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MAGAZINE

March 2023

South Palm Beach Edition - Monthly

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**A HAIR RESTORATION PRACTICE  
HELPING PATIENTS GET RID OF HAIR?  
HOW BIZARRE!**

**KIDNEY CANCER**

**WHAT ARE ALL-IN-4 IMPLANTS?**

**PLATELET-RICH-PLASMA (PRP)  
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## TRUSTED LAW AMANDA ACHONG, ESQ

- Florida State University
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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

# Revocable Living Trust

## ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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# What are All-on-4 Dental Implants?

## Understanding Advantages & How They Work

If you find yourself in the unfortunate situation of having several missing teeth, you may find that you are experiencing a great deal of frustration and loss of confidence as a result. Missing teeth can be a contributing factor to several other dental health problems and can also have significant effects on your overall well-being. Patients in this situation should take steps to have their missing teeth replaced as soon as possible to ensure that good oral health is maintained and that the overall quality of life is improved. But other than dentures, what are the options for replacing several missing teeth?



While dentures are a tried and true solution for many patients who are missing multiple teeth, they don't always deliver the level of comfort or confidence that leads to complete satisfaction with your treatment. Fortunately, advancements in dental science and technology have led to the development of a better solution for the replacement of multiple teeth that delivers far greater results and many advantages over other treatment options. This solution is known as All-on-4 dental implants.

What are All-on-4 Dental Implants? The All-on-4 system is a combination of different dental methods and technologies that provide a solid and secure connection for the replacement teeth that is much more stable and reliable than traditional methods for affixing dentures, such as simple natural suction or denture adhesives. All-on-4 uses a set of fixed dental implants that are embedded in the patient's jaw in order to provide a firm and solid platform that holds the set of replacement teeth in place. Because of this, All-on-4 are often

also referred to as a type of 'implant supported dentures', although this is a broad term covering other styles of replacement teeth as well.

The dental implants that are used in the All-on-4 treatment procedure are slightly different from a normal dental implant, which is designed to simply replace an individual tooth. The portion of the implant that is affixed inside the bone of the jaw is essentially the same, but the top exposed portion of the implant replaces the artificial tooth of a regular implant with a specialized cap-shaped tip. These four tips are used to provide a physical connection between the jaw and the artificial teeth, which has a matching set of four receptacles on the underside. It's this solid, physical connection between the implants and the new teeth that provides a much more natural feeling for the patient when wearing their teeth, especially when chewing or talking.

The four implants used to provide a secure connection are strategically positioned in the patient's jaw after careful examination and analysis by the dental surgeon to ensure the most effective placement for each implant to achieve the best results. Usually, the most common arrangement for the implants is two near the front of the mouth that are inserted in a nearly vertical alignment. Two more implants are inserted towards the back of the mouth, in the molar area, and are usually placed at a steeper angle to provide greater stability and support thanks to the increased contact with the bone of the jaw. Once the implants are securely in place, the implant supported dentures can be used immediately, providing a fast recovery time and a quick return to your daily life and usual routines.

**What are the Advantages of All-on-4?** The advantages of the All-on-4 method are numerous, both directly related to your oral health and





indirectly as they provide benefits in other areas of your life. Here are some of the key benefits that patients will realize from undergoing the All-on-4 procedure.

**Prevent Bone Loss & Degradation** – One of the most common effects of lost and missing teeth is the degradation of bone in the jaw as a result. The All-on-4 system is effective in minimizing the effect of bone loss since the implants are affixed directly to the jawbone and act in a similar fashion to the roots of natural teeth. The pressure exerted into the jawbone mimics that of natural teeth, encouraging the retention of bone mass and providing strength to the area. Even in patients that have experienced some level of bone loss, the All-on-4 system can still be used. Since the implants provide such a secure connection into the existing jaw bone, there is a substantially reduced likelihood that a bone graft will be needed in order to proceed. By avoiding the need for a bone graft, recovery and treatment timelines are significantly reduced.



**Greater Self Confidence** – Patients who receive All-on-4 treatments end up with a complete set of natural-looking teeth connected securely and comfortably in their mouth, enabling them to enjoy all their favourite foods, and a great variety of food and drink, without worry. Knowing that your teeth will stay in place at all times, patients experience a great boost in their self-confidence as they no longer need to be concerned about situations where loose dentures may be a source of embarrassment.

