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# Health & Wellness<sup>®</sup> MAGAZINE

July 2021

South Palm Beach Edition - Monthly



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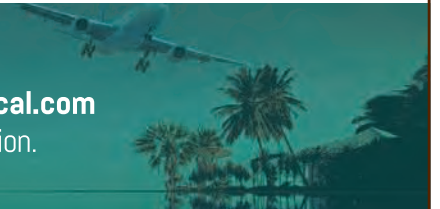
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### LAW OFFICE OF ANDREW CURTIS, ESQ

- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- BS Cornell University 1977

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
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# Is My Rotator Cuff Tear the Cause of My Shoulder Pain?



**W**hat's causing your shoulder pain? Is it due to instability? Could it be a rotator cuff tear? A labral tear? Arthritis? Inflammation? Swelling? Bone edema? Tendinosis (tendon degeneration)? A pinched nerve? More and more studies continue to show that shoulder MRI results often cannot predict why the patient is experiencing pain.

This is the case for various body areas including the lumbar spine, knee, and certainly shoulder. The MRI can provide a lot of good information, but it has been repeatedly shown not to substitute for a thorough history, exam and a diagnostic ultrasound by the physician. This takes time and focus.

Although most patients and providers will blame the rotator cuff tear as the cause of pain, it is never a given that a rotator cuff tear is actually the source of the pain. In fact, the studies we will cover in this article show that it is often inaccurate to assume that a rotator cuff tear is what is causing your shoulder pain despite what is seen on an MRI. Let's dive a bit deeper into rotator cuff tears, surgery, and determining the cause of your shoulder pain.

## What is a Rotator Cuff Tear?

The rotator cuff is a complex series of muscles and tendons that surround the shoulder and help lift the arm and stabilize the shoulder joint. A rotator cuff tear is simply a tear in the tendon usually close to where it attaches to the bone. While some rotator cuff tears

result from trauma, the vast majority happen from wear and tear as we age – this is referred to as a degenerative tear.

The most common cause of a rotator cuff tear is simply a slightly more demanding movement than usual. How might this happen? It has been known for a considerable amount of time that the rotator cuff does not have a great blood supply which makes it harder for the body to heal an injury in that area.

So, what is the problem? It is likely to be a lack of healthy progenitor cells and stem cells to repair the damage as it occurs over time, and at some point with little provocation, the unhealthy tissue simply fails and a tear occurs.

## What Happens During Rotator Cuff Surgery?

Rotator cuff surgery involves cutting into the shoulder and stitching the tear back together. Recovery time from surgery can be lengthy and there is a good amount of research showing that this surgery is often ineffective for many types of rotator cuff tears. The tissue is often too weak to stay together with a stitch. In larger tears, approximately 6 in 10 do not heal properly, even with surgery. For patients over 60, shoulder surgery recovery is even more difficult, with 1 in 3 rotator cuff tears not healing.

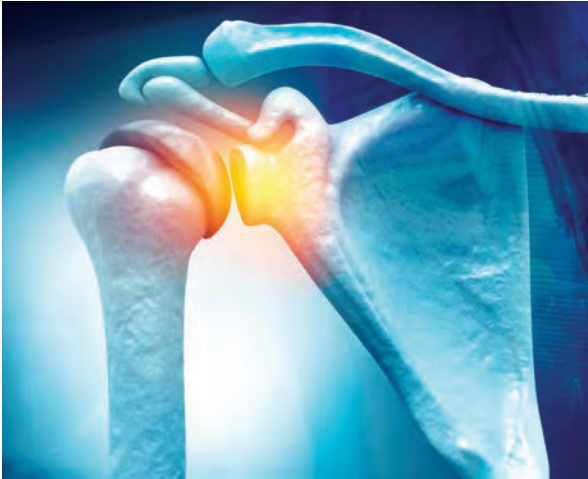
It is also notable that a good number of surgical patients never return to their full range of motion following surgery and pain can linger. Additionally, many studies show that shoulder pain prior to surgery actually has little to no correlation with the rotator cuff tear or the severity of the tear. So, what is causing the pain?

## Shoulder Pain and Inflammation

One study performed in Japan analyzed joint fluid obtained from 38 patients before and after orthopedic rotator cuff surgery for various chemical messenger molecules (cytokines). These cytokines work for the immune system and call our immune cells into action when there is inflammation, infection, or trauma.

Imagine that our immune cells are like firefighters, always ready and waiting. The firefighters might be at the station cleaning trucks, training, or stocking their equipment, but when that alarm sounds, they jump into action and race to the fire. For us, that alarm is our cytokines, and when it sounds, our immune cells race straight to the inflammatory fire as our first responders.





Interestingly enough, the study that we referenced earlier concluded that larger rotator cuff tears were associated with less pain and that more pain was accurately predicted by more IL-8 (interleukin 8) in the joint fluid. IL-8 is an inflammatory cytokine or an alarm sounding when inflammation is present. The pain that was studied in this study was due to the inflammation and not the tear itself.

Another study states that “the prevalence of full-thickness rotator cuff tears increases with age [and] many patients are asymptomatic and may not require surgical repair.” Even while there was pain present, the study concluded that physical therapy rather than surgery should be sufficient to address the symptoms in most cases.

#### **Does Rotator Cuff Repair Surgery Fix Pain?**

Unfortunately, the answer is no. One study proved this disappointing result that rotator cuff repair does not fix pain or function in the shoulder. This should be eyeopening for patients, whose primary goal for undergoing a rotator cuff repair is to reduce or eliminate their pain. There are countless studies showing that shoulder pain is often not due to the presence of a rotator cuff tear. If a surgeon repairs a tear in your rotator cuff to eliminate your pain, but your tear is not the actual source of your pain, why was it necessary to have the surgery? It may be that the tear caused inflammation which thereby causes the pain. Sewing up the tear may not get rid of the inflammation.

