

S O U T H F L O R I D A ' S

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

September 2021

South Palm Beach Edition - Monthly



**FREE**

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**DON'T BALDLY GO WHERE  
MANY MEN HAVE GONE BEFORE  
[AI CAN HELP]**

**DO YOU SUFFER FROM  
CHRONIC OR ACUTE KNEE PAIN?  
SURGERY IS NOT ALWAYS  
THE ANSWER**

**ARE YOUR PRESCRIPTIONS  
EMPTYING YOUR POCKETS?**

**TIRED OF TAKING  
ANTIHISTAMINES AND OTHER  
ALLERGY MEDICATIONS  
TO NO AVAIL?**

**PROGRESS IN TREATING  
LEUKEMIA, LYMPHOMA &  
MYELOMA BLOOD CANCERS**



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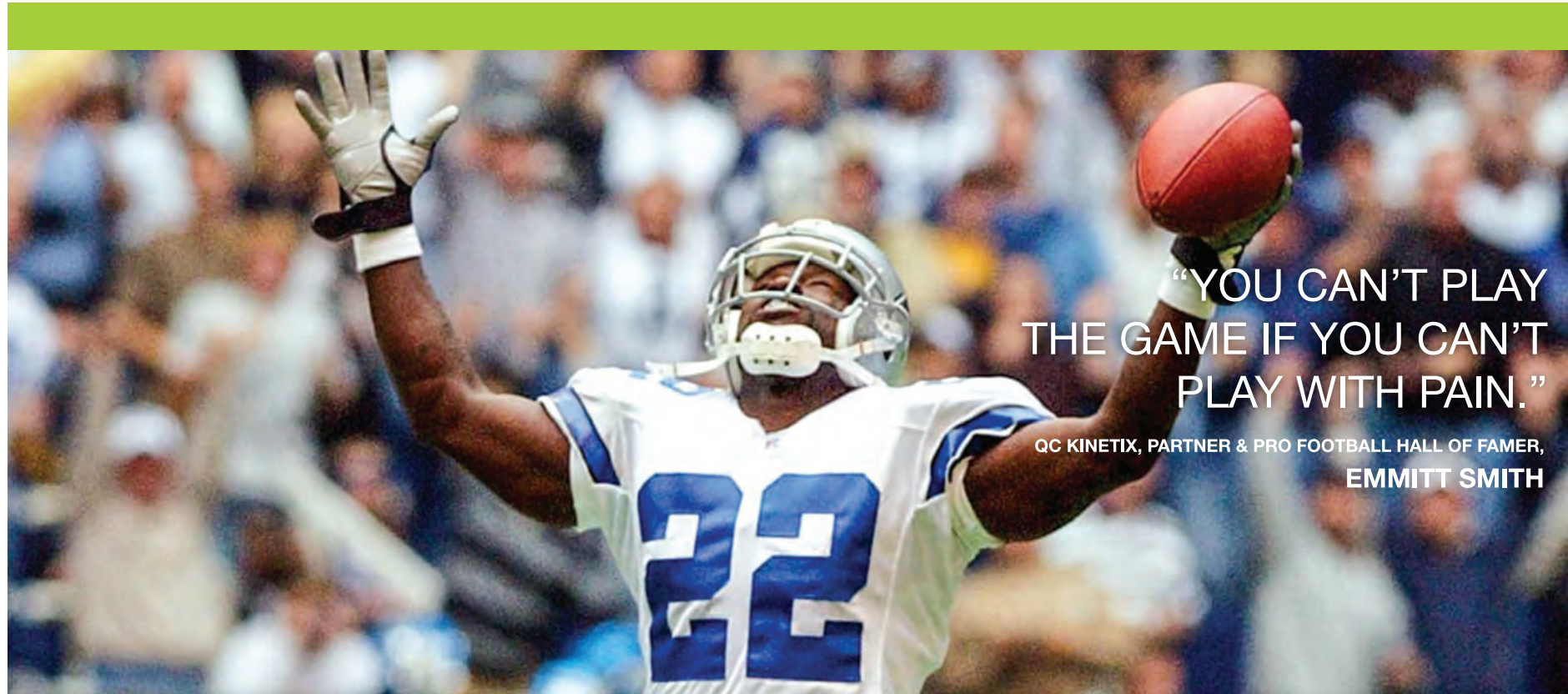
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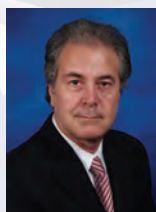


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- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- BS Cornell University 1977

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
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

## The Cost of a Revocable Living Trust

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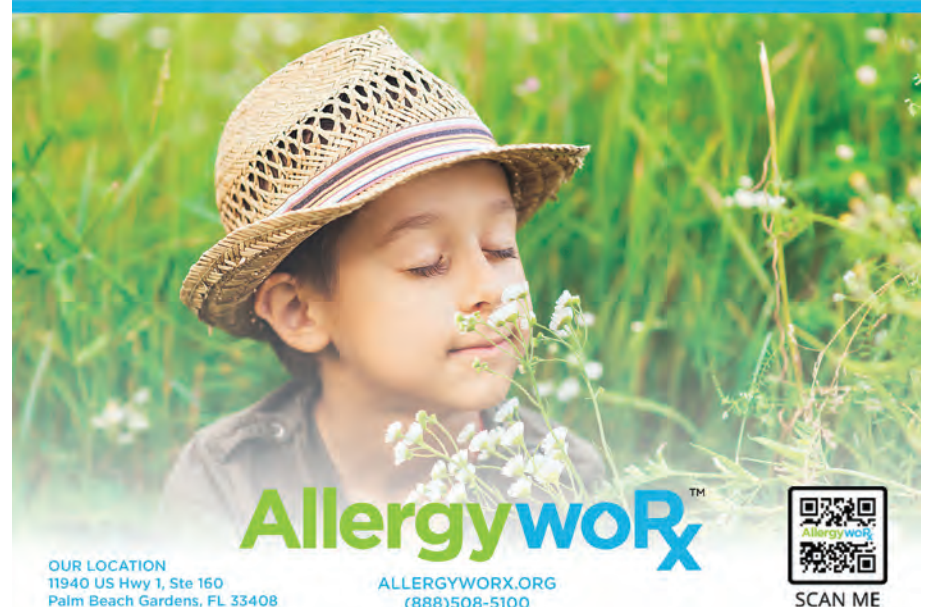
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SCAN ME

