” which include: lean red meat, fish, berries, pomegranate juice, beans, artichokes, and nuts. If you can stomach it, liver, with its abundance of iron, is one of the best foods for your hair.

**DON'T SMOKE** – Male pattern baldness or Androgenetic Alopecia has its “roots” in the male sex hormone Dihydrotestosterone, which triggers progressive miniaturization of the hair follicles, based on age and hereditary risk factors. Social factors such as nutrition, diet, lifestyle, stress, medications all are believed to have an impact on the progression of male and female hair loss.

Smoking restricts blood flow (think vital oxygen/nutrients/etc) to the skin and follicles, accelerating age-related changes. Researchers have recently shown that the more a man or woman smokes, the worse his/her baldness is likely to be – so add that to your list of reasons to quit!

**TAKE YOUR VITAMINS** – Hair follicles are amongst the most metabolically active populations of cells in your body. If you are looking to give your hair a boost, a nutritional supplement like professional-grade Bauman-MD “SuperBiotin,” Viviscal Professional – made from marine protein, or perhaps Nutrafol – a multi-nutraceutical, are good places to start. Nutrafol Male, Nutrafol Female, and Nutrafol Balance for women 50+ are exciting nutraceutical products because they target several possible triggers for hair loss and hair thinning, including hormones, inflammation, the effects of cortisol (stress hormones), free radical damage, and others.

**CHOOSE THE RIGHT HAIR CARE** – When choosing grooming products, look for products that contain caffeine, saw palmetto (*Serenoa Repens*), and green tea extracts (EGCG), as these can help strengthen the follicles and help prevent shedding. Minoxidil



*A “Scalp Makeover” is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles.*





Before and after  
FUE Hair Transplant  
by Dr. Alan Bauman

thinning – it's sort of like a high-tech facial for the scalp – both therapeutic and relaxing. Evaluations start with a detailed scientific "Trico-Test" and treatments range from sebum-regulating topical serums to scalp steaming and massage, Keravive exfoliation treatments

is the FDA-approved hair growth ingredient in Rogaine and many other generic over-the-counter products, but these oily/greasy minoxidil mixtures can still cause major irritation in the scalp unless you seek out an alternative powerful compounded prescription version like quick-dry, non-greasy Compounded Formula 82M Minoxidil.

**CHECK YOUR MEDICATIONS** – There are many prescription medications that are known to be associated with hair loss. Some of the commonly prescribed categories of drugs that can exacerbate hair loss include antihypertensives (blood pressure), cholesterol/statins, hormone replacement like thyroid, birth control, testosterone, etc., certain mood modulators/antidepressants, antibiotics, anti-acne, antifungals, chemotherapy agents and ask your Hair Restoration Physician what you can do for your hair if you need to use them.

**TAKE CARE OF YOUR SCALP** – Whether your problem is an itchy scalp or thinning hair, a little scalp pampering may be just what the doctor ordered. New "Scalp Makeovers" are available to treat various hair and scalp problems, including

with stem cell peptides, moisturizing lotions, and hair-boosting dermal patches.

**STOP WASTING TIME AND MONEY** on a "quick fix" – Don't let yourself be duped by potions, lotions, elixirs, and "miracle hair-growth cures." Hair loss is a treatable condition, but it isn't a quick fix. Often, as it is in many areas of medicine, "multi-therapy," "multimodal" or a combination of several different treatments, may have the best chance for achieving long-term success depending on the patient's risk factors, the severity of their condition, and their unique hair restoration goals. This approach not only focuses on restoring hair that has been lost but also protects the hair that you have against suffering the same fate.

For more information on the causes and treatments for hair loss, or to learn what treatment regimen is right for you, please call **561-220-3480** or point your camera at the QR code below to schedule your consultation at [www.baumanmedical.com](http://www.baumanmedical.com).



**HERE ARE SOME OF THE ADVANCED TOOLS AND TREATMENT OPTIONS THAT ARE AVAILABLE AT BAUMAN MEDICAL TO HELP YOU MEET YOUR 2021 HAIR RESTORATION GOALS:**

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- Low-Level Laser Therapy - FDA-cleared, drug-free, side-effect-free hair regrowth using a powerful physician-only device such as the Bauman "Turbo" LaserCap devices for at-home use.
- Vitamins, Nutritionals & Nutraceuticals: SuperBiotin, Nutrafol & ViviscalPRO
- Hair Loss Risk Management - the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

**About Dr. Alan J. Bauman**



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

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 30,000 patients, has performed nearly 10,000 hair transplant procedures and over 7000 PRP's since starting his medical hair loss practice, Bauman Medical in 1997.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS).

Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive FUE Follicular Unit Extraction, VIP|FUE™, Low-Level Laser Therapy, PRP Platelet Rich Plasma, PDOgro™, Eyelash Transplants and others.

Dr. Bauman was voted "#1 Top Hair Restoration Physician" in North America by Aesthetic Everything for the 4th consecutive year and was recently named by Forbes as one of "10 CEOs Transforming Healthcare in America."



