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MAGAZINE

May 2022

South Palm Beach Edition - Monthly

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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.

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CALLING ALL CROWNS! NOT THE ROYALS



Porcelain crowns have been used to restore, protect, and cosmetically enhance teeth since before the Queen was a tot. Unlike its namesake, crown technology, improved tremendously since the abandonment of methods using precious metals like gold or silver in favor of more life-like porcelain material. Today, most crowns are made from solid Zirconia, that not only look beautiful, but to endure the pressures of daily chewing or biting. While crowns are often utilized as restorations for missing teeth, they're also commonly used to as a cap, or, "jacket" over a jeopardized, but still-viable tooth. Here are three situations where a crown could improve a tooth's form and function.



Traumatized teeth. A significant blow to the face or mouth could generate enough force to chip away or fracture a significant amount of structure from a tooth. If the root remains healthy and firmly attached within the jaw, a crown can replace the missing structure and restore the tooth's function and appearance.



Root canal treatments. Root canal treatments remove infected or dead tissue within a tooth's pulp chamber, its inner core, and the root canals. The procedure rescues the tooth but, may in the process, significantly alter the tooth's structure and appearance. A crown not only restores the tooth but also provides added protection against further decay or tooth fracture.

Teeth with multiple fillings. We can effectively treat cavities caused by tooth decay by filling them. But with each filling, we must remove more of the decayed structure and shape the cavity to accommodate the filling. After a number of times, a tooth may not have enough structure left to support another fill. If the tooth is still viable, a crown could solve this dilemma.



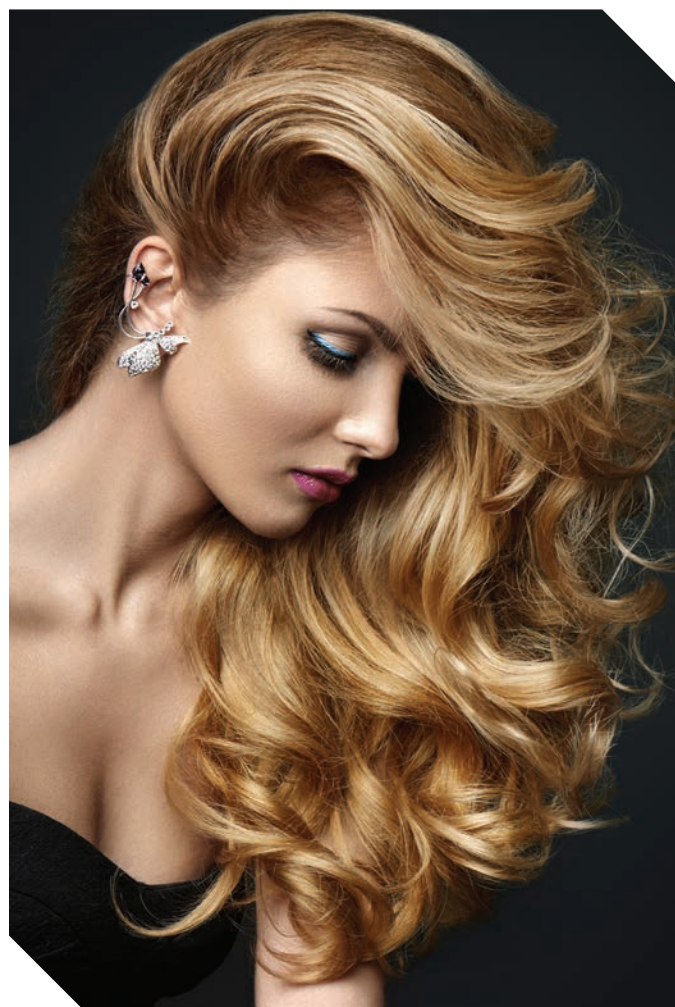
Dr. Forrest is the Clinical Director of **5th Avenue DENTAL**. For 20 years, Dr. Forrest has been one of Florida's leading dentists treating some of the most challenging cases. Using a multi-specialist approach, his team is composed of four advanced trained dentists who focus on general, cosmetic, orthodontic, and implant dentistry. His team, 5th Avenue DENTAL is located here in Boca Raton in the 5th Avenue Plaza on Federal Highway. They are located next to Living Green and CVS.



