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Health & Wellness[®]

MAGAZINE

July 2022

South Palm Beach Edition - Monthly

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CALLING ALL CROWNS! NOT THE ROYALS

**NEW DRUG JUST APPROVED FOR HAIR
GROWTH SHOULD YOU TRY IT?**

**SKIN REJUVENATION
AT MULTIPLE LEVELS**

**PLATELET-RICH-PLASMA
(PRP) THERAPY FOR
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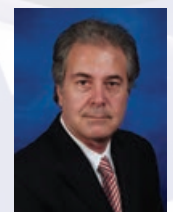
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University Law School 1986
• JD Georgetown University Law School 1983
• MBA University of Michigan 1978
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Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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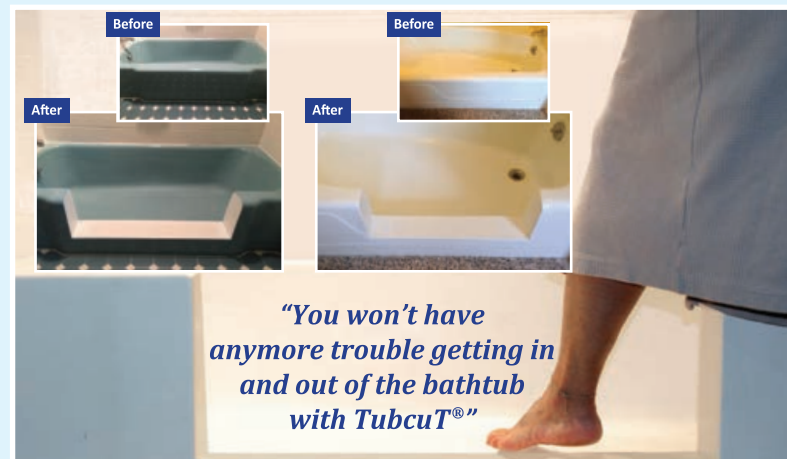
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CALLING ALL CROWNS! NOT THE ROYALS



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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New Drug Just Approved for HAIR GROWTH SHOULD YOU TRY IT?

by Alan J. Bauman, MD, ABHRS

A drug the FDA approved last month can be helpful for regrowing hair in people with a particular type of hair loss called *alopecia areata*. However, it comes with some concerning side effects that every patient should consider carefully.

For years I've been perfecting hair restoration therapies that I know to be safe and effective, which I'll detail below, but let's start by taking a closer look at Oluminant (baricitinib).

Oluminant is now FDA approved to treat severe alopecia areata. Alopecia areata is an autoimmune disease that causes the body to attack hair follicles. This typically results in hair loss that ranges from small coin-sized bald patches on the scalp, or other areas like the beard or eyelashes and eyebrows, to total "whole body" hair loss. This condition can occur in both men and women and affects about 300,000 people in the U.S.

However, the hair loss condition more people are familiar with is androgenic alopecia. This is often referred to as "male pattern baldness," – although women have it, too – and manifests in the hairline, upper region of the temples, extending toward the back over time. Oluminant isn't intended for this condition.

Oluminant was approved after being shown to result in enough hair growth to be deemed "adequate scalp coverage" in between 17 percent and 32 percent of patients (depending on dosage) taking part in two double-blind, randomized, placebo-controlled clinical

trials. Some of the regrowth seen in the clinical trials were downright dramatic.

Though that sounds positive, frankly I'm alarmed about its long list of potentially severe side effects (and so is the FDA). Oluminant is in a class of popular drugs called JAK-inhibitors which have been previously approved for arthritis and ulcerative colitis. They work by reducing the activity of overactive immune systems. FDA Boxed Warnings for the JAK-inhibitors Xeljanz (tofacitinib), Rinvoq (upadacitinib), and Oluminant (baricitinib) include "serious heart-related events, cancer, blood clots and death." I'm also concerned about as-yet unidentified unintended consequences and risks from this long-term, immune modulation therapy.

At Bauman Medical, we're known for applying effective advanced holistic and regenerative medicine-based hair growth treatments aimed at reducing the standard risks and side effects seen with more traditional therapies. Here are a few (but certainly not all) of my favorites for both alopecia areata and androgenetic alopecia.

PRP (Platelet-Rich Plasma): PRP is a comfortable in-office procedure that takes about an hour with no recovery time, downtime, or significant risk. Derived from a small blood sample, platelets are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist.