**Easier Care & Better Hygiene** – Caring for your All-on-4 teeth and implants is easy and follows many of the normal oral care habits that you are already familiar with. Brushing, flossing, using oral rinses, and going for regular dental checkups are all still necessary habits that you need to keep up with. All-on-4 has the added benefit of doing away with the need for any messy or costly adhesives that are commonly required with other traditional styles of dentures. This saves time, hassle, and money in the long run.

**A Permanent Solution** – One of the major benefits that the All-on-4 treatment provides is that the results are permanent, and do not necessitate the frequent fitting sessions that traditional dentures require. Because the All-on-4 system uses a denture that is securely fastened to the mouth via the implants, the connection is not prone to the same problems that result from gum recession, which cause traditional dentures to become loose and uncomfortable over time. All-on-4 provides a permanent solution that results in greater comfort and convenience for the patient.

**Conclusion** – It's important for patients who are missing teeth to understand that the more time that passes before they receive treatment, the more likely they are to risk developing conditions as a result, such as gum recession, bone loss, and other oral health concerns that can become quite serious if left untreated. By taking action early to replace missing teeth, you are investing in your overall health and well-being and will avoid these potential problems in the future. If you are missing several teeth and would like to learn more about what the best treatment options may be for you, we recommend scheduling a free, no-obligation consultation with our team here at 5th Avenue DENTAL. Our staff is professional and friendly, and we will take the time to discuss all your available options, including whether the All-on-4 method is the solution that you've been waiting for. We are happy to answer all your questions on All-on-4, including what you can expect from the treatment and the types of results that other patients have already achieved through this innovative procedure. A full set of natural-looking teeth is assuredly in your future, and with the All-on-4 system, you can be confident that your smile will definitely be back in style!



**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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In the 1960s DC Comics introduced a comic called Bizarro World, featuring a square planet, where everything was opposite. What would be up on Planet Earth was down. A compliment was an insult. Marilyn Monroe was ugly, and people bought investments guaranteed to lose money.

Well, your favorite hair restoration doctor (me) has found himself doing something that would be a perfect fit for a hair restoration practice on Bizarro’s Planet htraE (Earth spelled backwards).

I’m helping folks get rid of hair. Permanently.

Yes, you read that right.

I recently added Laser Hair Removal to my practice because many of my patients—both men and women—got such great results from their hair restoration treatments that they were getting thicker hair in UNWANTED places. This is especially true for certain prescription medications. Many also asked if there was any modern hair removal process that wasn’t fleeting or downright barbaric.

Documented hair removal tools date to at least 3000 BCE, when the first razors were made from seashells. Egyptians are credited with developing sugar-based waxes similar to what’s used today. And all these centuries later we’re still using archaic practices: tweezing, plucking, waxing (all “ouchies”), and goeey, stinky chemicals. Now, those are some practices that would be blockbusters on htraE!

# A Hair Restoration Practice Helping Patients Get Rid of Hair? How Bizarre!

by Alan J. Bauman, MD, ABHRS

The good news is that we aren’t living on htraE, and Bauman Medical offers a truly modern technology for hair removal. It’s called Clarity by Lutronic, the most powerful, multi-purpose laser on the market. The Clarity laser employs a unique, state-of-the-art system that provides real-time feedback during the treatment. This feedback allows us to customize your treatment, providing quick, comfortable, and very effective hair removal. Here are some of the reasons I love it:

- It’s twice as fast as any other laser hair removal system on the market.
- Results are permanent because it targets the melanin in the hair follicles, destroying their roots and preventing regrowth
- It can be used on people of all skin types
- It’s virtually pain-free. (Patients most commonly report feeling a warm or tingling sensation.)

Clarity can remove unwanted hair, including vellus hair, the fine “peach fuzz” that some women experience on their face, from virtually anywhere on your body.

### What are your “trouble spots”?

For women, they’re typically the upper lip, cheeks, bikini area, legs, arms, underarms, and stomach. For men, common spots include the back, chest, neck, and ears.

So if you’ve got some problem hair and you’re tired of tweezing, shaving, waxing, messy creams, or just “living with it”, then I invite you to try laser hair removal with Clarity here at Bauman Medical.

### GROWING MORE OF THE HAIR YOU DO WANT

Now that you know about getting rid of hair, let’s return to Earth and discuss giving you more hair in the place where most people *do* want it (the head).

It starts with improving your scalp health.

Scalp health is one of the most important factors in growing a beautiful, healthy head of hair, yet it’s something most people never think about—you know, *out of sight, out of mind*.