#### **Why not use Cortisone or Anti-inflammatories to get rid of Inflammation?**

The problem is that cortisone gets rid of inflammation at a cost. The tissue gets even weaker and unhealthier. The local stem cells are damaged or killed leaving the tissue in worse condition than it already was in. If someone receives a cortisone injection within a year of a rotator cuff repair, it is more likely to fail and need a revision.

In regards to NSAIDS, aside from the myriad of systemic problems they can cause (gastrointestinal

bleeding, kidney damage, stroke and heart attack to name a few), they also have been shown to inhibit tendon healing and in Regenexx’s laboratory, they have been shown to negatively impact stem cells.

#### **The Best Alternative**

If the reason that the rotator cuff fails in the first place is a lack of local stem cells, doesn’t it make logical sense that replacing those cells is critical to get the structure as healthy as possible?

What if you could avoid rotator cuff surgery and have a much quicker recovery? Well, for about 70-80% of rotator cuff tears, you can. We have pioneered a procedure to do just that over the last 14 years that includes an ultra-precise injection of your own stem cells under image guidance using a patented protocol.

Rotator cuff tears are one of the most commonly treated conditions at Regenexx Tampa Bay, and we consistently see successful outcomes in these patients. With that said, while most tears will heal with just a precise injection, there are a few massive tears that are unlikely to be helped without surgery. Keep in mind that even after surgery to repair a massively damaged rotator cuff, stem cell injections may assist in the healing and improvement of the tissue. For example, one study showed that using stem cells after surgery reduced the retear rate by half.

The Regenexx procedure addresses more than just the rotator cuff tear. Precise injections of the surrounding ligaments improve stability, injections of the other nontorn rotator cuff tendons and biceps tendons improve their strength and function, injections of the labral tissue, when there is evidence of damage, strengthens that tissue and injections of the joint and cartilage can improve any arthritis that is present.

In some cases, when there is edema (swelling) in the bone itself seen on MRI (which represents small microfractures), injections will help heal the bone. There may even be a component of a pinched nerve in the neck that is contributing to the pain and accelerated degeneration of the tissue in the shoulder. In these cases, platelet lysate injections around the nerve (epidurals) can help as well.

Following the procedure, skilled physical therapy will likely be recommended. For our patients in the Tampa Bay region, we recommend physical therapy at our Tampa location with Competitive Edge Performance. As you can see, this is a comprehensive plan to get you back to the activities you love to do.

Whether you’ve had surgery to repair your rotator cuff or not, Regenexx may be able to help you with your shoulder pain. Contact us today to find out how.



**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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# Lost Time – Lost Hair

## Guess Which One You Can Get Back in Our Post-Pandemic World

By Alan J Bauman, MD, ABHRS Board-Certified Hair Restoration Physician

AMERICA IS SLOWLY GETTING BACK TO NORMAL AS WE ANTICIPATE SEEING THE PANDEMIC IN OUR REARVIEW MIRROR SOON. BUT WHAT ELSE DO YOU SEE IN THE MIRROR THESE DAYS NOW THAT YOU CAN'T HIDE BEHIND A MASK?

Perhaps your hair was thinning before the pandemic. Perhaps the stress of the pandemic jumpstarted or exacerbated your hair loss problem.

Whatever the situation, if thinning hair is making you uncomfortable about going out in public again, socializing or returning to work, it might be time to consider what you can do before it gets worse.

When it comes to hair loss, time is of the essence. Many people don't know that once your hair follicles die, they're "dead." They can't be revived and won't ever again produce hair. If the loss is severe, the only thing to bail you out is a hair transplant. Therefore, the sooner you address the problem, the less hair loss you'll have, and the less likely you may need a transplant down the road.

You may be asking yourself, "What should I do first?" You might be tempted to first try a specialty shampoo you saw online or take some "miracle vitamin" touted to solve your problem, but in most cases, those products simply don't work the way you'd expect. Fortunately, modern medicine offers a number of scientifically proven modalities that do work by slowing your hair loss and re-energizing your follicles.

Here are a few popular options:

### TOPICAL PRESCRIPTION MEDICATIONS

Compounded Formula 82M Minoxidil is a more powerful, quick-dry alternative to the over-the-counter minoxidil Rogaine solution or foam that doesn't leave a thick greasy residue. 82M is a customized compounded prescription solution that contains the FDA-approved hair growth medication Minoxidil 5%,

along with Tretinoin 0.01% for enhanced penetration and hair growth effect, the anti-inflammatory Fluocinolone 0.01%, and a sophisticated blend of powerful antioxidants, scalp conditioners and hair conditioners in a non-irritating propylene glycol-free base.

Formula 82F "Finoxidil" offers the powerful DHT-reducing effect of finasteride, the active ingredient in the FDA-approved drug Propecia, along with a deeply penetrating minoxidil formulation in a non-greasy, user-friendly, hairstyle friendly, compounded topical prescription formula. Finasteride reduces dihydrotestosterone (DHT), a known trigger for hair loss, in order to enhance hair growth. Topical Formula 82F may reduce the chance of side effects that may occur with the more common oral finasteride treatment.

### LOW-LEVEL LASER THERAPY

Low-level laser therapy produces a particular wavelength of light associated with an increase of energy production within the cells. This increased energy production has been shown to produce thicker, healthier-looking hair.