Note that not all PRP is the same. Our PRP is painless, powerful, and can last a year or more from a single treatment. Bauman Medical has an excellent track record of success using PRP for mild alopecia areata [see photo] as well as androgenetic alopecia.

PDOgro™: Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance

hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp have been shown to stimulate hair regrowth. Typically performed in combination with PRP in a no-downtime "lunch-break" procedure, the threads are comfortably applied into the scalp. They dissolve and are absorbed over time, safely stimulating collagen production, new blood vessel formation, and a release of powerful rejuvenating growth factors.

The PDOgro™ procedure may help prevent or reduce the need for future hair transplantation by stopping, slowing, or reversing hair loss.

100% non-chemical Low-Level Laser Therapy (aka red light therapy or photobiomodulation): Proper and consistent use of medical-grade low-level laser therapy has been scientifically proven to increase blood flow, accelerate healing, reduce inflammation, and promote hair regrowth.

The medical-grade Bauman TURBO LaserCap® is FDA-cleared for hair growth. It's powerful, portable, hands-free, cordless, rechargeable, and fast, requiring only five minutes of treatment per day for improved hair growth at home. It's a drug-free treatment with no risk of side effects.

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We offer a superb line of proprietary nutritional supplements to help anyone experiencing hair loss or thinning, or who just wants thicker-looking hair.

- **The Recruiter™:** This unique 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 is the only supplement scientifically proven to increase the number of circulating stem cells in your body to support hair growth and overall health.
- **The Good Guys™:** This hair probiotic complex supports your gut's microbiome to optimize the digestive process, nutrient absorption, and maximize overall health and wellness. It supports a robust scalp and strengthens follicles for optimal hair growth.



Before and 4 months after PRP for Alopecia Areata by Dr. Alan Bauman



Before and after PDOgro™ by Dr. Alan Bauman

• **The Bodyguard™:** A powerful 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-supporting herbs, together with the fungi, which include Asian mushrooms.

these proven, safe, and non-pharmaceutical methods of dealing with hair loss, no matter the cause? It all starts with the proper hair loss diagnosis.

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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 ends, depending on your hereditary sensitivity to DHT.
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding -- all of those put together will determine how quickly you see loss occur, how quickly it progresses, and how long it will occur later in life.
- Because there are hundreds of genetic and external factors that influence hair loss, baldness can skip generations, skip siblings, etc.
- DNA tests (e.g. TrichoTest™) that we offer include a prediction of whether you're likely to experience hereditary hair loss and what treatments will work best for you based on your unique DNA.

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, VIPIFUE™, 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."

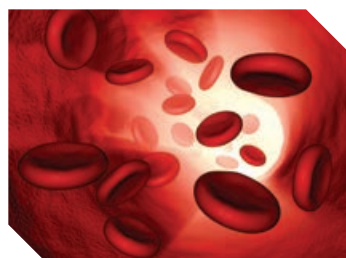


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PLATELET-RICH PLASMA THERAPY, sometimes called PRP therapy, takes advantage of our blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone.

A growing number of people are turning to PRP injections to treat an expanding list of painful conditions and or injuries, including osteoarthritis. It is commonly used for knee arthritis, we also use this method on other joints as well such as shoulders, wrists, sacroiliac, ankles and hips. This is also used to help treat pain from the neck and low back. This can be used to treat disk pain and or arthritic pain from the entire spine.

When treating osteoarthritis with platelet-rich plasma, we inject PRP directly into the affected joint.

The goal is to:

- Reduce pain
- Improve joint function
- Slow, halt and even repair damage to cartilage

Platelet-rich plasma is derived from a sample of the patient's own blood which is easily obtained at their time of the visit. The therapeutic injections contain plasma with a higher concentration of platelets than is found in normal blood. This is also all prepared in the doctor's office.



WHAT IS PLASMA? Plasma refers to the liquid component of blood; it is the medium for red and white blood cells and other material traveling in the blood stream. Plasma is mostly water but also includes proteins, nutrients, glucose, and antibodies, among other components.

WHAT ARE PLATELETS? Like red and white blood cells, platelets are a normal component of blood. Platelets secrete substances called growth factors and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

We use PRP therapy to treat osteoarthritis and also theorize that the platelet-rich plasma:

- Inhibits inflammation and slow down the progression of osteoarthritis
- Stimulates the formation of new cartilage
- Increases the production of natural lubricating fluid in the joint, thereby easing painful joint friction
- Contain proteins that alter a patient's pain receptors and reduce pain sensation

Platelet-rich plasma injections are outpatient procedures. Because the patient's blood must be drawn and prepared for injection, a typical procedure may take anywhere from 45 to 90 minutes.