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GROW YOUR HAIR LIKE A GODDESS

by Alan J. Bauman, MD, ABHRS

thought of as “thinning” or “shedding,” not “balding,” and it’s uncommon for women to go completely bald. Sometimes women see less volume or less coverage like a widening partline or they notice their ponytail is smaller in diameter. However, no matter what you call it, hair loss is usually most distressing to a woman.

Hair loss in women can often be caused by heredity. It may also be exacerbated by changes in hormones (most commonly after menopause), advancing age, stress, medications, poor sleep, or nutritional issues. A woman can lose up to 50 percent of her hair before it’s noticeable to the naked eye.

The good news is that we offer a number of effective treatments designed to get a woman’s hair growth back on track.

We recommend starting with a hair measurement using our HairCheck™ or HairMetrix™ system. These non-invasive tools accurately measure hair loss, hair growth and hair breakage. They also determine the amount and quality of hair growing on the scalp. Once we have the big picture of what’s going on we can pinpoint how to best help you achieve the results you seek.

If you’re on a hair regrowth treatment, these measurements can scientifically verify benefits over time long before they’re noticeable in the mirror—so you know if you’re on the right track.

Here’s a quick overview of some of our many treatment options:

HAIR AND SCALP PRODUCTS

• Boost Shampoo and Boost Conditioner (Sulfate-free and color-safe)

Best for thinning hair and appropriate for everyday use with powerhouse ingredients including saw palmetto, green tea extract, Procapil (DHT inhibitor), caffeine (hair growth stimulator), Apiscalp (patented ingredient from celery that fights dandruff, itching, dryness) and more.

• Soothe Shampoo and Soothe Conditioner (Sulfate-free and color-safe)

Best for people with irritated or dry scalps, appropriate for everyday use with CBD (a moisturizer and anti-

inflammatory that reduces scalp sensitivity and irritation), Procapil® (reduces DHT level and increases blood flow), ceramides (keeps moisture in hair fibers) and 12 essential oils (anti-inflammatory, moisturizing, anti-microbial and soothing).

BAUMANMD NUTRACEUTICALS

Nutra-Team Bauman offers a superb line of proprietary nutritional supplements to help anyone experiencing hair loss or thinning or who just wants thicker-looking hair. Here are a few of the most popular:

• The Recruiter™

This special blend of probiotic, plant extract, and Vitamin D3 promotes the release of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress). It increases the number of circulating stem cells in your body to promote hair growth and overall health.

• The Good Guys™

This hair probiotic complex infuses the gut with elements needed to optimize the digestive process and maximize overall health and wellness. It supports a robust scalp and strengthens follicles for optimal hair growth.



Dr. Bauman recommends the new BaumanMD In-Shower Trichology System: Boost DHT-Control Shampoo & Conditioner for hair regrowth and Soothe CBD-Infusion Shampoo & Conditioner to alleviate scalp inflammation.

Ah, May.

Everyone knows it’s the month when we celebrate mothers around the world. But have you ever wondered where the word “May” comes from? It’s believed to be an adaptation of a Greek goddess’s name, “Maius,” who was known as the “goddess of growth.”

How appropriate for us at Bauman Medical! So I decided to use the Mother’s Day month to talk to you about women’s hair loss (and hair growth). Maius would be delighted.

Hair loss is more often associated with men than women, but you might be surprised to learn that *40-50 million women in this country have some sort of hair loss.*

Women’s hair loss typically presents itself differently than men’s hair loss.

Men commonly suffer from what’s known as male pattern baldness. It affects half of all men after age 50 but can start as early as puberty. Men’s hair loss generally starts at the front of the head, causing a receding hairline, and may eventually result in baldness.

Female hair loss typically doesn’t occur at the frontal hairline but is more diffuse. A woman’s hair may be



Dr. Bauman has created Nutra-Team Bauman, a team of hair-healthy supplements that work together in a dynamic way because he believes that hair grows best when your system is balanced.

• The Bodyguard™

A unique blend of herbs and mushrooms, The Bodyguard™ supports a healthy immune system and defends against environmental toxins. Scientific research confirms the benefits of the formula's immune-enhancing herbs, together with fungi, which include Asian mushrooms.

• A-List Hair Vitamin Complex™

It's called our "strategic supplement" because it's compounded with top-tier ingredients shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, promote collagen renewal for hair, skin hydration and wound healing.