# Do You Suffer from **Chronic** **or Acute Knee Pain?**

## **SURGERY IS NOT ALWAYS THE ANSWER**



KNEE PAIN AFFECTS MILLIONS OF PEOPLE IN THE U.S. IT'S ONE OF THE MOST COMMON REASONS PATIENTS VISIT THEIR PROVIDERS. WHETHER IT'S CAUSED BY ARTHRITIS, TRAUMA, OR INJURY, KNEE PAIN IS OFTEN DEBILITATING, AND IT'S PROGRESSIVE. BECAUSE THERE IS SO MUCH WEIGHT THAT IS PUT ON THE KNEE JOINTS, IN ORDER TO CORRECT THE ISSUE AND ROOT CAUSE OF THE PAIN, REGENERATIVE THERAPY IS HELPING NUMEROUS PEOPLE FIND RELIEF WITHOUT SURGERY.



**KNEE SURGERY**

In some cases, surgery may be necessary due to the severity of the disease, but unfortunately, it is often recommended to patients who would otherwise benefit from a more conservative treatment plan. Surgery is permanent, and once it is performed, there is no going back.

**STANDARD MEDICINE**

Traditional medicine often only masks pain and symptoms with addictive drugs and corticosteroid injections. What many people don't realize is that pain medications stop working overtime. This is called treatment resistance, and corticosteroid injections actually increase the degeneration of the joint over time.

**REGENERATIVE MEDICINE**

Regenerative, minimally invasive procedures can alleviate pain and also restore and regenerate tissue internally at the site of the condition. Biological Treatments can help soft tissue and joint function by rebuilding and growing new cells, which promotes the healing and repair of cartilage and bone tissue.

In the case of knee conditions, if regenerative therapies are not implemented, the joint integrity will worsen by significant percentages.

**QC Kinetix** specializes in treating knee and joint pain. They customize a treatment plan specific to each patient's condition, health, and medical history. Many of the procedures are covered under major insurance carriers.

QC Kinetix's comprehensive approach to knee pain management provides long-term relief without the need for surgery. They work with you to incorporate a treatment plan that is right for you, and they also teach patients various lifestyle changes and plans to help them avoid reinjury and to decrease the progression of their condition.

If you've been told invasive surgery is your only option, or you've exhausted your pain coping mechanisms, contact QC Kinetix today. They will provide a comprehensive regenerative medicine plan. With such a wide array of natural biological, medical treatments available, QC Kinetix makes sure to discuss all the therapeutic options with each of their patients.



They treat everyone from weekend warriors and professional athletes to aging patients who want to stay active. We have extensive experience with regenerative medicine therapies and don't just mask your symptoms – We are dedicated to maximizing your body's ability to help heal and repair itself from the inside out for vastly improved function and overall quality of life.

QC Kinetix treats multiple conditions of the knee, shoulder, elbow, wrists, ankles, feet, low back, and hips.

**If you are living in pain, contact QC Kinetix today to start your journey towards regeneration and living a life that's no longer ruled by pain but by your ability to enjoy the activities you love.**

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**COMING SOON TO**  
**Boynton Beach and West Palm Beach!**



by Alan J. Bauman, MD, ABHRS

# Don't Baldly Go Where Many Men Have Gone Before [AI Can Help]

Dr. Alan Bauman uses HairMetrix® and its AI technology to gather key metrics and vital information to help him make diagnosis and treatment decisions for his patients, and accurately tracks treatment results over time.

IF YOU'RE A STAR TREK FAN, PERHAPS YOU'VE WONDERED WHY TECHNOLOGY HADN'T EVOLVED ENOUGH BY THE 24<sup>TH</sup> CENTURY FOR CAPT. JEAN-LUC PICARD OF THE USS ENTERPRISE TO HAVE MORE HAIR. MAYBE HUMANS WERE SPENDING ALL THEIR ARTIFICIAL INTELLIGENCE (AI) RESOURCES FIGHTING ALIENS.

**F**ortunately, without an extraterrestrial problem here on Earth thus far, humans have created some remarkable AI tools, centuries sooner, for use in more pragmatic areas, including hair restoration.

In our efforts to always stay on the leading edge of technology, we've recently added two of these innovations to our toolbox here at Bauman Medical that will save our patients time and money, and achieve better hair restoration results.

## HairMetrix®

Earlier this year our practice became one of the first in the world to offer HairMetrix®, a major advance in helping us evaluate your hair and track your restoration progress.

Frankly, it's a game-changer.

Why?

For almost 20 years we've used microscopes to observe hair loss and hair restoration results, but as you can imagine it's literally difficult to count hairs, so we've had to use our best estimate. HairMetrix® uses AI to take a snapshot of your scalp, without trimming any hair, and applies an algorithm to get a readout of your *precise* hair quantity and quality (and other metrics). No "educated guess" or other tools required. And we can track this over time. This information helps us make diagnosis and treatment decisions and monitor how well you're responding to your treatment *better than ever before*.