Whether the patient has a one-time injection or a series of injections spaced over weeks or months is up to the individual patient and doctor. If a series of injections is planned, a doctor may recommend a single blood draw during the first visit and use fresh PRP in the first injection and freezing and thaw the remaining PRP as needed for future injections. However, some experts believe freezing and thawing PRP negatively affects its usefulness and prefer to do a separate blood draw for each PRP injection. Dr. Rosenblatt believes it is safer to take a fresh sample of blood prior to any new injection.

PLATELET-RICH PLASMA INJECTIONS REQUIRE PRECISION

- An experienced physician, like Dr. Rosenblatt, should perform the injections. The use of imaging technology (e.g., fluoroscopic guidance) ensures a precise injection.
- Precision is important because, like viscosupplementation treatments, platelet-rich plasma injections must be made directly into the joint capsule.



By Aaron Rosenblatt, MD

Scientists are still exploring which arthritis patients should be eligible for PRP injections. While nodefinite conclusions can be made, research suggests that PRP injections are appropriate for patients of all ages.

Dr. Rosenblatt explains, "When appropriate, PRP injections are an extremely safe and effective way to help treat the pain of so many different types of individuals. I have used this technique on young athletes and for older patients with joint and or spine pain with great success. It even surprises me sometimes how well this treatment works. It's truly amazing how people with acute or chronic pain and or injuries respond to this treatment."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, individuals have been able to benefit from this technique. People have flown in from all over the United States for this treatment specifically with Dr. Rosenblatt. He has been performing this procedure with great success. Every patient is evaluated by the Dr. Rosenblatt and a comprehensive treatment plan is always made. 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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9 TIPS TO PREVENT ALZHEIMER’S DISEASE

By Nasser Razack, MD, JD

Alzheimer's has a devastating effect that many people take for granted. Let's discuss nine ways to prevent the disease and promote better brain health.

1. Engage in brisk walking for at least 30 minutes five times a week. This can reduce Alzheimer's disease risk by 33%. Vigorous aerobic exercise performed three times weekly for at least 20 minutes can also bring it down to 50%. Quite simply, exercise delivers more oxygen and nutrients to your brain, helps repair damage, and removes toxins.

2. Partake in activities that are interactive and mind-engaging. These include playing challenging games such as chess or bridge. Other activities include learning a new instrument or a new language; you can also partake in a new practice such as yoga. These new and diverse activities allow your brain to grow by forming more neural connections. In a sense, all these are also exercise for the brain.

3. Avoid toxins. For example, midlife smoking can double the rate of dementia. Smoking is a fairly obvious toxin, but we are also constantly barraged by other harmful substances throughout our life without knowing it. Please visit Cosmeticsdatabase.com to find out what toxins may be affecting your health. You can check any product you currently use to determine their toxicity.

4. Engage in social activities. A recent Harvard study demonstrated individuals with at least five strong social ties (people they enjoy spending time with) had a 50% reduced rate of cognitive decline compared to those who were more isolated.

5. Have a purpose and life direction. Researchers at Rush University Medical Center demonstrated that people with the highest level of purpose and direction in life had a 2.4-fold reduced risk of developing dementia. So find your passion, pick a cause that is meaningful to you, and work on it regularly!

6. Relax and rejuvenate. There are different ways to do this including prayer, meditation, exploring nature, reading a book, visiting the spa, getting a massage, doing yoga and other forms of exercise. This is important because the opposite of relaxation is stress which can actually damage your brain.

7. Protect your head to prevent brain injury. Patients with head injuries have 2 to 4 times the rate of developing Alzheimer's disease. For most



people, the highest risk of head injury is while driving, so always wear your seatbelt and avoid texting. People who text behind the wheel increase their risks for accidents by as much as 23 times compared to those who don't. One study demonstrated this was equivalent to driving after having four alcoholic drinks. Head injury is also believed to result in increased inflammation, another factor associated with Alzheimer's disease. Recovery from stroke can also increase brain inflammation, with approximately 30% of stroke survivors unfortunately developing dementia.

8. Reduce inflammation. You can achieve this with a non-inflammatory eating plan such as the Mediterranean diet which favors 7 to 10 servings of fruits and vegetables daily. This diet also includes wild fish twice weekly, plus lots of nuts, almonds, walnuts, beans, and legumes. Additionally, there is a significant social component to this diet as advocates typically interact with each other while they dine.