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• PRP (Platelet-Rich Plasma)

PRP is a comfortable in-office procedure that takes about an hour with no recovery time, downtime, or discomfort. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia to strengthen hair follicles.

• PDOgro™

PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. PDO threads placed into the scalp have been shown to stimulate hair regrowth. This procedure helps make PRP even more effective and longer-lasting.

LEARN MORE

We know that hair loss can be particularly upsetting for goddesses, and we're happy to help you determine how to give yourself or someone else the gift of growth. Don't wait another day to find out about all we have to offer the woman who wants to restore her hair to its former glory.

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 at **www.baumanmedical.com**.



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 33,000 patients, has performed more than 10,000 hair transplant procedures and over 10,000 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 6th consecutive year, "Top Hair Restoration Surgeon of the Decade", and received the 2022 "Lifetime Achievement Award in Hair Restoration". He was also recognized by Forbes as one of "10 CEOs Transforming Healthcare in America."



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WHAT DO HAIR TRANSPLANT CREDENTIALS MEAN?

I know I'm not the only hair restoration surgeon you'll discover in your research, but I believe I'm one of the most well-qualified and experienced ones you'll encounter. Before choosing someone for this important decision, I encourage you to only settle for someone who meets all of these credentials

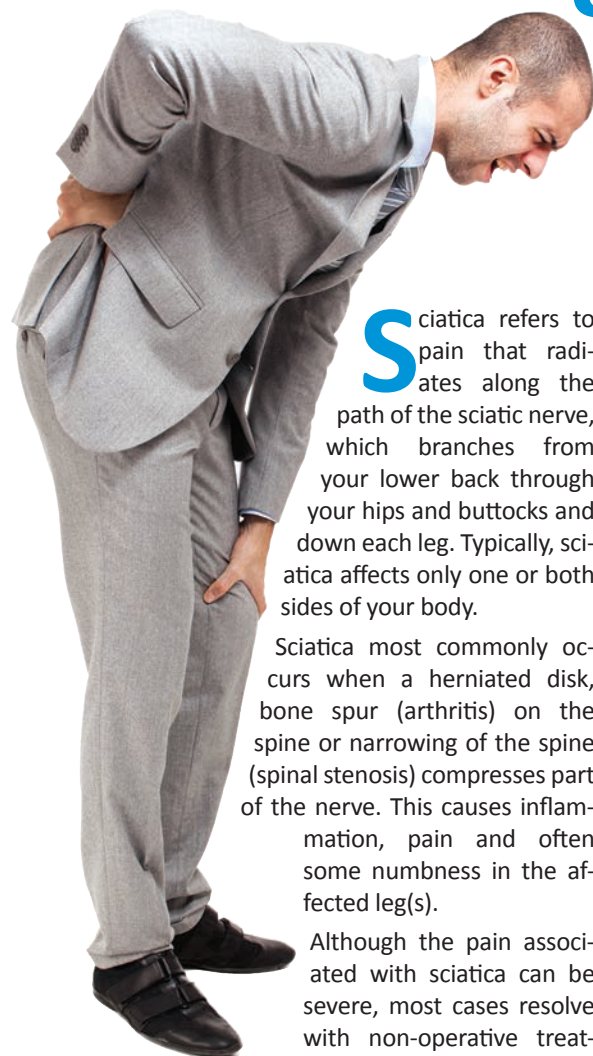
- Certification from ABHRS - American Board of Hair Restoration Surgery. After more than 20 years, only approximately 200 doctors worldwide have received this certification through a rigorous written and oral board examination process. It is the only recognized certification in the field of Hair Restoration Surgery.
- A fellow of the International Society of Hair Restoration Surgery (FISHRS). 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.
- Membership in the International Alliance of Hair Restoration Surgeons (IAHRS). 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.
- Membership in the American Hair Loss Association (AHLA). 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.

Pain Management for Sciatica

SCIATICA TREATMENT



By Aaron Rosenblatt, MD



Sciatica 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."