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# FaceTite

## WHAT IS FACETITE?

**F**aceTite provides dramatic improvement in skin laxity on the face and neck, which was previously only attainable through a surgical procedure such as a facelift. FaceTite utilizes minimally invasive radio-frequency energy to melt fat and tighten skin.

### BENEFITS

- Non-excisional • No scars • Superior body contouring • Significant body tightening results (up to 40% skin contraction observed in clinical studies)
- Uniform treatment • Consistent results
- Less bruising, swelling and pain
- Shorter downtime • Improved safety

### WHAT AREAS CAN BE TREATED?

Any areas on the face and neck with saggy skin can be treated. This includes the double chin, jowl line as well as other areas with deep lines and loose skin.

### WHAT KIND OF PROCEDURE CARE IS REQUIRED?

FaceTite is a minimally-invasive procedure performed under local anesthesia or light sedation. Post procedure, patient can go home and resume regular activities shortly after. Wearing a compression garment is required for best results.

### HOW IS THIS BETTER THAN A FACELIFT?

By avoiding a facelift excisional procedure, patients will be scar free and will benefit from reduced post-procedural swelling and discomfort. This is a less traumatic process with a natural looking final result.

### HOW QUICKLY WILL I SEE RESULTS?

Results can be seen immediately, with best results noticeable after 6-12 weeks.

FaceTite is a safe and effective minimally invasive procedure, where a wand is inserted under the skin to melt fat inside while tightening the skin on top. This is a new procedure that is the next best thing to a surgical facelift, for patients who don't want to have a dramatic surgery, this is the perfect solution.

The treatment can be performed under local anesthesia or even light sedation it provides surgical results without the scars. Patients can be assured of a minimally invasive aesthetic procedure with decreased pain, swelling and downtime, and avoid larger surgical procedures.

1 treatment is needed and results continue to improve up to 3 to 6 months afterwards.

**SAFETY:** Built-in safeguards assure high safety levels. FaceTite's proprietary technology includes the regulation of skin temperature, impedance levels, energy monitoring, and cut-off levels.

## WHAT IS BODYTITE?

BodyTite is a great solution for individuals who are looking to reduce fat without the saggy, wrinkly skin. It also helps improve saggy skin after weight loss or due to aging. BodyTite is a minimally invasive procedure that shapes, tightens and lifts without the scalpel or scar. You are left with surgical-like results without the added downtime. BodyTite uses RFAL (Radio-Frequency Assisted Lipoplasty) technology that addresses some of the shortcomings associated with traditional liposuction or surgical body lifts.

### WHAT AREAS CAN BE TREATED?

If you can imagine it, you can do it: stomach, arms, chest, knees and inner/outer thighs are some of the most common treatment zones. Multiple areas can be treated in one visit. Each zone will take approximately 15 minutes of treatment.

### HOW QUICKLY WILL I SEE RESULTS?

Results can be seen immediately, with best results noticeable after 3-6 months.

### WHAT IS THE DOWNTIME?

Depending on the treatment area, downtime can be from 1-2 days up to 10 days.

### WHAT ARE BODYTITE EFFECTS?

BodyTite gently treats fat in stubborn areas while tightening the skin, helping you sculpt your body into its ultimate shape.

BodyTite is a safe and effective minimally invasive procedure, where a wand is inserted under the skin to melt fat inside while tightening the skin on top. This is a new procedure that is the next best thing to a surgical tummy tuck, for patients who don't want to have a dramatic surgery, this is the perfect solution.

The treatment can be performed under local anesthesia or even light sedation it provides surgical results without the scars. Patients can be assured of a minimally invasive aesthetic procedure with decreased pain, swelling and downtime, and avoid larger surgical procedures.

1 treatment is needed and results continue to improve up to 3 to 6 months afterwards.

### BENEFITS

- Non-excisional • No scars • Superior body contouring • Significant body tightening results (up to 40% skin contraction observed in clinical studies)
- Uniform treatment • Consistent results
- Less bruising, swelling and pain
- Shorter downtime • Improved safety

**SAFETY:** Built-in safeguards assure high safety levels. BodyTite's proprietary technology includes the regulation of skin temperature, impedance levels, energy monitoring, and cut-off level.

## SIGNATURE MINIMALLY INVASIVE BODY CONTOURING

I have been using "Smart Lipo," minimally invasive laser liposuction very effectively for 13 years, and it took until now with the new InMode Bodytite, Facetite technology to convince me that there is a better technology available to contour the face and body. Instead of using laser technology, BodytitePro uses radiofrequency wavelength, the wavelength that is most effective for tightening skin and melting fat at the same time.

It is similar to laser liposuction in the way that only local anesthesia, so called "tumescent anesthesia" is used to numb up the area to be treated, a tiny incision is made and the fat is molten and skin tightened at the same time. Subsequently, the liquid fat is removed with a suction device. The perfect candidate is somebody with fat deposits and loose skin that cannot be improved with diet and exercise alone. Areas that can be treated are abdomen, flanks, inner thighs, outer thighs, knees, chin, neck, and jowls.