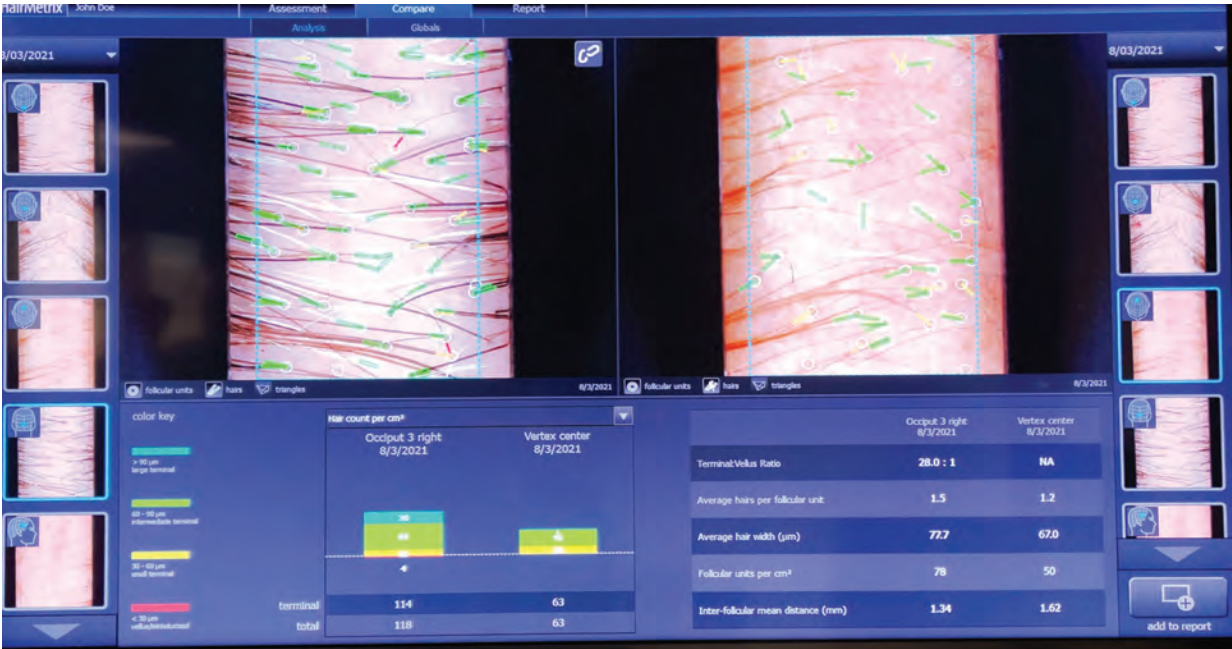
## Trichotest™

Trichotest™ is a genetic test based on state-of-the-art DNA microarray analysis technology. It's designed to identify the exact hair loss treatments that will perform best for you, based on your genetics.

All it requires is a saliva sample and some details about your lifestyle. The AI then analyzes the characteristics of your specific metabolism that are contributing to your particular hair loss situation. An algorithm identifies the treatment options that are likely to be the most successful for you.

The Trichotest™ can be performed from home or in the clinic and is for anyone who wants to understand how genetics affects their hair loss and treatment options. It's useful for men and women with a family history of hair loss and for those who have tried different treatments with minimal or no success.

It's a one-time test, as your genetics won't change. And it gives your doctor a deeper understanding of your genetic characteristics, how they relate to your hair loss, and what treatments will work best for you.



HairMetrix® provides digital readouts with the exact number of hairs and the caliber of those hairs, comparing them in different zones. Dr. Bauman believes that HairMetrix® is a gamechanger for the scalp that eliminates any guess work.

**HERE ARE SOME OF THE ADVANCED TOOLS AND TREATMENT OPTIONS THAT ARE AVAILABLE AT BAUMAN MEDICAL TO HELP YOU LOOK AND FEEL YOUR BEST**

- Minimally Invasive, Permanent, No-Linear-Scar Follicular Unit Excision/Extraction (FUE) Hair Transplant using SmartGraft®, NeoGraft®, ARTAS robotic-assisted, or the newest No-Shave VIP|FUE™.
- High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)
- PDOgro™ - Implanted PDO Polydioxanone threads for hair growth
- Non-surgical 3D-Printed Hair Systems or Cranial Prostheses
- Compounded Formula 82M Minoxidil - a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil - designed to reduce the risk of side-effects from oral finasteride (Propecia).
- 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 device for at-home use.
- Vitamins, Nutritionals & Nutraceuticals: BaumanMD SuperBiotin and Nutrafol
- Hair Loss Risk Management - the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

**GENETICS AND HAIR LOSS**

- There are now over 200 known DNA locations (genes and SNPs) that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two.
- Hair loss can start as soon as puberty starts, depending on your hereditary sensitivity to DHT, inflammation, stress and other factors.
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding -- all of those put together will determine how quickly you see hair loss occur, how quickly it progresses, and how long it will occur later in life.
- Because it is a recessive gene, hair loss can skip generations, skip siblings, etc.
- Many consumer DNA tests (e.g. 23andMe) include a prediction of whether you are likely to experience hereditary hair loss but physician-directed DNA analysis (e.g., TrichoTest) can determine which treatments might work best for you.

For more information on the causes of and treatments for hair loss or the newest advancements in hair restoration, please visit [www.baumanmedical.com](http://www.baumanmedical.com).

You can also call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation.



**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 more than 10,000 hair transplant procedures and over 8000 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 was recently named by Forbes as one of "The 10 CEOs Transforming Healthcare in America."



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# SKIN REJUVENATION AT MULTIPLE LEVELS

## HAVE YOU HEARD OF **HALO AND FOREVER YOUNG BBL TREATMENTS?**

These are two new technologies that are game changers for skin resurfacing and pigmentation. Having been in the non-surgical aesthetic space for 19 years, I am very pleased to have finally discovered 2 technologies that deliver results for very common skin problems we have tried to correct for years; fine lines, pore size, skin texture, broken capillaries and even melasma. The fraxel laser was revolutionary when it first became available years ago. For the first time, skin texture was addressed with minimal downtime. However, the Halo laser is the next generation technology for skin resurfacing. Technology keeps evolving and the Halo laser is truly unique. It is a “hybrid fractional laser” that delivers an ablative and non-ablative wavelength to the same area. What does that mean?