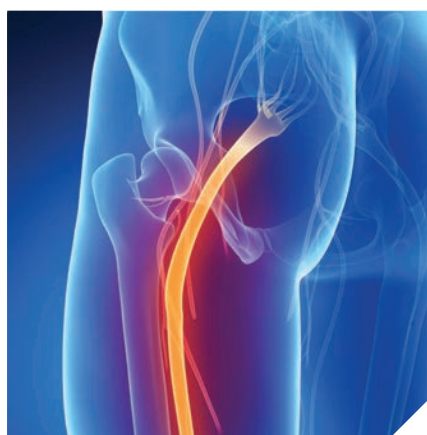
In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 17 years with great success. Please look forward to more articles 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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TESTICULAR CANCER

Testicular cancer is rarely in the news, but it's a health topic that all men, especially younger men, need to be aware of. Like many cancers, the sooner testicular cancer is detected, the easier it is to treat, and the cure rate for this form of cancer is extremely high -- greater than 95 percent.

The American Cancer Society estimates that nearly 10,000 males will be diagnosed with testicular cancer in the United States this year. About 1 in 260 American men will develop testicular cancer in their lifetimes. While it can occur at any age, including during childhood, it is the most common cancer in men between ages 20 and 35. White males are more likely to develop this form of cancer than black or Asian-American males.

A closer look

The testicles are two walnut-shaped glands inside the scrotum (the sac of skin that lies below the penis) that produce sperm and the hormone testosterone.

Cancer occurs when healthy germ cells in a testicle develop abnormalities that continue dividing and accumulate until they form a mass. Little is known about what causes this to occur. Although cancerous cells can develop in both testicles, it is rare.

Symptoms & Risk Factors

Most often, a lump or swelling on the testicle is the first symptom; however, some testicular cancers might not cause symptoms until they've reached an advanced stage. Other signs to look for include:

- Swelling or a sudden build-up of fluid in the scrotum
- Feeling of heaviness in the scrotum
- Dull ache, pain or discomfort in the groin, lower abdomen, scrotum or a testicle
- A change in testicle size

Scientists aren't sure what causes testicular cancer and have found few risk factors that make someone more likely to develop it.

However, the American Cancer Society advises that one of the main risk factors is an undescended testicle. This condition occurs when one or both testicles fail to move from the abdomen into the scrotum before birth. In about three percent of boys, the testicles do not descend all the way into the scrotum before birth; sometimes, one or both testicles remain in the abdomen. Other times, the testicles start to descend, but stay in the groin. If the testicle hasn't descended by the child's first birthday, it probably isn't going to do it on its own, and surgery may be recommended to move it. Physicians have concluded that there is likely another factor that leads to both testicular cancer and abnormal position of the testicles, but the condition alone doesn't actually cause testicular cancer.



A prior germ cell tumor in one or both testicles, an HIV infection or a family history may also increase the chances of developing testicular cancer.

Diagnosis & Treatment

Testicular cancer is usually diagnosed after a lump or other change in a testicle is detected. An ultrasound will more clearly show whether cancer is evident. (Biopsies, which remove small amounts of tissue using a needle or medical tool, are not performed on testicles because the procedure could penetrate the testicle, making it more difficult to treat a cancer, if found.)

Surgery to remove the testicle, called orchiectomy, is the most common and successful initial treatment. Some patients may need additional treatment with chemotherapy or radiation to kill any remaining cancer cells, or if tumors have spread to other areas of the body.

Detection the Best Prevention

Because there is no way to prevent testicular cancer, early detection is important.

Examination of the testicles is often performed during annual physicals and routine wellness checks. Many doctors agree that regular self-checks after puberty are a good idea to help individuals become familiar with their own anatomy, so they will be better able to recognize any changes. Talk with your health care provider for guidance. Instructions for performing a self-examination of testicles can be found on the American Cancer Society website at www.cancer.org.

Notify your doctor if you notice any changes, such as lumps, nodules or an increase or decrease in testicle size, or if you experience any persistent pain in your groin or abdomen.

Doctors report that many men delay reporting concerns with their genitalia due to fears about potential impacts on sexuality or fertility, which are largely unfounded. Health professionals emphasize that swift evaluation and diagnosis greatly increase the chances of successful treatment and the opportunity to continue living life to its fullest.

World-Class Cancer Treatment Close to Home

About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute (FCS) offers patients access to more clinical trials than any private oncology practice in Florida. In the past four years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists' participation.* Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

Founded in 1984, Florida Cancer Specialists has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



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The Next Generation of Anti-Aging Has Arrived



Mmeet the BBL Hero, the next-gen of BroadBand Light Therapy. The BBL Hero is an FDA-approved skin rejuvenation light-based treatment that can correct signs of aging and sun damage, control active acne, minimize the appearance of scars, and reduce unwanted hair anywhere on the body. BBL Hero device allows for the rapid and comfortable treatment of large body areas while reducing common risks of traditional IPLs. The BBL Hero in-motion handheld device is 4 times faster than previous devices, and is ideal for large area and whole body treatments.