The patented Bauman TURBO LaserCap® is the most powerful lasercap available. It's worn just five minutes a day, and it's drug- and chemical-free with no side effects. It packs flat so it's easy to travel with and is adjustable to fit no matter your head size.



*The first step is scheduling a consultation with a qualified Hair Restoration Physician*

### REGENERATIVE MEDICINE

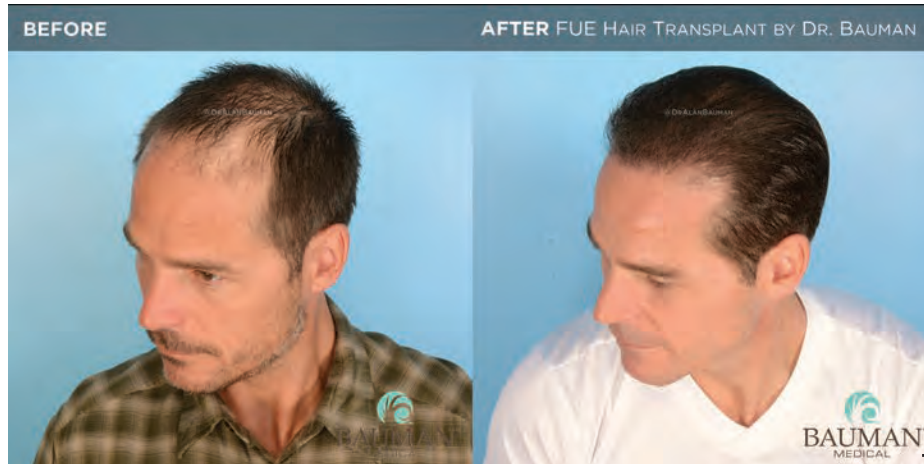
There are a lot of exciting developments in the field of regenerative medicine that are now used for hair regrowth. Here are two that we employ most often:

#### PRP (PLATELET RICH PLASMA)

PRP is a comfortable, in-office procedure that takes about an hour and has no recovery, downtime, or



significant risk. Derived from a small blood sample, platelets and plasma are separated from other blood components, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist. You can expect hair growth improvements that last a year or more from a single treatment when combined with an injectable biological extracellular matrix ECM scaffold.



Before and 12 months after FUE Hair Transplant by Dr. Alan Bauman

### PDOGRO™

Researched and developed right here at Bauman Medical, we were the first hair restoration center in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. This procedure is typically performed in combination with PRP. PDOgro™ releases powerful rejuvenating growth factors. It stimulates hair regrowth, collagen production and new blood vessel formation. It may also help prevent or reduce the need for hair transplantation by stopping, slowing, or reversing hair loss.

### HAIR TRANSPLANTATION – THE “LAST RESORT”

In some cases, hair loss is so advanced that a hair transplant is the only way to achieve lasting hair regrowth in areas like a receded hairline, thinning crown, or places where hair follicles are severely depleted or gone. The good news is that procedures have become more effective and comfortable and are 100% natural looking when performed by a skilled surgeon.

FUE (follicular unit extraction) is Bauman Medical’s most popular transplantation technology. Using a variety of techniques we helped pioneer well over a decade ago, we employ several types of FUE devices, depending on each patient’s particular need or situation. Using robotics, or

with the aid of mechanical instruments, we harvest hair follicle grafts individually from the scalp, replacing the older, invasive method of “strip harvesting.”

FUE hair transplantation leaves behind no telltale linear scar and has the added benefit of a shorter, less restricted, and more comfortable recovery.

#### Learn More

If you’re ready to take on the post-pandemic world looking good and feeling good about your hair, don’t wait. Let’s discuss!

For more information on the causes of and treatments for hair loss, or to learn what treatment regimen is right for you, call **561-220-3480** or point your camera at the QR code to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



**P.S. – I know that the first call is often the most difficult part of the hair restoration process, but we make it easy and comfortable from start to finish. That’s my promise to you.**

### WHAT DO HAIR TRANSPLANT CREDENTIALS MEAN?

- **ABHRS** – American Board of Hair Restoration Surgery. After more than 20 years, only approximately 200 doctors worldwide have received this certification through a rigorous written and oral board examination process. It is the only recognized certification in the field of Hair Restoration Surgery.
- **FISHRS** – Fellow of the International Society of Hair Restoration Surgery. Less than 10% of all ISHRS members worldwide have achieved the coveted “Fellow” status recognizing their continuing commitment to excellence and having met exceptional educational criteria.
- **IAHRS** – International Alliance of Hair Restoration Surgeons. This elite group was hand-selected by the premier consumer organization dedicated exclusively to protecting hair restoration patients through their commitment to excellence. IAHRS members represent only the best in the discipline and the true leaders in surgical hair restoration.
- **AHLA** – American Hair Loss Association. The AHLA is committed to educating and improving the lives of those affected by hair loss. They are the authoritative source of information for people with hair loss and the healthcare professionals that care for them.

### 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 Surgeon” in North America by Aesthetic Everything for the 5th consecutive year, “Top Hair Restoration Surgeon of the Decade”, and he was recently named by Forbes as one of “10 CEOs Transforming Healthcare in America.”



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By Aaron Rosenblatt, MD

# AVOID BACK AND SPINE SURGERIES!!!



**B**ack surgeries can fail for a devastatingly simple reason; the operation was not the right treatment, because the surgeon never pinpointed the source of the pain. As a result, patients may be just as miserable as they were before, or worse off. Unfortunately a desperate number choose to try surgery again. This is usually the wrong decision as well and this should be avoided. Statistics show also that by two years after a patient's first surgery, about 8% of patients have had another operation and by 10 years after, the rate jumps to 20%, an analysis of Washington State hospital data found.