The advantage over traditional liposuction consists of the risk of general anesthesia being eliminated, more even results, less trauma and significant less downtime. What I mean by less downtime is less pain, bruising and swelling compared to traditional liposuction. Most importantly, traditional liposuction leaves people with loose skin, the Bodytite, Facetite technology is exceptional and revolutionary for skin tightening. This is the reason it is also superior to laser liposuction.

While fat reduction can be seen within 4-8 weeks, it takes 6-12 months to see the absolute end results of the procedure since skin is stimulated to tighten by itself and that process takes time. This technology is a game changer in terms of "minimally invasive body contouring."

It can be very effectively used by itself, but now I am combining this state of the art technology with (PAL) or "Power assisted liposuction" to achieve even better inch reduction. This PAL technology uses a power assisted cannula that gently vibrates, which allows the cannula to pass through fibrous tissue with remarkable ease. Once the fat is suctioned I follow it with Morpheus8, a micro-needling with radiofrequency device applied to the surface of the skin, to even further stimulate skin tightening.

The combination of these technologies gives me remarkable inch reduction and skin tightening results. I have specifically researched technology that yields the best results and feel that this combination treatment is truly groundbreaking for non-surgical body countouring.





# THE NEXT EVOLUTION OF PERSONALIZED BODY SCULPTING truSculpt® iD

**W**e finally have the answer for those of us who have areas of fat on our body that we just cannot get rid of despite diet and exercise and do not want invasive liposuction, surgery or be left with sagging skin. The latest advancement in body contouring is here and it works!



Over the years I pursued the quest to find the most effective non-surgical body-contouring technology.

So first, I had Zerona then CoolSculpting and then finally SculpSure, but none of these technologies impressed me like truSculpt® iD. This is the latest Body Sculpting technology that utilizes radio frequency wavelength to non-invasively melt fat under the skin and results in a 24% fat thickness reduction with one treatment alone. The treatment takes 15 minutes per area and multiple areas can be treated at the same time. This radio frequency technology penetrates deep to heat the entire fat layer from skin to muscle. The treatment is very comfortable, it feels like a "warm" massage and the melted fat is eliminated through the lymphatic system, through urine within 8- 12 weeks. There is absolutely no down time and all areas of the body can be treated effectively. Since radio frequency energy is being used we obtain excellent skin tightening results unlike any of the previous non-invasive body sculpting devices. In addition, there are no side effects unlike any of the other technologies.

With so many of the body contouring technologies out there, I think it would be helpful if I compare the most popular technologies available:

### Coolsculpt vs truSculpt® iD

Coolsculpt uses freezing to eliminate fat, it can be uncomfortable and can result in skin laxity.

### SculpSure vs truSculpt® iD

SculpSure can require more than one treatment for 24% reduction and is uncomfortable. Multiple areas cannot be treated at the same time and some areas cannot be treated at all with SculpSure.

### truSculpt® iD vs Emsculpt

Emsculpt is a muscle toning device, not body contouring. There is not much, if any fat reduction.

### Overall advantages of truSculpt® iD over other body contouring devices:

- multiple areas can be treated at the same time
- no side effects
- good skin tightening as well as fat-melting
- any area or size of the body can be treated
- 24% fat reduction with one 15-minute treatment

### Areas that can be treated:

- chin fat
- arms
- bra strap fat
- flanks
- hips
- inner thighs
- outer thighs
- knees.

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**Medical Director, Daniela Dadurian M.D.**  
\* Board Certified Anti- Aging Medicine  
\* Board Certified Laser Surgery

Daniela Dadurian, M.D. received her medical degree from the University of Miami School of Medicine. She is certified by the Board of Anti-Aging & Regenerative Medicine and the Board of Laser Surgery. Dr. Dadurian has also completed a fellowship in Stem Cell Therapy by the American Board of Anti-Aging Medicine. She is a member of the International Peptide Society, the American Academy of Anti-Aging Medicine and the Age Management Medicine Group. Dr. Dadurian is the medical director of several medical spa and wellness centers in palm beach county with locations in West Palm Beach and on the island of Palm Beach. She is a leading expert in anti-aging & aesthetic medicine. Her state of the art facilities offer an array of anti-aging, functional medicine, cosmetic and laser therapies.

The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by Florida Board of Medicine.



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# SENIORS AGING IN PLACE



**F**or today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option

## **AGING IN PLACE PROVIDES A SENSE OF COMMUNITY**

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

## **IT FIGHTS ISOLATION**

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the

University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.



**HOME HEALTH CARE CAN HELP**

For many families and seniors, home health care is a beneficial choice—a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

**HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:**

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals can assess safety risks and make simple corrections in the home—from placing a rug on a slippery floor, to recommendations for ambulatory assistance.
2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one’s complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social



activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.
8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD
9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the Cleveland Clinical Journal a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

**OUR PROMISE**

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

**TRUSTED HOMECARE SERVICES MISSION STATEMENT**

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

**Contact our team at  
Trusted HomeCare and let’s discuss  
how we can support  
you or your loved one  
561-314-3976**



# 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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**561-819-6050**



# Cure Erectile Dysfunctions and Peyronie's RejuvaWAVE® Priapus Shot, Stem Cells, & Exosome and Low-T Treatments

Simply Men's Health, the # 1 ED clinic established in 2014, brings their World-Renowned RejuvaWAVE®, the Gold-Standard in WAVE therapy for ED, to Boca Raton.