This non-invasive anti-aging technology turns back the hands of time by targeting pigment in the treatment area to deliver clearer, firmer, and more youthful-looking skin.

Due to aging, sun exposure, environmental toxins like pollution, and harsh cleansers, many of us find that our skin has become wrinkled, dull, and has a prematurely aged look. Thankfully, BBL Hero treatments allow us to effectively treat and correct a multitude of common skin concerns, from fine lines and wrinkles to redness, and even age spots. Think of BBL Hero BroadBand Light Therapy as a one-stop treatment for aging or damaged skin – this advanced light-based treatment can improve it all.



Known as the next generation in IPL therapy, BBL Hero treatments send short pulses of high-intensity laser light energy deep into the skin to produce younger and smoother-looking skin that is firmer and has noticeable improvements in texture and tone. Requiring little to no downtime and offering dramatic results, this skin-rejuvenating anti-aging treatment might feel like magic but it's just advanced state-of-the-art science.

Benefits of BBL Hero Treatments

BBL Hero treatments are the beauty and cosmetic surgery industry's best kept secret and can be performed anywhere on the face and body. BBL Hero offers several wavelengths to target and treat a wide variety of skin types and skin conditions. BBL Hero is an ideal treatment for common skin conditions and can achieve numerous benefits in treated areas, such as:

- More youthful-looking skin on the face and body
- Reversal of sun damage
- Reduction of fine lines and wrinkles
- Elimination of redness, including rosacea
- Increased collagen production
- Even skin tone and discoloration
- Improved skin texture
- Correction of pigmentation issues
- Removal of hyperpigmentation such as sun spots, age spots, brown spots, and dark spots
- Elimination of pigmented lesions and/or vascular lesions

How Does BBL Hero Work?

Your provider will begin by applying a small amount of ultrasound gel to the treatment area and then use a BBL Hero hand piece to gently deliver photothermal light energy to heat the top layers of skin. This heat stimulates new collagen growth in your skin cells, restoring your skin to a more youthful-looking appearance that is firmer and more even, eliminating dark pigment and targeting small blood vessels that create redness, such as broken capillaries.

How many BBL Hero treatment sessions will I need?

Your treatment plan will be customized to your needs, including the number of treatments required to meet your cosmetic goals. We generally recommend that patients have three to four treatments per year to achieve optimal results.

Does BBL Hero hurt?

No, your provider will do everything possible to ensure your comfort during your appointment. While patients may experience a slight warming of the skin, this subsides in 30-60 min. BBL Hero's advanced cooling features mean that you can expect little to no discomfort.

Schedule A Consultation For BBL Hero

If you are interested in revitalizing dull or aging skin, or would like to restore a flawless complexion, contact us today to schedule a consultation for BBL. We'd love to develop a custom treatment plan to achieve your cosmetic goals.



Medical Director, Daniela Dadurian M.D.

* Board Certified Anti- Aging Medicine

* Board Certified Laser Surgery

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

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



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SENIORS AGING IN PLACE

For 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
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how we can support
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About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

If we were to walk across the fields in summertime to some undisturbed spot and mark off a piece of ground say four feet square then examine this little area minutely, we would find an astonishing variety of life. There would be many species of plants; possibly a mouse's nest, and other small creatures. Then resorting to a microscope, we would observe an incredible host of microorganisms functioning in association with the larger life forms.

In that little square of ground we would have seen an interdependent community of life in which

birth and death were continuously taking place and in which diverse life forms were sheltering and nourishing one another. Written in the rocks beneath was a story of a similar process going back through eons of time.

Humankind is part of the ongoing community of nature, on a world scale, subject to the same cycle of birth and death which governs all other creatures and, like them, totally dependent on other life. Sometimes we tend to forget this. Birth and death are as natural for us as for the myriad of creatures in that little square of ground.



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IS ANXIETY CAUSING DEPRESSION OR THE OTHER WAY AROUND???