There is no one best way to treat everyone. But the chance of finding relief for ongoing pain unquestionably lies in understanding what has gone wrong. This is not an easy task. Then seeing the most appropriate specialist for your problem and asking the right questions is quite important. With back problems, perhaps more than with any other medical condition, getting the best care at the utmost importance. The most important doctor you can see, at this point, is an Interventional Pain Management Specialists like Dr. Aaron Rosenblatt. A well qualified and certified doctor like him can evaluate a patient completely. He will order the appropriate scans and or test needed in order to come up with a plan to properly diagnose and the treat the issues WITHOUT SURGERY.

Once all of the appropriate tests are done Dr. Rosenblatt can see what diagnostics need to be completed in his state-of-the-art pain management facility. That's why it's critical to have a thorough workup. To get a sense of the cause of your pain X-rays and MRI/CT scans can be helpful but just because these scan say you have a disc problem here and or an arthritic problem there does not mean that this is where your pain is generated from.

As an interventionalist, Dr. Rosenblatt will take this information and set up diagnostic tests within his office to properly pinpoint the exact regions of the spine which require any type of treatment. Without these diagnostic tests, the wrong diagnoses can be made and then ineffective treatment with

surgery becomes likely. That's because high-tech images routinely uncover bulging discs and other "abnormalities." Dr. Rosenblatt will use this information and interventional techniques to avoid surgery.

Trouble is, many findings on scans often have nothing to do with what's hurting. If you take 100 people off the street and give them MRI's or Cat Scans, 33% of them, even if they had no back pain whatsoever, would have obvious structural problems. Data also points out that less the 5% of all patients who experience back pain will EVER require surgery but, unfortunately, a much higher percent of patients wind up with an operation. We will help avoid this situation.

Here's the real problem... Patients tend to think of back surgery as the BIG CURE or consider it the treatment that will work successfully. Sometimes, in our desperation to get our lives back, it may seem like a good idea to jump over those less invasive procedures and go right to the big one. This is rarely true.

Dr. Rosenblatt says, "Per my experience, it is rarely the case that a patient I see in my office will ever require surgery for pain. I also see too many patients who have already had 1 or more back surgeries without any relief." Surgery should NEVER be seen as worth trying for pain. This approach usually fails to help patients overcome their pain and now their spines are complicated and worse off due to after effect of surgery.

If a doctor recommends an operation, get a second opinion as soon as possible. A good surgeon should understand that you need to be comfortable with any decision and prior to having a surgery other opinions are necessary. For a truly useful second look, Dr. Rosenblatt can fully evaluate this situation and give what options exist.

Dr. Rosenblatt explains, "There have been too many times where patients were scheduled for one type of surgery and something totally different was causing their pain. Specifically, issues with sacroiliac

joints, hips and other regions of the body can mimic pain which would also NOT require surgery."

Dr. Rosenblatt continues, "I'm always trying to help a patient fully understand what is causing them a pain issue. This is usually pinpointed easily, diagnosed properly and then treated successfully without the need for any type of surgery."

Avoiding surgery is our number one goal to help to treat a growing older and active community. At Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, he serves at the medical director and is board certified. Every patient is evaluated by Dr. Rosenblatt himself and a comprehensive treatment plan is always tailor made for each individual. Patients are NOT seen by PA's (physician assistants) or NP's (nurse practitioners). You will see the doctor at each and every visit. Dr. Aaron Rosenblatt specializes in performing Interventional Pain Management procedures and also in the field of Physical Medicine and Rehabilitation. His knowledge encompasses each region of the body which can cause pain. He runs on time and does not make patients wait hours in his office to see him. He is not only a pleasure to talk to regarding pain issues, but also enjoys every day topics such as sports, movies, entertainment and current events. 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!

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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**

# A Superior Technology & is ALL the Rave for **TREATING FINE LINES & WRINKLES**



THINK THAT ONLY BOTOX AND FILLERS CAN TREAT FINE LINES AND WRINKLES FOR THE FACE AND NECK? THINK AGAIN – A REVOLUTIONARY IN-OFFICE PROCEDURE THAT IS NON-INVASIVE IS CAUSING QUITE A STIR IN THE AESTHETIC INDUSTRY. IT'S HIGHLY EFFECTIVE AND USES A COOLING SYSTEM TO PROTECT THE DERMAL LAYERS OF THE SKIN THAT AREA BEING TREATED. AS WELL AS BEING CLINICALLY SAFE WITH PROVEN EFFICACY, AND WITH HIGH PATIENT SATISFACTION, IT'S UNIQUE AND OFFERS MULTIPLE ADVANCES THAT MAKE IT SUPERIOR TO MANY OTHER PROCEDURES.

Sofwave comfortably delivers Synchronous Ultrasound Parallel Beam SUPERB™ technology, providing a reduction in fine lines and wrinkles and restoration of natural smooth skin features, no matter the skin type.

#### **WHAT IS SOFWAVE?**

Starting in our mid-20's, collagen and elastin starts to break down causing our skin to wrinkle. Sofwave is a new, clinically-proven, no downtime, non-invasive approach to rebuilding collagen.

Sofwave is FDA cleared for the treatment of fine lines and wrinkles. Sofwave uses a unique delivery form of ultrasound waves, enabling a fast and safe treatment for all ages and skin colors and can be done on all facial and neck areas.