Most people only pay attention to their scalp when a problem crops up that they can’t ignore: dry or oily hair, itchiness, flaking (dandruff) or even sensitivity when you comb or brush. But even if you don’t have those issues, optimizing your scalp health will benefit your hair going forward, because *healthy hair starts with a good foundation*.

That’s why I created SalonB for both men and women. SalonB is where your scalp takes center stage with the following services.

### TRICHOLOGICAL EVALUATION

This 60-minute service consists of an in-depth evaluation of your scalp. It addresses every possible aspect of scalp health including:

- Determining the acid mantle (pH) balance of your scalp
- Sebum production and hydration status (is it too oily, blocking the hydration element? Is it too hydrated, impeding the secretion of oil?)



Before and after Laser Hair Removal by Clarity



- Measuring your scalp’s elasticity
- Microscopic photos to see what’s happening on your scalp (looking for inflammation, dandruff, and other abnormalities like evidence of microorganism overgrowth)
- Asking questions about your lifestyle, health and your stress levels

Your evaluation is followed by an analysis used for formulating a treatment plan and perhaps recommending a Scientific Scalp Makeover™ (see below). You might also receive recommendations of some high-quality hair products that we’ve carefully chosen for you that will help, not hinder, the health of your particular scalp.

Note: Everyone’s scalp is as unique as a thumbprint and can change over time. These recommendations take the guesswork out for you. You won’t encounter this type of hair product customization by speculating on what your scalp issues are and reading labels on over-the-counter products that end up being exactly what you *shouldn’t* be using.

### SCIENTIFIC SCALP MAKEOVER™

Scientific Scalp Makeovers are for everyone, not just for people who had a trichological evaluation. Lots of our patients come just for the chance to relax and rewind with a therapeutic, 90-minute-to-three-hour session in our “head-spa” room.\* We dim the lights and provide a variety of soothing treatments including:

- Aromatherapy treatment
- A customized scalp mask treatment for optimum scalp health and hair beauty
- A deep scalp massage to stimulate and purify the scalp, and increase circulation
- Deep cleansing shampoo
- A customized conditioner or hair mask

\*(Warning: these sessions are so relaxing you may fall asleep).

A scalp makeover is beneficial whether you’ve had a hair transplant, are using our other services, are concerned about your hair quality, or simply enjoy an occasional indulgence.



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

**These sessions are more than an indulgence. They are necessity for people whose hair isn't responding like it used to. Your scalp is skin, too, so treat it like skin.**

Want out-of-this-world results that will make you the opposite of unhappy with your hair?

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Pick up the phone and call us at **561-220-3480** or point your camera at the QR code below. We'll be glad to tell you about the many options we offer, including a private *one-on-one in-person or virtual consultation*.



### GIVE THE GIFT OF A BAUMAN MEDICAL E-GIFT CARD

- With so many options at Bauman Medical, maybe too many for you to choose, you might want to consider one of our e-gift cards instead. These can be applied to any product or service, in-person, remotely, or for purchases in our eStore.
- Here are a few ways of the many ways your e-gift card recipient might want to use it (in addition to what you read about above):
- **Consultations** with Dr. Bauman or Trina Arce, our nurse practitioner
- **Hair transplantation**
- **Trichotest™** (identifies the exact hair loss treatments that will perform best for you based on your genetics)
- **High-density Platelet Rich Plasma (PRP)** “Vampire” hair regrowth therapy
- **Compounded Formula 82F Topical Finasteride + Minoxidil** (designed to reduce the risk of side effects from oral finasteride/Propecia)
- **TED** (TransEpidermal Delivery) Non-invasive technology that uses ultrasonic sound waves and air pressure to enhance the penetration of a specialized topical hair growth serum into the scalp
- **Laser hair removal**
- **Non-surgical 3D-printed hair systems or cranial prostheses**

### 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 12,000 hair transplant procedures and over 12,000 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.

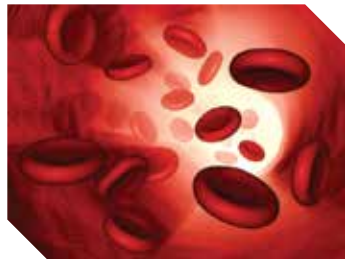
Dr. Bauman was voted “#1 Top Hair Restoration Surgeon” in North America by Aesthetic Everything for the 6th consecutive year, “Top Hair Restoration Surgeon of the Decade”, and received the 2022 “Lifetime Achievement Award in Hair Restoration”. He was also recognized by Forbes as one of “10 CEOs Transforming Healthcare in America.”