WE ARE APPROACHING SUMMER AND IT'S MY ABSOLUTE FAVORITE TIME OF YEAR. MY FAMILY IS HEALTHY AND HAPPY, I HAVE NOTHING TO COMPLAIN ABOUT AND LIFE IS GOOD....RIGHT? WRONG! WHY DO I HAVE THIS ANXIOUS, STRESSED OUT, OVERWHELMED, IMPENDING DOOM, DEPRESSED FEELING? I BLAME IT ON THE WEATHER, ALLERGIES, THE CURRENT STATE OF THE WORLD. BUT HONESTLY, I KNOW THAT THERE IS NO GOOD REASON FOR IT, SO I MUST BE LOSING IT? I'M WRONG AGAIN. I HAVE A DEPRESSION AND/OR ANXIETY PATTERN IN MY BRAIN.



Why do depression and anxiety go hand in hand? Why did my doctor recommend an anti-depressant for my anxiety? These are 2 different things, aren't they? So, why do I feel both of them at the same time? And will it all just go away if I have less stress in my life?

The Merriam-Webster Dictionary defines **anxiety**: (1): apprehensive uneasiness or nervousness usually over an impending or anticipated ill: a state of being anxious (2): an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it: mentally distressing concern or interest.

So, in layman's terms, anxiety is stress that won't go away, it takes an ugly turn to "negative and fear town", and indicates that the "rest and relax"

response from the parasympathetic nervous system isn't there.

What we see in the brain is similar but a little more simply stated. Stress is an event in our life that causes our brain to initiate a calming response and anxiety is a neuron pattern in the brain that impedes the calming response. An anxiety pattern in the brain is typically inherited, although still possible to change. This anxiety pattern can be triggered by major stresses, no stresses or by very minor stresses, thus making it an issue for all ages, even young children.

Anxiety manifests in many different ways such as:

- excessive worrying
- nagging sense of fear
- restlessness
- overly emotional
- negative thinking

- catastrophizing
- defensiveness
- poor sleep
- irritability
- Lack of concentration
- feeling overwhelmed
- fatigue/exhaustion

Depression as defined by the American Psychiatric Association is a common and serious illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

Often, we will describe depression as a "low" feeling where we just cannot "get happy". Other times we notice feeling irritable, angry, or overreacting to events, again not able to feel "happy".

Depression symptoms can vary from mild to severe and can include:

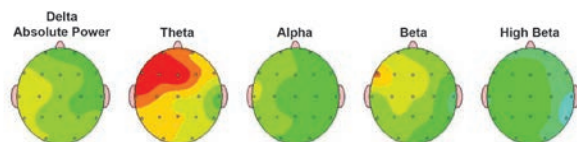
- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

As you can see, there is an overlap in the diagnosis of Depression and Anxiety because there is an overlap in the symptoms of Anxiety and Depression as well as an overlap in how you feel.

In Neurofeedback we can see this in neuron firing patterns. For example, an excessive Theta (Slow firing neurons) firing pattern in the left frontal lobe can cause major depression:

Whereas a slow firing pattern in the center of the frontal lobe can cause an anxiety firing pattern:

Here's a **DEPRESSION** example:



It is suffice to say that this is why there's an overlap in medication treatment as well.

Regardless of the diagnosis, Neurofeedback helps change and balance these neuron patterns so that the symptoms improve and the brain and body function better.

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. Neurofeedback is a type of exercise for your brain. It allows 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”.

WHAT RESULTS SHOULD I EXPECT TO SEE AND HOW LONG BEFORE I SEE THEM?

As every brain is different, every response is different as well. Typically adults will notice feeling symptom relief within 10 sessions and notice things like being calmer, happier, sleeping better,

less panic, less worrying, more relaxed and able to enjoy life. Treatments are individualized and as no two brains are alike, no two treatment plans are alike. We will evaluate your symptoms and how your brain is functioning to customize training for you. All you have to do is call our office to make the appointment!

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation. Call, email or text message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. Call/text **(561) 206-2706**, e-mail us at info@bocabraincenter.com, or visit our website at 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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TubcuT® Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



Wisdom 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®.

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All the Rage with Celebrities, The Vampire Facelift and Facial Can Give You Your Youthful Appearance Back

As we age skin can become dull, lose elasticity and droop. There are of course surgical options and hyaluronic acid fillers, but the procedures that are topping everyone's wish list are the Vampire facelift and the vampire facial.