Serving West Palm Beach, Boca Raton and Miami, Simply Men's Health is quickly grabbing attention as the leader in Men's Sexual Health and Regenerative Medicine for introducing the most advanced, cutting-edge treatments to CURE ED and Peyronie's Disease. Even when all else has failed, Simply Men's Health has over 90% success rate in restoring your sexual vitality.

Turn back the clock with Simply Men's Health, RejuvaWAVE® and RejuvaEnhancement™ Stem Cell Treatments. Men of all ages can enjoy a spontaneous, active sex life once again, as they did when they were much younger.

## Why Medicate When You Can CURE?

Simply Men's Health has revolutionized the standard of care by introducing and developing the ground breaking RejuvaWAVE® and RejuvaEnhancement™ Procedure to CURE ED and Peyronie's. Traditional ED Treatments such as the "blue pill" just offer a "band aid" approach to mask the condition, while the underlying disease and degenerative age-related erectile dysfunction continues to progress until eventually the pills stop working. Their exclusive, state-of-the-art RejuvaWAVE® (acoustic-pressure wave) combined with RejuvaEnhancement™ Procedure (stem cells) repairs damaged tissues and regenerates and



## RejuvaWAVE® only available at Simply Men's Health

- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

grows new blood vessels helping to REVERSE and CURE the underlying cause of Erectile Dysfunction and Peyronie's.

**Simply Men's Health** is the leader in Men's Sexual Health and a pioneer in the field of regenerative medicine. Simply Men's Health was

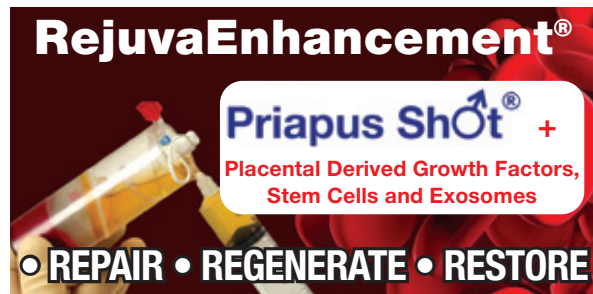
the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men's sexual health by introducing the state-of-the-art RejuvaEnhancement® Procedure to help reverse the inevitable aging process and treat ED and Peyronie's Disease. Peyronie's is a build up of scar tissue in the penis that causes a curvature or bend in the erected penis. This disorder typically causes a great deal of pain during intercourse.

## Is RejuvaWAVE® Safe? Instead of Medicating – Cure with RejuvaWAVE®?

Yes RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used worldwide and has virtually no risk and no side effects. Although acoustic pressure wave technology has been used in Europe for almost 20 years, it is relatively new to the US for ED and Peyronie's. RejuvaWAVE® uses state-of-the-art, scientifically proven technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation, and to stimulate tissue regeneration, which creates new blood vessels in treated areas. As the leader in men's sexual health, Simply Men's Health introduced their exclusive RejuvaWAVE® technology in 2015, and the results have been nothing short of amazing!

The RejuvaWAVE® is revolutionary, non-invasive, and HEALS THE UNDERLYING CAUSES OF ED. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. Our treatment is about regenerative medicine; helping men return to their younger healthier selves, and enabling a spontaneous, active sex life.

**RejuvaEnhancement™ Procedure: PRP, Stem Cells and Exosomes.**



RejuvaWAVE® stimulates your body’s own healing response and creates new blood vessels and regenerates tissue in the area treated. The RejuvaEnhancement™ Procedure combines the growth factors and stem cells from your own body along with cryogenically-preserved amniotic and umbilical growth factors, cytokines, stem cells and exosomes derived from human placental, amniotic and umbilical tissues which activate your own body’s stem cells and regenerative capacity.

The RejuvaEnhancement™ Procedure works synergistically with and exponentially magnifies the regenerative and restorative effects of RejuvaWAVE® to restore one’s sexual vitality and enabling one to enjoy a spontaneous and active sex life again. Also, this procedure can increase both the length and girth of the penis by up to one inch.

**Stem Cells Therapy Helps with Peyronie’s and Erectile Dysfunction and potentiates the effectiveness of RejuvaWAVE®**

Stem cells are the human body’s master cells, with potential to grow into any one of the body’s more than 200 cell types. They can replicate into more unspecialized stem cells, or they may react to the environment in which they are placed by receiving signals from that environment telling them which differentiation “pathway” to go down. Stem cells contribute to the body’s ability to renew and repair its tissues.

**What are Amniotic and Umbilical Stem Cells?**

Simply Men’s Health uses stem cells, undifferentiated biological cells derived from the amniotic fluid, amniotic membranes and umbilical cord that can differentiate into various cell types that can help your body repair, regenerate and renew your health and vitality. These are derived from donated afterbirth from full term babies whose mothers have been thoroughly screened.