**1**

### NON-ABLATIVE 1470 MM WAVELENGTH

This wavelength can be adjusted from 200-700 micron depth, the level in the epidermis and papillary dermis that needs to be targeted for hyperpigmentation such as sun spots and melasma, as well as texture and pore size.

**2**

### ABLATIVE 2940 MM WAVELENGTH

2940 mm ER: Yag laser penetrates from 20-100 microns under the skin. It targets lines and wrinkles with significantly decreased downtime as opposed to other ablative lasers. Combining these 2 wavelengths results in ablative results, mainly improvement of wrinkles and lines with non-ablative downtime. I myself have tried it for melasma and was very impressed with the results.



In addition, combining Halo with Forever Young BBL further combats the signs of aging by correcting sun damage and broken capillaries. BBL stands for broad band light and is basically a much more advanced version of IPL that most people are familiar with. It targets the epidermis and dermis, stimulating changes in skin texture, acne scarring, skin tone, broken capillaries, as well as pigmentation. BBL reduces melasma and diminishes fine vessels that cause redness. It is a very effective treatment for rosacea. Both of these technologies, especially combined, gently treat the upper layers of the skin and take years off the neck, face, chest, hands and anywhere else where aging is visible.

**In summary areas of improvement include:**

1. Sun damage
2. Broken blood vessels
3. Fine Lines and Wrinkles
4. Scars including acne scarring
5. Large pores
6. Crepey Skin

To maintain radiant, glowing skin, a series of 3 BBL treatments 2 weeks apart combined with 1 Halo treatment at the time of the first BBL treatment yields the best results, but treatments are custom tailored according to the individual patient's needs.



**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 and array of anti-aging, functional medicine, cosmetic and laser therapies.

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**Health & Wellness** MAGAZINE

# Progress in Treating Leukemia, Lymphoma & Myeloma Blood Cancers

*Blood cancers are the third leading cause of cancer deaths in the U.S. Approximately every three minutes, someone in the United States is diagnosed with a type of blood cancer (leukemia, lymphoma or myeloma).*

## What Are Blood Cancers and What Causes Them?

According to the American Society of Hematology (ASH) there are three main types of blood cancers: leukemia, lymphoma and myeloma. Leukemia is found in blood and bone marrow and is marked by the rapid production of abnormal white blood cells. These abnormal white blood cells are not able to fight infection like normal white blood cells do. They also impair the ability of bone marrow to produce red blood cells and platelets.

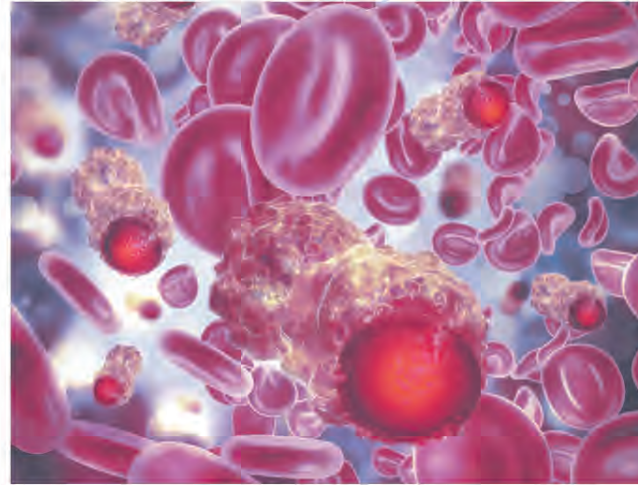
Lymphoma is another type of blood cancer that affects the lymphatic system. The function of the lymphatic system is to remove excess fluids from the body and to produce immune cells. Lymphocytes are a type of white blood cell that fights infection. Abnormal lymphocytes can mutate and become lymphoma cells that multiply uncontrollably and collect in the lymph nodes and other tissues.

Myeloma is a third type of blood cancer that specifically targets plasma cells. Plasma cells are white blood cells that produce antibodies to fight disease and infection in your body. Myeloma cells prevent the normal production of antibodies, leaving the body's immune system weakened and susceptible to infection.

Although the specific causes of blood cancers remain largely unknown, scientists have learned that the DNA of immature blood cells (mainly white cells) can become damaged or mutated in some way. This abnormality causes the blood cells to divide chaotically and grow uncontrollably. As more and more space is occupied by these damaged blood cells, there is less space for normal cells and, as a result, the immune system becomes compromised and does not function normally.

## Making Progress Against Blood Cancers

The Leukemia & Lymphoma Society largely attributes the dramatic improvement in blood cancer treatment to research and new, targeted treatments, such as immunotherapies. Research in the past



10-15 years has led to an increased understanding of the many subtypes of each blood cancer and the differences in therapy that are required to treat each of these subtypes.

One of the biggest success stories to date has been the treatment of chronic myelogenous leukemia (CML), which is one of the four main types of leukemia. Treatment of CML has greatly improved since the late 1990s after a new, targeted biologic therapy (imatinib) was introduced. Today, patients with CML take a daily pill and can enjoy a normal life expectancy. This drug, as well as more recent second-generation targeted therapies, has transformed a previously fatal disease into a manageable chronic disease with very few serious side effects.

Most recently, oncologists have been encouraged by the results of a type of immunotherapy, Chimeric Antigen Receptor – T Cell, or CAR-T Cell therapy, which programs the body's T cells to attack cancer cells. There are hundreds of CAR-T clinical trials currently underway and three different CAR-T treatments have already received FDA approval for the treatment of blood cancers, such as follicular non-Hodgkin's lymphoma, mantle cell lymphoma, diffuse large B-cell lymphoma, acute lymphoblastic leukemia (ALL), multiple myeloma and chronic lymphocytic leukemia (CLL).