#### **HOW DOES SOFWAVE WORK?**

The depth for treating wrinkles is 1.5mm under the skin. Our unique, Synchronous Ultrasound Parallel Beam Technology SUPERB™ generates heat at this exact depth in the mid-dermis. Additionally, there

is an integrated cooling SofCool™ mechanism that protects the uppermost skin layer from burning. The impacted treatment zones stimulate a healing response, called neo-collagenases, which increases and regenerates the collagen in the skin, leading to the reduction in fine lines and wrinkles.

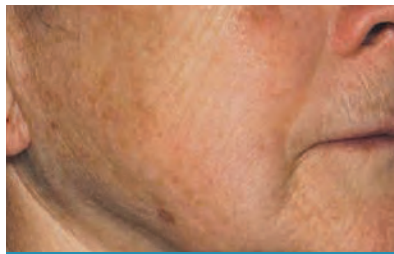
#### **HOW LONG IS A TYPICAL SOFWAVE TREATMENT?**

The treatment itself is fast, taking approximately 30-40 minutes for the full face and neck region.






BEFORE



AFTER



BEFORE



AFTER

#### HOW LONG DOES IT TAKE TO SEE RESULTS?

Immediate results can be seen as soon as 1 week following the treatment. However, the collagen regeneration process can sometimes take up to 12 weeks, so patients are expected to see ongoing improvements in the 3-month period after their treatment.

#### HOW IS SOFWAVE DIFFERENT FROM OTHER COSMETIC PROCEDURES?

Today there are various energy-based technologies designed to treat facial lines and wrinkles, among them: ablative and non-ablative laser technology, Intense Pulsed Light (IPL), radiofrequency devices and High Intensity Focused Ultrasound (HIFU). Yet, the need for non-invasive aesthetic treatments with proven efficacy, safety and minimal downtime, are still unfulfilled. The more aggressive options can cause damage to the upper skin, which in turn, requires a long healing period and considerable downtime. In addition, there is a higher risk of side effects, including discoloration and discomfort. Even RF micro needling treatments, that have recently become popular, can be uncomfortable, risky and require lengthy downtime. On the other hand, other non-invasive solutions haven't shown adequate results. High Intensity Focused Ultrasound (HIFU) has also become an accepted mode of treatment for treating wrinkles. This treatment has been associated with multiple drawbacks, among them, limited treatment areas, longer treatment times, excessive pain and additional adverse effects, such as burns and injury to nerves. Sofwave's unique technology protects the skin surface with a cooling

mechanism and the treatment is effective and safe for most patients. There is no downtime or pain post treatment.

#### MD BEAUTY LABS & WELLNESS CENTER

MD Beauty Labs offers groundbreaking technology for their patients that provides surgical-like results with no incisional scars, less downtime, and long-lasting results. Come to MD Beauty Labs to find out why clients from across the Palm Beach area choose us to help them reach their aesthetic goals. We proudly serve residents throughout Palm Beach County, including West Palm Beach, Boca Raton, Wellington, Jupiter, Royal Palm Beach, Lake Worth, and Delray. Our team is dedicated to finding and meeting your every beauty need

#### DANIELA DADURIAN, M.D., MEDICAL DIRECTOR

Daniela Dadurian, M.D., specializes in anti-aging medicine, laser treatments, and cosmetic medicine. She's traveled the world to research the safest and latest technologies on the market to provide you with the best possible treatments and care.

Dr. Dadurian received her medical degree from the University of Miami School of Medicine and is board-certified in anti-aging and regenerative medicine, as well as laser surgery. Her expertise in anti-aging techniques and her passion for excellence are reflected in the attentive personal care she gives each patient.

MD Beauty Labs offers medical, spa, and body treatments within a luxurious contemporary loft environment. We are committed to providing a revitalizing experience. Dr. Dadurian, alongside her team of nurses, medical estheticians, massage therapists, permanent makeup specialist, and medical spa concierge, is here for you.

**Do you want to have tighter, brighter skin, and turn back the clock without surgery? Contact the experts at MD Beauty Labs today!**

To schedule your appointment, please call West Palm Beach at **(561) 513-5817**, Palm Beach at **(561) 288-6678**, or visit **MDbeautylabs.com**.

Source: Sofwave.com



#### 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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# UV Safety Can Reduce Your Risk of Cancer

In July, UV Safety Month reminds us of the connection between ultraviolet (UV) light and cancers of the skin, lips and eyes and it educates us about ways we can protect ourselves from UV rays. The majority of all skin cancers are caused by overexposure to UV light rays – either from the sun (a natural source) or from an artificial source, such as tanning beds. Especially here in Florida, it is important to learn the risks of too much sun exposure and take precautions to protect yourself and your family, so that everyone can enjoy the outdoors safely.

About one in five Americans is likely to develop skin cancer, according to the American Cancer Society (ACS), making it the most common form of cancer in the U.S. Generally, it is highly treatable; however, it should still be taken seriously and you should seek a medical evaluation if you notice a suspicious lesion or mark anywhere on your skin. The good news is that, in addition to being the most common type of cancer, skin cancer is also the most preventable cancer. In fact, research indicates that protecting your skin before you turn 18 can cut your risk of some types of skin cancer by as much as 78%.

There are three main types of skin cancer – basal cell, squamous cell and melanoma, which is the most serious type. Basal cell skin cancer is the most prevalent and least dangerous type of skin cancer. It generally appears on the head, neck or upper torso and it grows slowly. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless, but if you notice them changing, see a doctor.

While not as dangerous as melanoma, squamous cell skin cancer can spread to other parts of the body over some months. It usually appears as a thickened, red, scaly spot that may bleed easily, crust or ulcerate. It is generally found on those areas of the skin that are most often exposed to the sun.