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# Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions



**P**LATELET-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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# KIDNEY CANCER

**K**idney cancer is one of the 10 most common cancers. It occurs two times more often in men than in women. According to the American Cancer Society (ACS), the lifetime risk for developing kidney cancer is 1 in 46 for men and 1 in 80 for women. It is also more common in African Americans, American Indians and Alaskan Natives. The average age at diagnosis is 64, and kidney cancer is very uncommon in people younger than 45.

## A Closer Look

The kidneys are located below the ribs, behind the abdominal wall and on each side of the spine. These powerful bean-shaped organs work constantly to keep blood clean and to help balance electrolytes and hormones. While their main job is to filter and remove waste products in the form of urine, the kidneys also secrete many hormones, which help keep blood pressure normal and increase the production of red blood cells. Most people are born with two; however, it is possible to live a healthy and active life with only one functioning kidney.

## Signs & Symptoms of Kidney Cancer

Nearly 82,000 Americans will be diagnosed with kidney cancer in 2023, according to ACS estimates. The rate of new kidney cancers has been on the rise since the 1990s (although it has leveled out in recent years). Some researchers suggest the rise is due to improvements in the imaging and computed tomography (CT) scans used to diagnose the disease, as well as an increase in the use of these tests.

Kidney cancer begins when cells develop changes in their DNA (known as mutations) and begin to grow and divide rapidly. These abnormal cells can form a tumor that can grow within the kidney or spread to other parts of the body.

Renal cell carcinoma is the most common type of kidney cancer, making up more than 90% of all cases. Other less common types of kidney cancer include transitional cell carcinoma, renal sarcoma and Wilms' tumor (in children).

In the earliest stages, kidney cancers don't typically cause noticeable symptoms. Some possible indicators are:

- Blood in the urine
- Persistent pain or a lump on one side of the lower back, below the ribs
- Fatigue (feeling tired)
- Anemia (low red blood cell count)
- Loss of appetite or weight loss not due to dieting
- Fever, chills or night sweats that won't go away

These symptoms can signal other health problems as well, so it is important to report any concerning signs to your health care provider. Taking proactive steps is vital to diagnosing problems early, when treatment can be more effective.



Currently, there are no routine screening tests available to detect kidney cancer. While urine tests do not diagnose kidney cancer, they can detect whether there is blood, infection or proteins in the urine, which can be signs of kidney disease. Blood tests can determine whether the kidneys are working properly. If these test results indicate cancer or that a mass may be present,

your doctor may order a specialized imaging test. CT scans and/or magnetic resonance imaging (MRI) scans produce highly detailed, 3-D images and can help to make an accurate diagnosis.

## Treatment Options

The earlier kidney cancer is found, the better the chances are for a more positive outcome. Treatment can involve surgery, radiation therapy, chemotherapy or immunotherapy. Decisions about treatment are made based on the stage of the cancer, as well as the patient's age, general health and personal preferences.

## Risk Factors

People with a family history of kidney cancer have a higher risk of developing the disease, as do those who receive long-term dialysis to treat chronic kidney failure. The risk of kidney cancer also increases with age. Other known risk factors include:

- Smoking
- High blood pressure
- Obesity

Making healthy lifestyle changes in diet, staying active and quitting smoking (or never starting) are among the best-known measures for preventing cancer and other diseases. Getting regular physicals and staying on track with recommended screenings and vaccines also contribute to healthier outcomes.

## New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all forms of cancer continue at a rapid pace, thanks to ongoing clinical research. One of the most promising and successful new treatment areas for cancer is immunotherapy, which uses the body's own immune system to find, target and fight many forms of the disease, even at advanced stages.

Clinical trials have played an important role in these advancements, which are now saving more lives. Patients who participate in these safe and carefully supervised groundbreaking research studies are receiving the latest treatments available, which can have positive impacts on their outcomes.

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Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute (FCSI) 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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EmFace is suitable for all skin types and can be used to treat a variety of concerns, including wrinkles, fine lines, sagging skin, uneven skin tone, and more. It is a safe and effective alternative to invasive procedures, such as facelifts and dermal fillers, and can be customized to meet the specific needs and goals of each individual client.





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So why wait? Visit MD Beauty Labs today and discover the transformative power of EmFace by BTL. Your skin will thank you! With our commitment to excellence and dedication to delivering the best possible results, you can trust that you are in the best hands at MD Beauty Labs. We look forward to helping you achieve the radiant, youthful skin you deserve.



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

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

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



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# SENIORS AGING IN PLACE

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



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

## IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

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

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

## HOME HEALTH CARE CAN HELP

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

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

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.