## 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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### West Palm Beach

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West Palm Beach, FL 33401

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

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**A**llMedRx Specialty Pharmacy is a Brick-and-Mortar, independently owned compounding pharmacy, proudly licensed in 45 states. We have been servicing our community locally and nationally since 2013. Our mission is to make generic FDA-approved prescription medications accessible to all at an affordable cost without compromising quality.

All our medications are sourced from the most reputable wholesalers in the United States. We love our patients and see them as an extension to our family.

Our facility is equipped with a state-of-the-art USP <797> compliant Sterile Clean Room. AllMedRx pharmacists and pharmacy technicians are highly trained in sterile and non-sterile compounding. Specializing in sterile eye drops. We are passionate and dedicated to providing premier customer service to our patients.

Our patients' security and privacy are of utmost importance. To us, confidentiality is imperative to all parties involved. While many online pharmacies are illegitimate our HIPPA compliant pharmacy is LegitScript certified. This badge provides our patients with a trusted and recognized stamp of approval for legitimate and safe health merchants. AllMedRx eliminates the need to order medications from outside of the United States by offering cost-effective prices. Medications that you can trust at a price that will help you confidently apply your healthcare dollars in a safe and secure environment. AllMedRx will guarantee the authenticity of all of our prescription medications ensuring the medication ordered is the medication dispensed.

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you're asking yourself,  
"How do I place my order?"**

Rest assured, you can drop off your prescription in-store or order online at Allmedrx.org. You can pick up your medication in-store or have it shipped to your doorstep in a discrete unmarked package, the option is yours!

Have any questions? No worries, give us a call today at 561-557-1645 and one of our pharmacist or pharmacy technicians will be more than happy to better assist you!



**SCAN ME**

Visit our website, Allmedrx.org, today for 10% off your first order.



# TIRED OF TAKING ANTIHISTAMINES and other allergy medications to no avail?

Over the counter, allergy medications treat the symptom, not the cause. The AllergywoRx program, developed in 2011 by a clinical team that included doctors, pharm. D's and compounding pharmacists, is one of the foremost comprehensive allergy treatment programs in the nation. Powered by AllMedRx Specialty Pharmacy this immunotherapy program is your one-stop allergy solution designed to include the screening, testing and treatment plan of your environmental allergies via our website AllergywoRx.org.

## Fighting allergens with allergens

We believe in patient-centered care and partner with many physicians across the United States. Don't feel trapped by your allergies, immunotherapy could be the key to your freedom from your symptoms.

Immunotherapy is a process that desensitizes your body to allergens. It involves a formula that safely introduces small amounts of specific allergens to your body over a period of time. This allows your body to build up immunity to the allergy. Allergy immunotherapy increases your allergic threshold, so you no longer experience allergy symptoms. Safe and effective for patients

of all ages, allergy immunotherapy has been helping people live symptom-free for decades. In fact, studies show that immunotherapy helps reduce hay fever symptoms in about 85 percent of people with allergic rhinitis. (jama, march 2013-vol 309, no. 12)

"[immunotherapy] is the only known treatment that modifies the immune response and treats the cause rather than the symptoms."

Contact your physician today and see if you are eligible for the AllergywoRx program.

## Physicians become a provider!

Stop referring your patients out for allergy testing! Treat the underlying allergic disease with minimal time and man power. In just 3 easy steps you could be on your way to generating additional revenue and with a turn key allergy program while also providing positive patient outcomes! Our allergenic extracts are exclusively handled at allMedRx Specialty Pharmacy's state – of – the – art USP <797> sterile compounding lab. The pharmacists are available at any time for your staff and patients and every customer service team member is a registered pharmacy technician. To start complete our contact form at AllergywoRx.org

or call us at **888-508-5110** to become versed in the simple steps to prescribe *allegiShots* and *allegiDrops*.



SCAN ME

1. **Complete our contact form at AllergywoRx.org or call us at 888-508-5110** to learn the simple steps to prescribe allergy immunotherapy.
2. **Screen & test your patients:** use our easy-to-administer, turn key allergy test program (Environmental, Food, or Ocular Allergy Test Kit)
3. **Prescribe allergy treatment.** Your patient's allergy therapy will be prepared at AllMedRx Specialty Pharmacy's state -of-the-art USP <797> sterile compounding lab.

# 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.

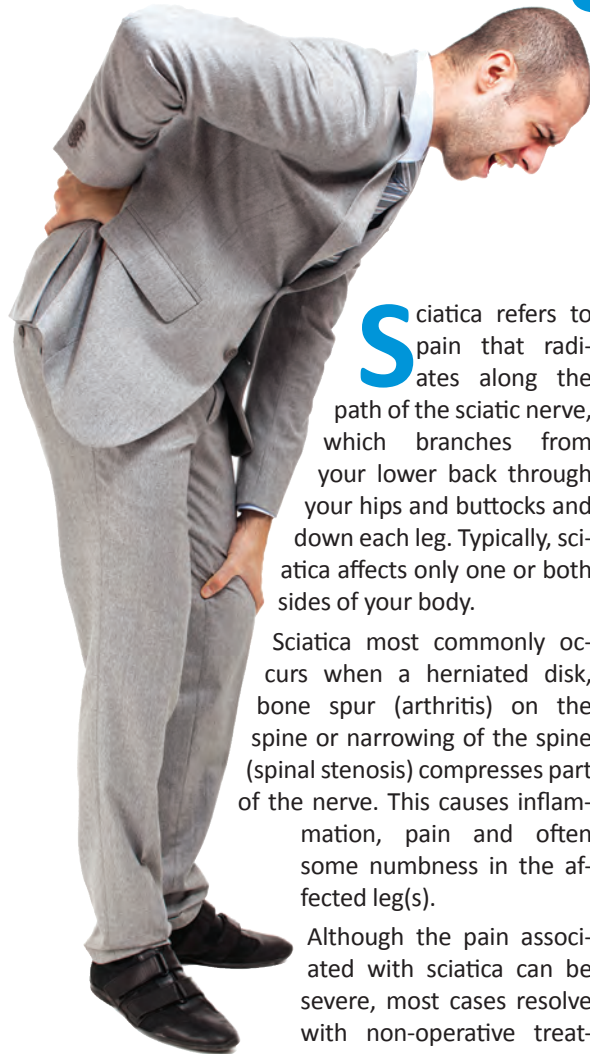
Contact our team at  
Trusted HomeCare and let's discuss  
how we can support  
you or your loved one  
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# Pain Management for Sciatica

## SCIATICA TREATMENT



By Aaron Rosenblatt, MD



**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 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.

any 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!