## Risks and Warning Signs of Skin Cancer

Most moles, brown spots and other growths on the skin are usually harmless; however, it's a good idea to have an annual skin check by a professional



healthcare provider. Older adults, people who are fair-skinned, or those who have a lot of moles are generally at greater risk, so it's important to know your skin well and recognize any changes that you see on your body.

Here is an easy way to recognize if a mole or other skin lesion may be cancerous – just remember the **ABCs of skin cancer:**

**Asymmetry:** one half of the mole doesn't match the other

**Border:** is irregular

**Color:** is not uniform

**Diameter:** greater than 6 mm (about the size of a pencil eraser)

**Evolving:** size, shape or color changes

To reduce your risk of skin cancer:

- Whenever you are in the sun, wear a sunscreen with a sun protection factor (SPF) of 30+
- Do not use tanning beds
- Have an annual skin check by a medical professional
- Watch for any changes in moles or new suspicious skin growths

## WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, in locations throughout Florida. FCS is also a strategic partner with Sarah Cannon, one of the leading research and clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and 24/7 access to Care Managers, who help deliver the most advanced and personalized care in your local community.



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**Wellington North**  
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**West Palm Beach**  
1309 North Flagler Drive  
West Palm Beach, FL 33401

For more information, visit [FLCancer.com](http://FLCancer.com)



# TubcuT® Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



**W**isdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.



Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

The TubcuT® is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT® as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

## IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT® creates an opening that fits your needs. Unlike cap systems, The TubcuT® adapts to you and what your lifestyle requires. With TubcuT's® exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT® threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® Follows the same exact contour of your tub there, and there is no ledge on the

threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT® is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!



**The Tub Cut Company**

**954-466-4413**

**www.TUBCUT.COM**

**VA APPROVED**



# Rekindle the SPARK in your bedroom after just **ONE VISIT!**

*guaranteed or the 1st visit is free*

## Cure Erectile Dysfunction and Peyronie's

**S**imply 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.



**S**erving West Palm Beach, Boca Raton and Miami, Simply Men's Health is quickly grabbing attention as the leader in Men's Sexual Health 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™ P-Shot® 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



## 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

pills stop working. Their exclusive, state-of-the-art RejuvaWAVE® (acoustic-pressure wave) combined with RejuvaEnhancement™ Procedure (PRP Pshot®) repairs damaged tissues and stimulates the regrowth of new blood vessels. Thereby helping to REVERSE and CURE the underlying cause of Erectile Dysfunction and Peyronie's.

Simply Men's Health is the leader and pioneer in the field of Men's Sexual Health, and changed the way Erectile Dysfunction was treated in the United States. 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 combining RejuvaWAVE® with the state-of-the-art RejuvaEnhancement™ P-Shot® Procedure to help reverse the inevitable aging process and treat ED and Peyronie's Disease. Peyronies 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 renewal, 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 helping men return to their younger healthier selves, and enabling a spontaneous, active sex life.

### RejuvaEnhancement™ PRP P-Shot®

RejuvaWAVE® stimulates your body's own healing response and stimulates the growth of new blood vessels and renews tissue in the area treated. The RejuvaEnhancement™ Procedure uses the growth factors from your own body to activate your own body's stem cells and restorative healing capacity.



### Enhance Size as well with the P-Shot®

The RejuvaEnhancement™ Procedure works synergistically with and exponentially magnifies the restorative effects of RejuvaWAVE® to restore one's sexual vitality. Imagine be able to enjoy a spontaneous and active sex life again. No more pills. Also, this procedure can increase both the length and girth of the penis by up to one inch.

### Journal of Sexual Medicine publishes new study June 2021:



**It's True!  
The P-Shot®  
Procedure  
Helps Men  
with Erectile  
Dysfunction**

## Simply Men's Health is a certified provider of the P-Shot®

P-Shot® procedure — which uses PRP improves the circulation, nerve conduction, and collagen production and so to improve the health of tissue in over thirteen thousand research papers in multiple tissue types.

### Re-ignite the SPARK in your bedroom with just one visit – results guaranteed

Imagine enjoying sex again with your loved one in just one visit. Simply Men's Health has customized Intracavernous Pharmacotherapy (ICP) which can give you back your love life in ONE VISIT. 98% success rate Results guaranteed or the visit is free!

### 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 the new direction in medicine, Erectile Dysfunction is no longer an inevitable part of aging. Simply Men's Health's innovative approach can restore your sexual confidence and allow you to enjoy a Spontaneous and Active Sex life again!



**CALL TODAY –  
AND GET YOUR LIFE BACK  
TOMORROW!**

**561-459-5356**

**[www.SimplyMensHealth.com](http://www.SimplyMensHealth.com)**

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## 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™ procedures are remarkable. I feel like Superman." – E.M.



# WHY DO I FEEL SO (FILL IN THE BLANK)?

**T**here's a time in everyone's life when we ask ourselves this question, why do I feel so...? The adjective in this sentence will vary from day to day and person to person but it's the answer we seek that will consume us at times. So, let's look at this in steps.

## THE FIRST STEP IS TO IDENTIFY THE FEELING...

- Anxious
- Tired
- Forgetful
- Depressed
- Stressed
- Awake every hour
- Awake all night
- Energized
- Distracted
- Fearful
- Afraid
- Hopeless
- Angry
- Much pain all over
- Disconnected
- Irritable
- Much pressure or pain in my head

These are just a sampling of the feelings or "symptoms" that you may find yourself asking at some point in time or on a daily and consistent basis. Typically, if you ask yourself this question and the answer is clear, such as:

*"I am so nervous about this test".*

*"I am so irritable when my dog wakes me in the middle of the night and I don't sleep well".*

Then, these examples are usually indicative of temporary symptoms. They have a clear cause and a clear resolution.