**What are Exosomes?**

Exosomes are little vesicles that are released by stem cells that carry all the regenerative messages and actually impart the regenerative benefit. Exosomes are being described as the ‘secret sauce’ of stem cells. Exosome therapy is a very concentrated from which harnesses the highly potent natural regenerative capability from stem cells.

**Are Stem Cells and Exosomes Safe?**

This cryogenically preserved amniotic and umbilical tissue has a “100-year history” with no reported recipient rejections since the amniotic tissue is immunoprivileged and does not express HLA type antibodies.

**How to Get Started?**

At Simply Men’s Health, we respect your time and privacy. You receive individualized care with our experienced staff of physicians. We pinpoint the exact cause of your sexual health and create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. Simply Men’s Health’s innovative approach of regenerative medicine can restore your sexual confidence and allow you to enjoy a Spontaneous and Active Sex life again!

**WHAT OUR PATIENTS ARE SAYING:**

**Testimonial:** “I am celebrating my second anniversary since being treated at Simply Men’s Health and I am maintaining the high level of performance I achieved with RejuvaWAVE® treatment. My spontaneity and stamina is back and my frustration and performance anxiety that goes along with it is gone. I am performing like I did decades ago. It’s like magic! There are a lot of copycats out there, but Simply Men’s Health was the first to provide this treatment and they are the best!” – Steve, Wellington

**Testimonial:** “I’m a 70 year old widow and have had ED for over twenty years. Unexpectedly, I met a wonderful lady and when we wanted to take our relationship to the next level, I couldn’t perform. I came to Simply Men’s Health and after several months I started to notice improvements... and after about six months ED is no longer a problem. I have sex regularly without any pills or needles.” – Joseph, M

**Testimonial:** “I am in my 70’s and have diabetes, high cholesterol, and had prostate removed for cancer several years ago. I had tried everything, and thought my sex life was over. I have been coming to Simply Men’s Health for about six months, and the results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. The RejuvaWAVE® and RejuvaEnhancement™ Stem cell procedures are remarkable. I feel like Superman.” – E.M.

**Testimonial:** “I have chronic renal failure and diabetes and am on dialysis and suffer from chronic symptoms and knee pains. I had IV stem cells treatment and I noticed a difference right away in my wound healing and my knee pain was gone.” – Joshua  
**Testimonial:** “I have been suffering from degenerative arthritis and was getting steroid injections for knee pain which didn’t help much or for long. Several months ago, I had stem cell injections for my knees. The procedure was quite painless and after a month or so I notice remarkable improvements. I can walk pain free.” – John M.



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# WHY YOU MUST HAVE LIFE INSURANCE!

**Life insurance** offers your family financial protection if you die and are no longer there to provide for them.

The two main types of policies are whole life and term life, from these you will find some hybrids of them.

**Term life insurance** lasts for a specific period of time — the term — before expiring. If you die before the term is up, your beneficiary receives a death benefit as a tax-free lump sum of money that can be used for funeral costs, to pay bills, or for any other use. Terms usually last from 10 to 30 years, and you pay a monthly or annual payment (premium) to keep the policy active. Once the term is up, the policy expires, or the premiums will increase 3 or 4 times higher than the original premium. Think of a term life policy has a rental, you do not own it.

**Whole life insurance** is a permanent insurance policy guaranteed to remain in force for the life of the insured as long as premiums are paid. When you first apply for coverage, you are agreeing to a contract in which the insurance company promises to pay your beneficiary a certain amount of money — called a death benefit — when you pass. You'll choose your coverage amount, and your premium will be calculated based on your age, gender, and health. As long as you pay your premiums, your whole life insurance policy will stay in effect and your premiums will remain the same regardless of health or age changes. Think of a whole life policy as a policy you own, you will also earn cash value with this policy.

**Child Whole Life** — Usually available from 14 days old to 17 years of age. Locks in childhood rates that will never increase, regardless of age or future medical conditions. Policy provides cash value, that grows along with the child.

**Universal Life Policy** — is hybrid of term life and whole life policies. Along with providing coverage to protect your love ones from financial consequences of your death, it allows you to build cash value that can be used to later pay for expenses such as college funding or emergencies. If you want flexibility to adjust your payments and the death benefit amounts, and if you have maxed out your 401k, or if you are not eligible and need additional retirement savings options.

**\*\* Do you already have a life insurance policy – call or text us to schedule a free policy review\*\* 786-338-0481**

**Group Life Insurance** — also known as work insurance. These are employer provided policies that are typically capped at certain dollar amount or amounts limited to 1 to 2 times the annual salary. Even though this may seem like a lot, but parents with young children may need at least 10 times their salary. Also, you may lose coverage if you lose your job, many policies can not be taken with you, or are very expensive to take it out of the group plan.

**\*\*Need more than a Group Life Policy – Contact us to see what options are available to you\*\* Cheryl@CherylMasters.com**

**Accidental death and dismemberment (AD&D)** is a policy that pays benefits to the beneficiary if the cause of death is an accident. This is a limited form of life insurance which is generally less expensive. This policy will only pay of the cause of death is determined as an accident.