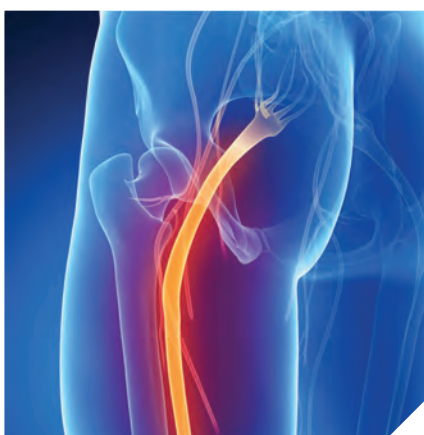
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**Early Pain Treatment CAN PREVENT Prolonged Suffering!**

# 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.



**BEFORE**



**AFTER**

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!



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**VA APPROVED**

# A New Procedure Available at ATC can Help Patients Avoid Pricey Cosmetic Surgery

It's evident that that lotions and potions are never going to correct the underlying weakening of the facial, neck and décolletage muscles and collagen fibers. When sagging skin, dullness and lack of elastin are taking a toll on maturing faces, Alma Lasers ClearLift™ is the answer many people have been waiting for.

## The Virtually Painless Alternative to Skin Resurfacing

ClearLift™ is a non-ablative approach to laser skin resurfacing. ClearLift providers are able to offer patients skin resurfacing treatments that are fast and virtually painless with visible results and no downtime.

The innovative technology delivers a controlled dermal wound deep beneath the skin, (up to 3mm in depth). The outer layer of the skin is left undamaged. All stages of healing and skin repair occur under the intact epidermis.

### ClearLift Offers Numerous Advantages:

- **Fast Treatment Time** - no topical numbing is required and treatments can take as little as 20 minutes.
- **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

# ClearLift™



### Aesthetic Treatment Centers

As a leader in the industry, ATC always offers the latest technology in skin and body care. By combining their expertise through industry leaders, innovative procedures, and cutting-edge products, you will always receive remarkable results within the serene, inviting atmosphere of the Aesthetic Treatment Centers.



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CEO

Kathleen M. Marc, MD  
Medical Director



# 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. 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 world-wide 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 you 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!



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TOMORROW!**

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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.



**A**t some point, everyone struggles with episodes of Brain Fog. We even have funny names for when this happens. Most often, forgetfulness or trouble accessing information can be brief and fleeting, however, there are times when the “fog doesn’t lift” quickly but instead stays with us for extended periods of time.

#### WHEN BRAIN FOG HANGS OUT, WE MAY EXPERIENCE SYMPTOMS SUCH AS:

- Feeling “spacy” or confused.
- Feeling fatigued.
- Thinking more slowly than usual and needing more time to complete simple tasks.
- Being easily distracted.
- Having trouble organizing thoughts or activities.
- Forgetfulness, such as forgetting daily tasks or losing a train of thought.
- Word-finding difficulties.

When this happens, there is usually one of 2 explanations and they tend to overlap. **Interference** or **Inflammation**.

#### EXAMPLES OF INTERFERENCE:

- Hormones – puberty/menopause/pregnancy
- Medication side effects
- Cancer treatments
- Physical changes to the brain – Multiple Sclerosis (MS)/Seizures/Tumors
- Anxiety
- Cognitive Decline/Pre-Dementia/Alzheimer’s Disease
- Mold/chemical exposure/EMF

#### EXAMPLES OF INFLAMMATION:

- Heat or increased body temperature
- Inflammatory foods such as Gluten or Dairy
- Autoimmune Disorders/Chronic Fatigue Syndrome
- Traumatic Brain/Head injuries/Concussions
- Viruses such as Covid-19, the Flu or Lyme
- Vaccinations or Antibiotics
- Anesthesia or Surgery
- Illness, Sinus irritation or colds/flu
- Headaches/Migraines

#### WHAT EXACTLY IS INFLAMMATION?

The term for opening of capillaries and increased flow of blood is called vasodilation. Capillaries open and an increase in blood flow occurs in the area. In the case of injury, an area of the body may visibly swell up and we describe the area as “swollen” or “inflamed”. In the case of body temperature; when we are too hot, blood vessels supplying blood to the skin can swell or dilate (vasodilation). This allows additional warm blood to flow near the surface of the skin, where the heat can be lost to the air. After healing or a reduction in body temperature, the capillaries return to normal through a process called vasoconstriction. This process

is happening on an almost consistent basis during the summer months when temperatures can reach into the 90’s and 100’s; even in the evenings and early mornings.

If the capillaries do not close or do not close fast enough, we help them along. We apply ice (constricting the capillaries) or take a medication that reduces inflammation (such as ibuprofen) or promotes vasoconstriction (such as caffeine).

What happens to our heads if our body temperature rises and we experience vasodilation but then do not experience vasoconstriction? A headache occurs. This is the result of increased blood flow we can feel through pain receptors covering the brain or scalp.

What if there is increased blood flow in our actual brain? This part of our body does not have pain receptors. Our brain doesn’t technically “feel” pain. The result of increased blood flow in the brain that does not constrict is what we call Brain Inflammation.