*"Right after the test, I felt relaxed and calm".*

*"I slept really well when I put the dog in her crate for the night".*

The situation has passed, and the symptom is brief and resolved.

What happens when the symptom is not brief, the answer is not clear and the feeling is not resolved?

## THIS IS THE STAGE WHERE WE START SEARCHING FOR ANSWERS. THIS MIGHT LOOK LIKE:

- An appointment with my physician.
- An appointment with a mental health professional.
- Googling my symptoms to figure out what's going on.

- Asking my friends and family if they too experience the same symptoms as I am.
- Being hyper focused on everything I feel.
- Being in denial and not seeking assistance for any of my symptoms.
- Blaming everyone and everything in my life.

Unfortunately, the pursuit of this answer of "why" usually leaves us feeling even greater symptoms or with more or new symptoms.

The fruitless search over "why do I feel this way" can be exhausting and defeating. This brings us to the last stage: I either continue to search for answers using the tools listed above or I suffer with how I am feeling. However, there is another option. Seeking out alternative therapy such as Neurofeedback.

At the Brain and Wellness Center, we have many options available to people suffering with symptoms. We evaluate individuals and determine first, what is going on? We do this through clinical interviews and/or Quantitative EEG.

## WHAT IS A QEEG (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 Advanced Psychological Services in North Carolina to 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. A QEEG is not always needed to figure out what is causing symptoms and give you answers, but at times, it is necessary.

After the evaluation we can not only help you identify the causes of your symptoms but also point you in the direction of treatment. We can recommend:

- Neurofeedback training
- Counseling
- EMDR/Trauma Therapy
- Biofeedback Therapy
- Acupuncture
- Nutritional Counseling or Functional Medicine
- Traditional Medicine or testing
- Learning Improvement Programs

Some of these services are provided in our office while others we can refer you out for.

## 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 by 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 visual recognition of the changes on the screen and the auditory reinforcement of “beeps”.

It is important to understand that the neurofeedback approach does not “cure” or “fix” anything. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle “challenges” and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time.

### WHAT IS EMDR?

EMDR or Eye Movement Desensitization and Reprocessing, focuses on the memories we have that were stored incorrectly and therefore continue to disturb us, even if we’ve reasoned them out. These memories get stored in the emotional part of our brain, so accessing them leaves us feeling as if we are still experiencing them, and all the same hurt comes back. EMDR allows the brain to tap into these feeling memories and conjoin them with more logical reasoning so that we can heal them. We don’t lose the memories, but we lose the emotional grip they have on us. EMDR

is an effective treatment for all ages. Even small children can get “stuck” in trauma experienced early in life that the brain stores and they are unable to connect.

### WHAT ARE THE SYMPTOMS THAT CAN BE HELPED BY EMDR?

- High anxiety and lack of motivation
- Depression
- Memories of a traumatic experience
- Fear of being alone
- Unrealistic feelings of guilt and shame
- PTSD
- Difficulty in trusting others
- Relationship problems

EMDR is similar to that of REM sleep, when our eyes move as we sleep, our brain is able to process the information we have collected through the day. In an EMDR session, your eyes are guided with hand movements or tappers, back and forth at a good pace. While the movement is happening, you may experience different memories, thoughts about the memories, feelings may come up and they may sometimes be intense. Through this process, you will be guided and supported. By the end of the process, your memory, and thoughts about the memory will be different. It won’t hold the same feelings for you anymore, and you may see yourself, and indeed your life, in a new way.

EMDR is a powerful with children as well, helping them move past fears and behaviors triggered by past events. It is done through play and can help move children through tough times with less stigmatizing affects. The children continue to work through therapy in play, with the EMDR allowing the brain to work out their feelings much faster.

### COUNSELING

There is no “right or wrong” way to benefit from counseling. Rather, it’s all about the “fit” and needs of our clients. At the Brain and Wellness Center we offer many different options and techniques of counseling to fit those needs. Different counseling styles and approaches for individual clients of all ages, couples and families; make us a unique and inviting place to heal and grow.

### HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all 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 or in a 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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# Do You Need a Little Something to Brighten Your Day?

## Many People are Requesting Aesthetic Treatments, But are They Safe During this Unique Time?

It's been about five months now that we've been safely confined to the comforts of our homes. Many people are now starting to go back into the workforce and other activities, while others will be continuing their face-to-face meetings with co-workers via video chat platforms for a while longer.

Of course, we're not going to back to our "normal" sense of lives as they once were for some time, but we are starting to see a change and an overall acceptance of our new life as it is. In saying this, many people are calling Aesthetic treatment Centers in Naples office asking about their protocols for patient safety because they want to maintain their aesthetic needs or add treatments to their repertoire to look better, feel better and boost their confidence.

If you haven't had Botox or Fillers for a while, you might just now be saying to yourself, "It's time, but is it safe?"

### Aesthetic Treatment Centers (ATC) is the Leading Medical Spa in Naples

#### ATC's Safety Protocols

Aesthetic Treatment Centers in Naples is always on the cutting edge of the latest procedures, and their modern, clean-lined locations are representative of their high standards, and you can trust that they are going above and beyond to accommodate their patients. From the waiting area to the treatment rooms, rigorous disinfection and sanitizing are continued throughout the day, and thorough attention to cleaning after each patient visit is impeccably implored by the entire staff.