3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.

4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.

5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.

6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

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

## OUR PROMISE

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

## TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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



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



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

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



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

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

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

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

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

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



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

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



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**VA APPROVED**

# The Play for 2023? International Stocks!

By Chris Rowe



I sent a special briefing to our flagship *Sector Focus* members.

In it, I give them everything they'll need to know to stay well ahead of other investors at least for the first half of this year.

And while I can't reveal all of that here, I think that the main points are so important that you deserve to know them.

So here are some of them.

Climbing the wall of worry, U.S. stocks seem to be stumbling up the stairs. (At least they're stumbling up and not down.)

International stocks, however, are running up the stairs like children who just ate a sugar-filled dessert. While everyone you know is debating the strength of the U.S. markets, you'll be cranking out profits using stocks and ETFs they've never heard of.

Here's some context...

The current global bull market in stocks is in its early stages, although International stocks got a major head start right under the noses of many investors.

Expect to continue to hear bad economic news but don't let that sway you from buying stocks. Especially International stocks. The economy is not the stock market.

The stock market behaves based on what investors believe the economy will be doing in 6-9 months. In fact, today's stock market strength suggests the economy will be doing pretty well in 6-9 months.

Unlike a *mature* bull market, where stock prices advance due to clear economic skies ahead with the world partying like it's 1999, an *early-stage* bull market happens when life is scary. In this type of bull market, stocks advance as they "climb the wall of worry".

The "wall of worry" is when there's clearly bad news but as the bad news is removed, the stock market moves higher.

Inflation subsidies so stocks climb...

China's economy comes back online after being hampered by harsh covid restrictions so stocks climb...

You get the idea.

## The Play Is in International Stocks.

Don't take this as just another article in a sea of stock market jargon you see each week that's quickly forgotten about before the week ends.

The pivot to International Equities is the most important shift you can make in 2023. So far it looks like, although U.S. stocks look good, we should focus even more on non-U.S. stocks.

Notice how strong the **Vanguard Total International Stock Index Fund (VXUS)** (Diversified Global Stocks, all Except U.S. Stocks) looks. It has broken well above both trend lines and confirmed that the old resistance level is a new support level.



And if you think that's impressive, wait until we narrow down to the strongest International stock markets, long-term and short-term.



**Subtle Brag:** As far as I can tell, I am **the** top dog in the industry when it comes to calling market direction and specifically the areas of the market liable to be strongest or weakest. I've had a knack for it since the 90s.

The stock markets of Emerging Europe and Latin America are the strongest with confirmed long-term market strength. But Asia-Pacific is the strongest in the short-term.

Even though the Asia-Pacific stock markets haven't yet shown enough confirmation to be considered strong in the long-term, for sure they are **the strongest markets in the short-term**.

One very easy and great way to quickly gain exposure to a stock market with huge upside potential and confirmed strength is to own the **iShares MSCI All Country Asia ex-Japan ETF (Symbol: AAXJ)**.



It has a quick 21% - 33% upside in it just in the next 6 months or sooner. This is based on a 100% or 161% Fibonacci extension of the recent move off of the low.

Look at how much higher Fibonacci studies say these Asia-Pacific markets are likely to go this year. First, look at the strongest China Market ETFs.

- China Internet (KWEB) – Fibonacci ext. 45% higher
- China Consumer Cyclical (CHIQ) – Fibonacci ext. 45% higher
- “Chindia” (FNI) – Fibonacci ext. 33% higher
- Hang Seng Tech (KTEC) – Fibonacci ext. 47% higher
- China Tech (CQQQ) – Fibonacci ext. 35% higher
- China 50 Large-Cap (FXI) – Fibonacci ext. 37% higher

Here are some other indexes based on **Asia Pacific excluding Japan**.

- iShares MSCI Pacific ex-Japan (EPP)
- The above has a “total return” index that reinvests its dividends (EPP.TR)
- Australia (EWA)
- The above has a “total return” index that reinvests its dividends (EWA.TR)
- BetaBuilders Developed Asia (BBAX)
- All Country Asia ex-Japan (AAXJ)

U.S. stocks may be going up but their strength, relative to International, is declining. It's not even that they're accelerating at a slower pace than International. It's that the strength of U.S. stocks is slightly decelerating.



Again, we are talking about relative direction and relative speed. And relative strength tells us much more about the likely future than absolute direction or strength.

Now is the time to erase your old stock market stance and quickly get with the program if you haven't yet done so.