**Mortgage Protection** — this is a term policy that is designed to pay off your mortgage or to cover mortgage payments ( for a certain period of time), if you were to pass away.

**\*\* You do not need to have a new mortgage to qualify, ask us\*\* 786-338-0481**

**Final Expense Program** — these are whole life policies that are available to individuals typically from age 45-75 years of age, and for almost all medical conditions. Many people will purchase this policy for themselves or a love one, to cover funeral and Burial costs. Final Expenses can also include medical bills, legal fees, home expenses (rents, mortgages and upkeep).

**Beneficiaries** — A Beneficiary is the person or persons, or entity that you name in the life insurance policy to receive the death benefits. The Primary Beneficiaries will split the death benefit at the percentages designated by the insured.



The Contingent Beneficiaries will receive the death benefit at the percentage designated by the insured if all the Primary Beneficiaries have passed away.

**Captive Agent vs Broker Agent** — When shopping for life insurance you will have the option to work with a captive agent or a broker agent. A captive agent will typically work for one exclusive company and may have limited options for products that they can offer. A broker agent is an Independent Agent, they are not exclusive to one company and will be able to shop around with many different companies to find the best product for coverages and rates.

**\*\*Interested in working with a Broker Agent, contact us at 786-338-0481\*\***



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# STUCK AT HOME? NEWLY LAUNCHED HUB ELEARNING FOR SENIORS FACILITATES LEARNING



Elearning For Seniors ([www.elearningforseniors.com](http://www.elearningforseniors.com)), which was conceived by South Florida-based Founder and entrepreneur Jerrold Burden, is a non-profit, educational organization designed to help the elderly population to enjoy and engage useful information on the internet.

The newly launched, members-only hub is aimed for the specific purpose of making life on the internet more accessible, entertaining, and useful for senior adults, which make up one of the largest demographic currently in the United States.

Elearning For Seniors offers simple instructions for understanding and using social media or internet searches to find facts about what is trending for seniors, or the latest in medical advances for better health, and a multitude of services and programming in photography, languages, media skills as well as keeping up-to-date on current news, health, a real-time live chat, and more.

For more information and to sign up for a yearly membership, please visit their official website at [www.elearningforseniors.com](http://www.elearningforseniors.com).



# iRecovery USA Helps People in Recovery Stay on Track Amid Pandemic

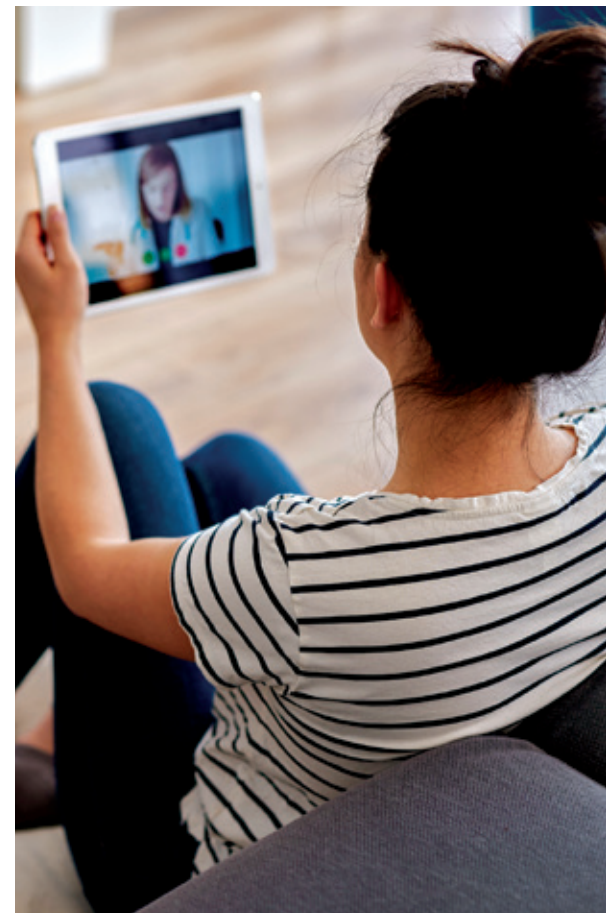
iRecovery ([www.irecoveryusa.com](http://www.irecoveryusa.com)) is a Joint Commission accredited telemedicine program based out of South Florida; led by a team of compassionate medical professionals in the mental health and substance abuse fields with Chief Executive Officer **Jeffrey Zipper, MD.**, Chief Clinical Officer **Jeffrey Huttman, Ph.D.**, and Chief Medical Officer **Melanie Rosenblatt, MD.**

Conceived to provide affordable and accessible substance abuse and mental health treatment for patients that have historically been underserved, the team utilizes groundbreaking and transformational patient-first care that treats the problems at the source and not merely the symptoms. iRecovery provides a virtual treatment team of licensed providers able to follow a patient's care for as long as necessary to promote wellness.

This could not come at a more important time; a recent study by the CDC found that 40 percent of respondents reported a jump in anxiety and depression and 26 percent reported using substances at an increased rate to cope with the effects of the pandemic. The team at iRecovery has seen a marked increase in opioid and alcohol abuse with each passing month since the pandemic began.

iRecovery is setting the standard in offering remote and secure care for their patients to continue to follow through with necessary treatment rather than necessitating a traditional in person inpatient approach.