Each patient is required to wear a face-covering in and out of the office, and there is no patient to patient contact, directly or indirectly. The appointments are spaced out so that each patient has privacy and 100% attention during their procedure or consultation. The staff is tested regularly and they are testing patients as well.

Upon arrival, each patient's temperature is checked, and they are asked to fill out a questionnaire. The staff also has their temperature checked daily and wear masks and PPE to make your visit worry-free.

#### IV Therapy

Many patients ask for ATC's IV therapy as an additional treatment during their visit. IV therapy is known to boost immunity, improve energy levels, increase hydration, illuminate the skin, and help fight off airborne illnesses.

From vampire facials, vaginal rejuvenation to threading, body sculpting, laser resurfacing, skin tightening, and injectables, Aesthetic Treatment Centers has got you covered. No matter what your areas of concern are, or what treatment you're in need of, ATC is known as the creme de la creme of aesthetics. In fact, Mindy DiPietro, the CEO, and Dr. Kathleen Marc are often referred to as the dynamic duo. Your visit will be personalized, and you will receive not only top-quality-care but also extra add-ons to make your day a little brighter.

#### ATC is Gaining Attention

Mindy and Dr. Marc were recently featured on Kathy Ireland's show, Worldwide Business with Kathy Ireland to discuss the connection between science and beauty. You can view the full video here, ATC.

[WorldwideBusinessYoutube.com](https://www.youtube.com/watch?v=WorldwideBusinessYoutube.com).

Whether you're wanting a little boost or a transformation, the tranquil, relaxing environment of the Aesthetic Treatment Centers will take your mind off of the day-to-day issues and give you time to enjoy doing something for yourself.

There is a lot to be said about feeling better, being more confident and looking your best that radiates into the rest of our lives. When we feel good, we give more, do more and are generally content and happier in all circumstances.

Aesthetic Treatment Centers is the newest aesthetic concept in Southwest Florida. They specialize in minimally and non-invasive cosmetic services including fat reduction, body sculpting, wrinkle reduction, hair removal, IV hydration, and feminine rejuvenation.

Their mission is to provide the best quality of service, with cutting edge technology, a multi-modality approach and individualized attention for their clients, which help patients fall in love with themselves all over again. In ATC's commitment to providing the best treatment for our patients, they are always searching for the latest, proven trends within the cosmetic and beauty industry.

At ATC you will find only the most effective, safe and desirable minimally and non-invasive technologies on the market providing their patients with beautiful results.



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Mindy DiPietro  
CEO

Kathleen M. Marc, MD  
Medical Director



# I HAVE “DEEP POCKETS”... What Does That Mean?

**M**any of us have heard the phrase, “you have deep pockets” when visiting the dentist’s office. This is not a reference to your financial status, but a description of the health of your gums and bone. Part of a proper dental examination and routine dental hygiene appointment is the assessment of health of the gum tissue and bone surrounding your teeth. If evaluated on a routine basis, changes in status of these important tissues can be identified.

## THE EVALUATION:

A typically painless evaluation includes the measurement of the space under the gum tissue.

This is performed with the use of a “periodontal probe”, which is a fancy term for measuring stick. In health, a small space of 1-3mm exists between the top of the gum and the base of the area measured. This small distance is very reachable for the hygienist to debride (clean) at your recall appointments. A change in this distance can signify inflamed gums and possibly bone loss around your teeth. This change is typically related to factors such as improper oral hygiene (a buildup of plaque and tartar) or infrequent recall appointments. In certain situations, this can occur due to some medical conditions such as diabetes, smoking, autoimmune disease and other issues.

Assuming you have no medical issues causing any gum and bone problems, we typically see a progression from health to disease based on common factors such as plaque and tartar. Plaque is that light film we have on our teeth. Over time, if plaque is not removed it hardens into tartar (which cannot be removed with a tooth brush). This film is actually bacteria that are viewed by the body as an “infection”. As in any area of infection, such as a cut on your hand that becomes red and swollen, extra blood floods the area to fight the bacteria. In



the mouth, swollen gums appear red and often bleed when touched. In addition, when measuring the swollen area under the gum, we see deeper than healthy gum pocket depths (often times 4-5mm).

This initial swelling is called Gingivitis. Typically, the area is treated with “Root Planing and Scaling”, which is a non-surgical procedure often referred to as a “deep cleaning”. In many cases, this is all that is needed to remove the plaque and tartar present which allows the area to heal and the gum to return to normal (Gingivitis is reversible).

If left untreated, Gingivitis can proceed to a more advanced situation called “Periodontitis”. At this level of disease, we see both bone and tissue loss around the teeth. Recent research has shown that periodontal disease can cause gum and bone loss from the initiation of an inflammatory process in our body. In simple terms, as our body attempts to ward off the infection, it also destroys the healthy supporting tissue and bone as well. When measuring these areas in the mouth, the periodontal probe often drops below the gum level anywhere from 6-10mm. These depths are not reachable by the hygienist and need to be addressed in other ways. If left untreated, this painless disease can progress until teeth are lost. In addition, a link between the bacteria from this disease and cardiovascular disease has been made. Therefore, those patients at risk for stroke or heart attacks are often advised to have a periodontal examination.

A complete periodontal evaluation usually includes a review of a recent (typically within 2 years) full set of dental x-rays and a full mouth periodontal probing. A clinical examination of your mouth and review of your radiographs are needed to determine your exact gum and bone health.

## 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 **Periolase 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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**Health & Wellness** MAGAZINE





# THE CORNEA

By David A. Goldman MD



**A**lthough people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



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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## IT'S HOT EVERYWHERE IN JULY

Brent Myers



**H**ave you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.

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