Researchers also demonstrated that natural substances can reduce inflammation. Neurcumin® is an all-natural supplement which contains many natural agents uniquely formulated to synergistically fight inflammation.

9. Have a positive outlook. A positive mindset offers tremendous protection against Alzheimer's disease. In "The Nun Study", researchers demonstrated nuns who had the highest usage of positive words and emotions in their journals aged better and lived longer, healthier lives. Even more remarkable, these incredible women donated their bodies to science. When their brains were examined after death, the researchers found biomarkers typically associated with Alzheimer's disease (neurofibrillary tangles and beta-amyloid plaques). However, these nuns did not have Alzheimer's disease symptoms. It's as if they derived a neuro-protective effect by maintaining a positive outlook. Further, this is an extremely strong message that we have to reduce any negativity in our lives. Negativity is literally toxic, even deadly.

You can remember all of these preventative measures by simply recalling the acronym, "PREVENT AD".

P	Purpose and life direction
R	Relax and rejuvenate
E	Exercise daily
V	Very positive outlook
E	Engage in social interactions
N	No head injuries
T	Toxin avoidance
A	Activities that stimulate your mind
D	Diet (anti-inflammatory)

It also helps to partner with a prevention-oriented physician. Specifically, find a physician that understands the importance of exercise and nutrition in the prevention of Alzheimer's disease. Notice that this is the last item on the list because everyone must be proactive when it comes to healthcare. No one is more concerned with your health than you are. Partnering with a physician is great but you must be in control of your daily activities which, compounded over time, will either hurt you or help you.

To learn more about Neurcumin® and the prevention of inflammatory diseases such as Alzheimer's disease, stroke and heart attacks, please visit Neurcumin.com. You may also call 727-289-7139 or email us at strokenerd@gmail.com for more information.

available at 



About Nasser Razack, MD, JD
Dr. Razack currently practices as a neurointerventional surgeon in Naples, Florida. He dedicates a significant portion of his practice to educating in the diagnosis, treatment and prevention of stroke. He completed his medical training at the University of Virginia in Charlottesville, Virginia.



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 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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Ensuring our Parents Health Through Medication Compliance

By Dr. David Steinberg, Pharmacist

As the baby boomer generation ages and medications become more numerous, children and family members are charged with caring for the loved ones. This task comes not only with much stress but also with many questions. The questions often



range from “Who will administer the medication when I’m not there?” “Is there a risk of my family member taking too many pills?” “How can I be sure that my family member is taking the same amount of medications he was taking at the long term care facility?” These are just a couple of questions that we get at the pharmacy when we consult with family members and patients. As patients increase the number medications taken along with an increase to the number of physicians, the rise of medications errors is inevitable. Patients rely on family members or homecare givers to ensure compliance. We can do more. Every extra precaution or measure is well worth it when it comes to our family member. Our pharmacy has a unique system to mitigate medication errors such as over-medication and under-medication. We use, what is commonly called in the industry, a “bingo card.” It is becoming the industry gold standard and not only ensures medication compliance but puts the family at ease. It is a unit dose system where the patient’s medications are divided into morning, afternoon, evening and bedtime. Each time slot has its own cell allowing the patient to know if the medicine was taken or not. It eliminates counting pills, filling pillboxes, and remembering doses. As a pharmacist, I hope to reduce common and preventable errors and help everyone live healthier lives. Please call TrustedMedRx with any questions at 561-613-6209 or 855-9EZ-MEDS.

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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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ANYONE CAN SUFFER FROM ANXIETY

NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

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

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

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

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

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

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

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

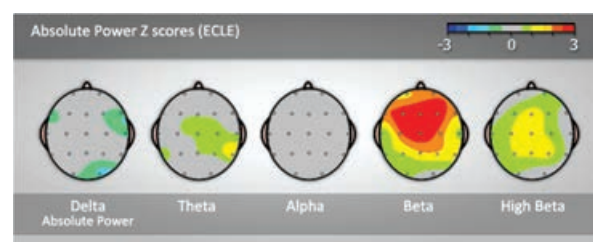


And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

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

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

Here is an example of one type of anxiety pattern. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others.



Very often, we contribute anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional or physical trauma. It's a pattern in the brain that they are born with.

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

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

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

- Continued worry and difficulty handling traumatic events
- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression, suicidal or homicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)
- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes, suspensions or expulsions
- Poor conduct: lying, stealing, violence
- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.