For more information, please visit their website at [www.irecoveryusa.com](http://www.irecoveryusa.com) or call them at 855-770-0605.





# DEAR BRAIN....PLEASE BE QUIET SO THAT I CAN SLEEP!!

By Renee Chillcott, LMHC

**S**leep should be one of our most precious commodities, but for some people, the struggle of falling asleep and/or staying asleep and feeling rested can be a fruitless effort. Why does this happen? And what can you do?

You've tried everything from sleeping medication, natural teas to lavender baths and soft music but nothing seems to make sleeping any easier. There is help. Neurofeedback (Brain Biofeedback) teaches your brain how to shift into sleep patterns. Sleep is the one brain state or emotional state that we cannot fake. An anxious person can try really hard to be calm; a depressed person can try really hard to be upbeat; and a distracted person can try really hard to focus and concentrate; and they may be successful for a moment or two, but sleep cannot be altered by trying. In fact, the harder we try to fall asleep, the less likely that sleep will come. It is in this purest brain state, the sleep state, that Neurofeedback can be most successful.

## FIRST, HOW DO WE DEFINE SLEEP?

Sleep is defined as a naturally recurring state of mind characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings.

During sleep, most systems in an animal are in an anabolic state, building up the immune, nervous, skeletal, and muscular systems. The internal circadian clock promotes sleep daily at night in humans. Interruption in the circadian clock or sleep cycle can cause multiple sleep disorders such as:

- Insomnia
- Nightmares/Night Terrors
- REM Behavior Disorder
- Sleep Talking
- Sleepwalking
- Circadian Rhythm Sleep Disorders
- Delayed Phase Sleep Disorder
- Non-24 Sleep Wake Disorder
- Shift Work Disorder
- Excessive Sleepiness
- Extreme Sleepiness
- Narcolepsy and Cataplexy

A lack of sleep can affect your **Mental Health** by:

- Increasing symptoms of psychiatric disorders
- Impairing memory and cognition
- Interfering with Learning
- Causing depression, anxiety, bipolar disorder
- Causing a resistance to medication or treatment

A lack of sleep can affect your **Physical Health** by:

- Putting you at an increased risk of Obesity, Heart Disease, Diabetes
- Increasing blood pressure and decreasing immunity
- Putting you at risk for accident or injury
- Decreasing Sexual drive
- Causing poor balance
- Decreasing digestion and circulation
- Causing pre-mature aging

## WHAT ARE BRAIN STATES/NEURON PATTERNS?

The neuron is the basic working unit of the brain; a specialized cell designed to transmit information to other nerve cells, muscle, or gland cells through electric pulses. These electric pulses make up a Neuron firing pattern that can be measured through EEG (electroencephalogram) to determine the speed of the neurons firing and the amount firing at that speed. We give these speeds different names based on the role they play in the brain. DELTA waves are very slow waves that promote sleep and calmness; THETA waves are a little faster, also play a role in calming, and make us sleepy; ALPHA waves are a bit faster and are essential for feeling calm and introspective; BETA waves are alert/awake "get work done" waves; and HIGH BETA waves are very fast, stress, anxiety, reaction waves. It is normal for the human brain to shift through these stages automatically, effortlessly and without notice.

If the brain is "stuck" in a pattern or has an imbalance of neuron firing, there will be issues. So, for example, if a brain is stuck in a HIGH BETA state, it will not be noticed in stressful situations but will be noticed as an inability to shift into a healthy sleep pattern.



Neurofeedback teaches the brain how to shift through the brain states, thus improving functioning such as sleep.

**WHAT IS A NORMAL SLEEP PATTERN?**

In order to experience a “good” night’s sleep and to wake feeling renewed and refreshed, our brains must follow a certain pattern of Neuron firing. The internal circadian clock is profoundly influenced by changes in light, since these are its main clues about what time it is. Therefore, as the sun goes down, our brains are signaled that it is time to sleep and we begin to wind down and produce ALPHA (calm) waves. By around 9 pm melatonin secretion starts and our brains shift into a THETA (sleepy) state , by around 10:30 bowel movements are suppressed and we are relaxed enough to go to bed and shift into a DELTA (sleep) state, and by 2:00 am we are in our deepest sleep state. As we sleep, we move in and out of sleep and waking states, easily shifting back to a sleep state, and not noticing that we awoke at all. After 6:00 am, our blood pressure starts to raise and melatonin secretion stops and we shift out of our sleep state to the THETA (sleepy but awake) state and then to a BETA (awake/alert) state to get the day going.

**WHAT IS CAUSING ME TO HAVE A BAD SLEEP PATTERN?**

There are several interruptions in this pattern that can lead us to an altered sleep pattern and thus cause a SLEEP DISORDER. Most over the counter or prescription sleep aids aim at calming the brain so that you can sleep. But interference in your sleep pattern can be a result of any imbalance in neuron firing. There may be too many slow neurons or not enough awake/alert neurons firing in your brain. Targeting the specific pattern in your brain that needs adjusting is what Neurofeedback can do.