#### WHAT CONSTITUTES INTERFERENCE?

We call it interference when there is a disruption in neuron firing patterns brought on by an external force or malfunction of an internal process. Medications, exposure to environmental factors, hormone shifts and even anxiety or depression, can cause interference in neuron firing patterns contributing to brain fog and may also cause inflammation. Depending on the exposure time and the impact on the firing patterns, interference can be short lived or a chronic problem.

#### HOW DO I FIX BRAIN INFLAMMATION OR INTERFERENCE?

Because we cannot see increased blood flow or changes to neuron patterns in the brain without special equipment, it can be difficult to know it is happening. As mentioned earlier, there are not pain receptors in our brain, so we don’t have pain to indicate swelling or inflammation. Typically, we notice symptoms that do not seem to resolve as an indication that there’s a problem that needs to be fixed. There are medications that can provide some relief. However, when we are prescribing medication based solely from symptoms, you can easily end up on the wrong medication track and not receive relief. Anti-inflammatory medication or supplements can, at times, provide relief. As can an adjustment to diet or change in lifestyle. However, we recommend an evaluation and EEG study to confirm the cause of the Brain Fog and then suggest the appropriate treatment options for your situation.

#### WHAT IS AN EEG STUDY?

An EEG study or QEEG (Quantitative EEG) is 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 be read and analyzed. We provide a summary

of significant findings and the report shows the result 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 of the brain indicate increased blood flow, by identifying what areas of the brain are dysregulated. Another study that can be helpful is the SPECT scan.

### HOW CAN NEUROFEEDBACK HELP?

Once the areas of interference, inflammation or dysregulation are identified, we use Neurofeedback or EEG Biofeedback to balance the neural patterns and reduce excessive slow activity. Teaching the brain to balance these waves will help the brain to slow down increases in blood flow and return the brain to a more regulated and flexible state, thus relieving symptoms.

### 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".

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.

### HOW DOES A "BEEP" OR SOUND TRAIN MY BRAIN TO WORK BETTER?

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave activity can affect the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without



conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

### WHY TRAIN YOUR BRAIN?

Mental clarity improves when you operate a calmer, more efficient brain. As you learn to slow down "inner chatter" or activate a "sleepy" brain, you become more effective at responding to stress and adapt more readily to different situations, both psychologically and physically. Brain Fog lifts, parenting becomes less exhausting, appointments are more easily kept, decision-making improves, and mood swings and depression often lift.

Neurofeedback has also been shown to be of remarkable value with school-age children who experience focus and learning problems. Through brain training, children can learn to better concentrate on schoolwork, increase their frustration tolerance level, and are less prone to be overwhelmed with sensory overload while seated in a noisy classroom. With their thoughts more organized, they can focus more clearly on what others say to them and can begin to develop friendships and learn effectively.

### WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

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

### HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule 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/Mental Health Counseling 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, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.



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# Dental Phobia:

## Managing Anxiety in the Dental Office

Many of us, dentists included, have a fear of going to the dentist. In reality, almost all dental procedures do not hurt due to the use of local anesthetics (often referred to as Novocaine). Typically this anxiety is primarily related to fear of having a procedure performed, fear of possible pain during the procedure or flat out phobia of getting numb (“the dreaded injection”). Fortunately, there are a variety of ways in which these fears can be addressed so that the visit is not only pain free, but non-anxiety producing. Different forms of sedation can be provided to the patient based on their needs and the level of training certification of the doctor. In addition, more advanced levels of sedation require state permitting of the treatment facility. Below is a list of commonly used modalities to help manage dental anxiety.

### Nitrous Oxide (“Laughing Gas”)

This form of therapy is administered in the office and usually has a fairly rapid onset. A combination of oxygen and nitrous oxide are delivered as the patient breathes in and out. The gas is delivered through a small mask placed over the nose. Typically this treatment allows the patient to relax as the procedure is performed. When the procedure is completed, oxygen alone is delivered in the mask to flush out the “laughing gas” and return you to a normal state. In most cases, you may drive yourself to and from the appointment when nitrous oxide is utilized.

### Oral Sedation (Prescription Medications)

Another form of therapy is the use of prescription medications taken prior to and during the appointment. Typically medications such as benzodiazepines (i.e. – Valium, Xanax, Ativan), antihistamines (i.e. – Benadryl, Vistaril) and narcotics (i.e. – Demerol) are prescribed based on the needs of the patient. Using these medications in combination



requires special training and permitting by the doctor. In the majority of the cases, this form of sedation is used to provide minimal sedation or the relief of anxiety. Depending on the dosing, needs of the patient and doctor's training, this form of treatment can be used to provide a deeper level of sedation than simply a reduction of anxiety. The sedation in this case is provided to relax the patient and local anesthetics (“Novocaine”) are also used so the procedure is pain free. A driver is typically needed when oral sedation is provided due to the effect of the medications on your reflexes (similar to alcohol).

### Conscious Sedation (Prescription Medications or “Twilight Sleep”)

Conscious Sedation is a form of sedation that relaxes a patient beyond simple relief of anxiety. As the name implies, you are still conscious, but are typically more drowsy and forgetful of your surroundings. The level of relaxation can range from mild to moderate based on the dosing of the medication. In many cases, this type of sedation is provided via an IV similar to “twilight sleep” provided for other types of procedures. Special training and permitting is required to provide patients this safe and effective method of sedation. Often patients do not remember much of the procedure after it has been completed. A benefit of this type of therapy is

that when administered by IV, the medications can be given drip by drip so that the sedation can be titrated to each patient's exact needs. Conscious Sedation can be achieved by the use of prescription pills alone, but the exact control as seen with the IV is not possible as each patient digests and absorbs oral medications differently. A driver is needed when this type of sedation is utilized and local anesthetics (“Novocaine”) are used to provide a pain free procedure.

### Deep Sedation / General Anesthesia

This form of sedation allows for a depressed state of consciousness and can be achieved with the use of IV, inhalation gases or prescription pills. In this situation, your reflexes are diminished. This type of treatment is typically used in specific situations and not for the majority of dental procedures. Special permitting is required to perform Deep Sedation and a driver is needed.