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

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

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

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

WHAT IS NEUROFEEDBACK?

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

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen.

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

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

WHAT IS AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

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

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

WHAT IS AQEEG (QUANTITATIVE EEG) OR BRAIN MAP?

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

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

IS THERE ENOUGH RESEARCH?

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

Look up the work of:

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

Look for specific researched conditions:

<https://www.eeginfo.com>

<https://www.isnr.org>

<http://www.eegspectrum.com>

Print Resources:

Journal of Neurotherapy

Neuroregulation

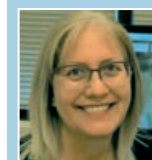
Applied Psychophysiology and Biofeedback

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

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

HOW DO I GET STARTED?

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

At One Day Bath, their goal is to provide simple solutions to everyday problems at an affordable price. Whether you're having a tough time climbing in and out of your bathtub or your 1970s pink tile has seen better days, they have solution to fit just about any budget. Their tub to shower conversion can turn your under-used, outdated tub into a fullyfunctional, safe walk-in shower – accompanied by a beautiful wall liner or ceramic tile. Their signature product is TubCut®, where they like to say, "Why step over your tub when you can walk through it?" They also have an amazing economical tub & tile re-glazing system that can breathe new life into your existing tub and tiles without any construction at all. This is a great product to buy you some time before you're ready for any type of replacement.

Bathrooms can often be a dangerous place because of unforgiving slippery surfaces, or because the height of a traditional tub is difficult to climb over – especially as we age. If you find that you or a loved are struggling getting in and of your tub, it's probably time have a conversation about that and then do something about it. Come and talk to the team at One Day Bath, and we'll discuss products that can help your family avoid injuries and serious accidents in the future.

One Day Bath offers two convenient and budget-friendly options for your tub to walk-in shower conversion, and

both are constructed with your safety in mind. The first is the TubcuT®, which is custom-fit to your tub.

"A lot of people are perplexed about how the TubcuT® works. They think that it goes over the existing tub. Instead, we actually modify your existing bathtub into a walk-in shower. Our crew will cut out a piece from the tub that measures anywhere from 18" to 45" wide, leaving you with a simple four-to-five-inch lip just a like a standard shower pan. There's no ripping out, no mess, no demo and no high expense," says Paul Echavarria, CEO of

One Day Bath. "It turns your existing bathtub into a walk-in shower with no plumbing or construction, and can save you up to 90% of replacement cost. If you're happy with your bathroom but really want to avoid having to climb in and out and want to avoid an accident, then a TubcuT® is for you."

The second option is a traditional tub to shower conversion, where the tub is replaced with a shower pan accompanied by high-grade acrylic wall surround, or you can choose ceramic tile for your surround It's your choice. There are many accessories to choose from, including linear shelving systems, fold-down seats and more. One Day Bath's shower systems are mold and mildew resistant, as well as maintenance free and guaranteed for life. The tub to shower conversion is typically completed in one to two days. The process of working with the One Day Bath team is simple, and gets you into your new tub as soon as possible.

"Our goal is to be a company that will satisfy all of your service needs, and you'll be happy to tell your friends and family how satisfied you are. We will give you general pricing right over the phone with no hesitation, so you know what you're about to get into," says Echavarria. "At One Day Bath, we are very upfront about pricing before you meet with us. This makes sure that the process and pricing works for everyone. And with the TubcuT® and some of our other installs, we don't



ask for a deposit and only charge upon the completion of the project."

To put it simply, One Day Bath offers the simplest and most economical way to revitalize your bath. They also refinish bathtubs, tiles, floors and cabinets to a like-new condition. With their expert Bathtub re-glazing, they can repair all chips, scratches and cracks back to a like-new condition. One big question many people ask about re-glazing is, "Can you change the color?" Yes, One Day Bath can change the glaze to the color of your choice. Re-glazing is an excellent tool to utilize if you don't want to get rid of your tub and tile but are ready to update the color without the expense of a full renovation.

Request a free in-home consultation today, or simply call One Day Bath to talk about your project possibilities.



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ClearLift Offers Numerous Advantages:

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

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

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

References

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

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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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THE CORNEA

By David A. Goldman MD



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

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

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

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

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

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

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

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



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This

was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 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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IT'S HOT EVERYWHERE IN JULY

Brent Myers



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

Is it just me? I doubt it.

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

Wow!! Simple, but so true!

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

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

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

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

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

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

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

Why? Because it's hot everywhere in July.

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