Naturally found in your blood, platelets are a rich source of proteins called growth factors, which promote healing and regeneration. Platelet-rich plasma (PRP) contains a higher concentration of platelets than the amount normally found in your blood. To create PRP a sample of your blood is drawn and placed in a centrifuge, which separates out the platelets. These concentrated platelets are recombined with your blood plasma to make PRP. Platelet Rich Plasma (PRP) is then reinjected into the problem areas.

PRP injections are an alternative to Botox and fillers. Platelet Rich Plasma is taken from the patient's own blood, spun down and reintroduced into the face just like a filler to create and stimulate your body's own growth factors. PRP produces collagen, hyaluronic acid, elastin, and plumps the skin. PRP injections with the vampire facelift maintain the facial contours of the natural look of the patient.

With just four to six PRP treatments over a two to four-week period, patients are seeing results that last for up to 2 years, so over the long-term, it's very cost effective and 100% safe. You don't have to be concerned about toxins or chemicals with your own PRP.



Vampire Facelift

For the "facelift", the PRP is injected into various areas of the face to create a plumping effect. The procedure is safe because it's utilizing the patient's own blood and it's free of toxins. The body begins to "repair" itself and regenerates collagen, elastin and healing properties, which create a youthful appearance.

Vampire Facial

The facial works in much the same way as the "facelift", but with tiny perforations in the skin as opposed to injections. The tiny perforations allow the PRP to penetrate into the dermal layers, and the results continuously improve the glow of the skin within two to three months. Many patients report plumped skin, a brighter complexion and seeing less noticeable dark circles.

Bring out your inner beauty naturally. Your beauty will be revived with a natural face shape, increased collagen, smoother skin, increased blood flow, youthful glow, and a younger appearance.

The O-Shot

Non-surgical procedure to treat sexual dysfunction and improve orgasms in women.

P-Shot®

Penile rejuvenation for peyronie's disease & erectile dysfunction.

Vampire Breast Lift

The Vampire Breast Lift is a non-surgical way of enhancing the breasts, and giving them a lift, without causing the downtime and pain that implants or even a standard breast lift would involve. It can give fullness, lift and enhance cleavage.

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.

Headquartered in Naples, FL, Aesthetic Treatment Centers is located in the Advanced Medical Building at 720 Goodlette-Frank Road, Suite 300 Naples, Florida.

Mindy and Kathy



To find out more about their procedures and expertise, please call 239-322-3790 for an appointment, or visit them online at atcnaples.com.

BEDROOM

problems & answers

There may be nothing on the planet men want to talk about less than an erection problem, but if your partner is one of the estimated 30 million men affected by erectile dysfunction, encouraging him to open up about it may make him – and you – happier. Men who confided in their spouses and close friends about their sexual issues were less stressed than those didn't, according to research from Oregon State University.

The finding just goes to show that impotence, of maintaining a healthy relationship while finding the treatment that will work for you and your partner. The options to treat ED are vast, as specialists in treating ED we offer many options, this is not a one stop fits all practice. Not every case of ED has the same root cause, each person is individual & treatment is just as tailored to be effective.

Why Communication Is Crucial When You Have ED

Men who experience erectile dysfunction may feel inadequate, and it's often a blow to their self-confidence. ED is also tough on partners, and can make them feel unattractive, undesirable, or like they're doing something wrong. It's very important for couples to discuss their feelings, and work together to find a solution.

"There are many very effective options to treat ED, if the treatments you or your partner have tried have been ineffective don't give up. Maintain lines of communication with your partner and let us help you get back in the bedroom with confidence." Encourages Dr. Fletcher at Simply Men's Health in Boca Raton.

Ways Couples Can Stay Intimate

Both partners should be open-minded about finding ways to be intimate while trying to resolve issues surrounding ED. This maintains intimacy and creates a team approach to treating ED. Couples may find new ways they relate sexually & build trust and emotional intimacy.



Be playful with each other. Try to have a light and playful attitude while still being supportive of each other. "Be in the moment and focus on pleasing the other person. Don't worry about what will happen," Dr. Fletcher advises. "Enjoy one another's company & let us work to find the

solution that best works for you & your partner." "There really are so many options for treatment, not every treatment works for every person, but we have an arsenal of effective treatments and will help find the solution for your specific ED challenge"



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Cataract Surgery in 2023: What should you expect?



By David A. Goldman MD

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

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

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

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



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Don't Give Up!

Brent Myers

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

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

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

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

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

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

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

Perseverance reveals a lot about ourselves.

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

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



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

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

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

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

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

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

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