The fear of seeing the dentist can become paralyzing and causes many not to seek the treatment they truly need. Unfortunately, what may be a simple problem can become much more involved, painful and costly if left untreated. Sedation techniques which are safe and effective can make seeking the treatment you need not only bearable, but possibly even pleasant (I know it seems impossible, but it is true).

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 Periowave 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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# FIXING YOUR GUT



By Linda A. Kiley, MD

The more we learn about our bodies and physiology, the more we come to appreciate the importance of intestinal health in maintaining good health everywhere. The organisms that live in our intestines have a tremendous effect on our overall health, well-being, and state of mind. It is common for my patients who are experiencing problems with their bladders or having abdominal or pelvic pain to complain of either chronic constipation, diarrhea, bloating, or some combination. I have a separate handout on constipation that I give to my patients. Maintaining health in the gut involves more than just taking probiotics or supplements. It is critical to feed the healthy organisms and starve the harmful ones in order to achieve maximum wellbeing. Every individual has a different intestinal microbiome (my-kro-by-ohm) which will determine what types of foods are likely to be tolerated as well as a number of other important health parameters. We'll go over how to make proper choices to feed the good colonizers and reduce numbers of the irritating, agitating colonizers.

**Step 1:** Eliminate the toxic foods and liquids from your diet. Good eating and drinking habits are critical in maintaining happy intestinal flora. Sometimes food sensitivities can be present but may not be obvious. Having a stool test to reveal the gut microbiome and ideal foods for an individual may be helpful. We have lab companies we work with to send test kits out to your home for a reasonable cost that will test your blood for food sensitivity and/or stool for the organisms living in your gut and give you some idea of what might be best for you to emphasize or avoid.

**Universally unhealthy:** Artificial sweeteners, carbonated beverages, processed foods, "fast" foods, most store-bought juices (they are mostly sugar), most "sports" drinks, overly sweetened foods. Lose all of these from your diet! This includes many prepared teas and coffees and snack foods.

**Variably unhealthy/best to limit:** Dairy, factory farmed meats, fried foods, seafood (due to contaminants like mercury), high glycemic index/starchy "white" foods. Again, this may be individualized through food sensitivity testing.

**Emphasize:** Fresh, preferably locally grown (when possible) vegetables and fruits. Try to get one food of every color in your diet each day. Check out the "Clean 15 and Dirty Dozen" lists of foods. Clean water. If you must have something in your water to flavor it, try getting a bag of frozen mixed fruits/berries and lining the bottom of a pitcher with the frozen items, then fill the pitcher with fresh water and place in the refrigerator. That will give the water a bit of "flavor" without using a lot of artificial flavorings and contaminants. Plant based proteins and



nutrients, particularly coming from fresh sources, provide your gut with the best possible environment and help the most healthy organisms to thrive. This list includes "prebiotics", not to be mistaken for probiotics which are strains of a few bacteria used to repopulate the intestine with some select strains of bacteria. A normal intestine has hundreds or thousands of organisms and having diversity is healthy.

**Step 2:** Move your body. You need to exercise every day. This needn't involve going to the gym for a major workout, a nice long walk may be enough. Pool exercise, walking, jogging, yoga or Pilates, functional fitness training, martial arts, tennis, or other sports are all options. If you are unable to engage in anything other than moving your arms and legs and torso, even if you are unable to walk, you may be able to move your body to help the blood circulate, get oxygen flowing to your cells, and release the toxins as well as the tension from everyday living. Some form of exercise is necessary every day for optimal health. Find yours and stay with it. Your gut will function much better if you are getting movement nutrition as well.

**Step 3:** Get some mental and physical rest. A meditation or mindfulness practice can be very helpful in eliminating spasm and promoting better body function. Adequate sleep is important for maintaining health including gut health. If you have difficulties with sleep, be certain there are no underlying disorders creating a bigger problem. A sleep specialist can be helpful in this situation as well.

**Step 4:** Consider a gut peptide such as BPC157 (500mcg per day up to 1500mcg per day for severe cases) for a few months to help restore balance.

If you are doing all of these things perfectly, can go back to Step 1 and be assured you are doing everything

right, and are still having problems, then additional evaluation is important. There are many conditions that can cause problems, including infections, medications, food sensitivities, toxins, autoimmune disorders, among others. The complex interplay between what we ingest and how we manifest symptoms can make it difficult to figure out, but starting with an elimination diet may also be helpful.

## Food Sensitivities:

More people are developing food sensitivities, probably due to the environmental impact of organophosphates and other contaminants that are able to bind to molecules in different foods and create an immune response. Whatever the reason, food sensitivities are likely the cause of many chronic ailments, and data have shown that eliminating foods that create an undesirable immune response in an individual can result in a remarkable improvement in health and vitality. In my practice, I encourage patients having multiple chronic complaints which could include bloating, fatigue, skin rashes, muscle aches, recurrent infections, headaches, or sinus problems to explore testing for food and environmental sensitivities. A small change with an elimination diet tailored to the individual's needs can make a huge difference in overall health and well-being. I have a nutrition and fitness counsellor in my office who is able to create a custom diet plan to include balanced meals eliminating foods or food groups that create an undesirable immune reaction in my patients. Very often, this is a critical step in re-establishing health and achieving goals such as better sleep, weight loss, improved energy, as well as clearer thinking and better immune function.

In summary, the gut is a primary force in our bodies for keeping us well and for allowing us to become ill. Food really is medicine, but like medicine, it must be appropriate to the individual. For more information contact Ultra Health & Wellness at **561-671-0041**.



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# Common Myths About Your Eyes

By David A. Goldman MD

**J**ust because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

## Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

## Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

## Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eye-glasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

## Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

## Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



## 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 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

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But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers

It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**
- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

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