**WHAT IF I HAVE ALWAYS HAD TROUBLE SLEEPING? EVEN AS A BABY?**

Neuron Patterns can be inherited. Although this is a genetic, inherited, or biological pre-disposition, it can also be changed, balanced, and improved through Neurofeedback. Sleep disruption is not specific to a certain age; it can occur at any stage of development and typically will re-appear at different times, throughout a person’s life.

**HOW LONG SHOULD I BE SLEEPING?**

Children need many hours of sleep per day in order to develop and function properly: up to 18 hours for newborn babies, with a declining rate as a child ages. Early in 2015, after a two-year study, the National Sleep Foundation in the US announced newly revised recommendations as shown in the table below.

**Age and condition**

Newborns (0–3 months)	14 to 17 hours
Infants (4–11 months)	12 to 15 hours
Toddlers (1–2 years)	11 to 14 hours
Preschoolers (3–5 years)	10 to 13 hours
School-age children (6–13 years)	9 to 11 hours
Teenagers (14–17 years)	8 to 10 hours
Adults (18–64 years)	7 to 9 hours
Older Adults (65 years and over)	7 to 8 hours

**Sleep Needs**

**WHAT ABOUT MELATONIN?**

Light plays a significant role in our natural circadian rhythm for sleep. Decreasing light in the evening, causing a shift in the brain to increase Delta waves, triggers the pineal gland to release the hormone, Melatonin. Melatonin reaches the biological clock and tells it that it’s time to sleep. As you can see from the sleep chart, Delta wave, or Melatonin secretion in the brain, is strongest when we are born (the reason why babies sleep a lot) and will decrease as we age, causing a natural reduction in the number of hours we need to sleep. Artificial lighting in the evening from television, cell phones, video games, or electronics will alter the brain’s natural ability to produce Delta waves and Melatonin in the brain. Supplements alone will not correct this. Neurofeedback teaches the brain how to shift into the proper sleep state at the proper time and supplements help to support that learning.

**HOW DOES NEUROFEEDBACK WORK?**

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. This allows you to be more “flexible” in stressful situations.

**WHAT DO I HAVE TO DO?**

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. The therapist adjusts a reward band to encourage more balanced activity and this encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen.

**WHAT OTHER CONDITIONS CAN AFFECT SLEEP AND BE HELPED BY NEUROFEEDBACK?**

- Anxiety • Autism/Asperger’s
- Depression • ADD/ADHD
- Sensory processing disorder

- Bipolar disorder • Seizure disorders
- Auditory/visual processing
- Chronic pain/Fibromyalgia • Migraines/headaches
- Traumatic brain injuries • Stroke
- Cognitive decline • Oppositional defiant disorder
- Obsessive compulsive disorder
- Rages/mood swings • Attention/focus/concentration
- Reactive attachment disorder

**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 in a scheduled telephone consultation. 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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# A New Procedure Available at ATC can Help Patients Avoid Pricy Cosmetic Surgery

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- **Virtually Painless** - patients report a comfortable, skin resurfacing experience.
- **No Downtime** - after a ClearLift treatment, patients can immediately return to their daily life.

Alma Lasers introduced ClearLift to serve the thousands of patients who desired the results of skin resurfacing without the usual post treatment recovery time and pain associated with traditional skin resurfacing.

ClearLift patients report visible improvement in their skin's appearance in as little as one treatment.<sup>1</sup>

#### References

1. Alma Lasers, Clearlift, The Virtually Painless Alternative to Skin Resurfacing, Buffalo Grove, ILL, 2017 almalasers.com

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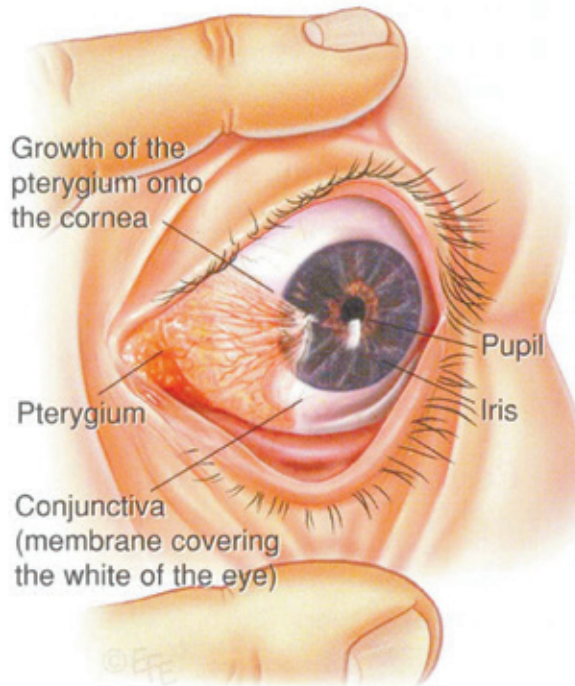
# PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

**A** pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami’s Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this “rare” case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient’s own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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.

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 2<sup>nd</sup> 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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**SELFIES**



**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.

**P**ersonally, 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*



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