The global markets' price behavior reveals it currently makes sense to also have exposure to the U.S. stock market, but definitely direct your attention to International markets. That's the real play.

Thanks for reading, and I'll have a LOT more to say about International Equities in the coming weeks and months.



**Chris Rowe**  
Founder and CEO, True Market Insiders

*See you soon,*  
*Chris Rowe*  
Founder, True Market Insiders

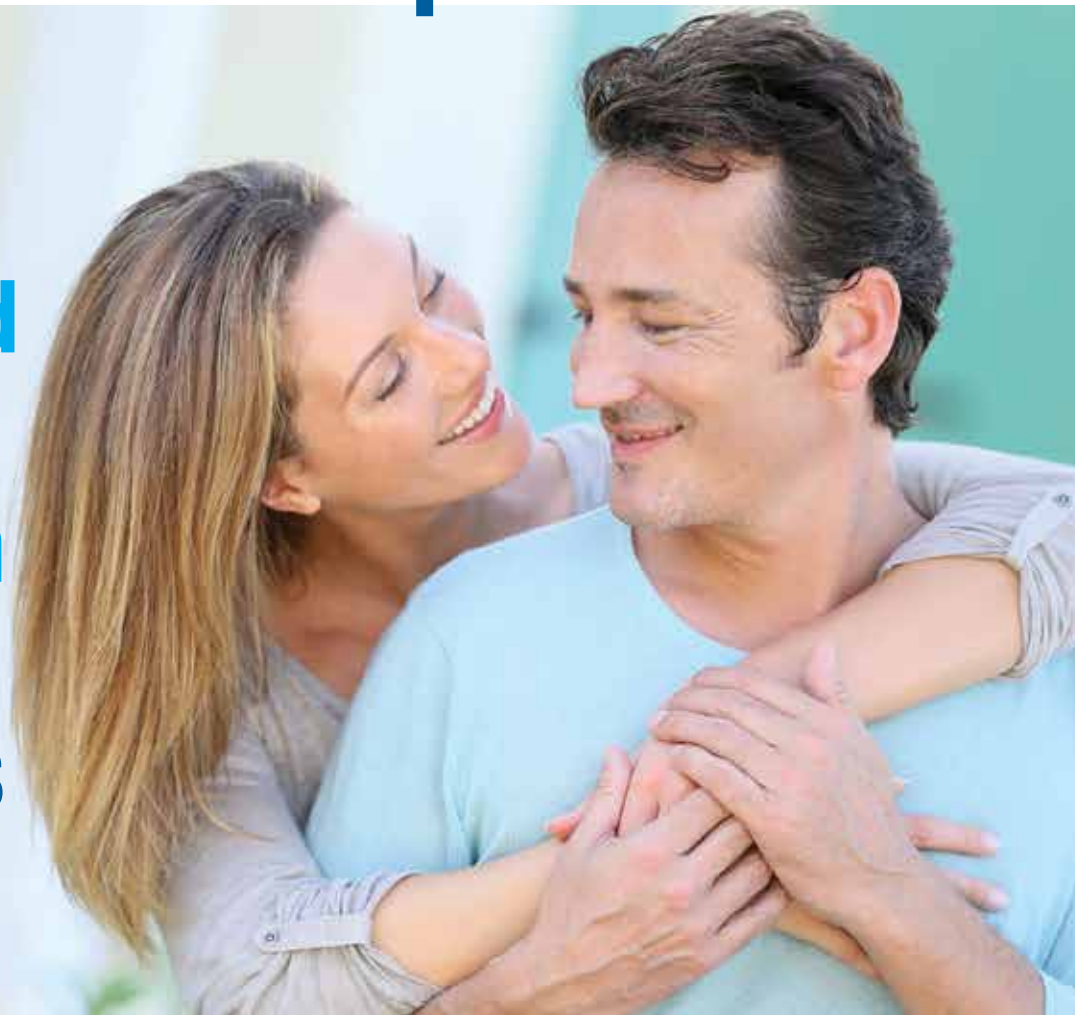


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*“You see it in the price before you see it in the news.”*

# Enjoy a Spontaneous Sex Life Again – Rekindle the Spark!

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**S**IMPLY MEN'S HEALTH IS QUICKLY GRABBING ATTENTION AS BOCA RATON'S #1 MEN'S SEXUAL HEALTH CLINIC & LEADER IN THE FIELD.

In 2015, Dr. Joan Katz, a Harvard-trained physician and owner of Simply Men's Health was the first to introduce ED shockwave and revolutionized the treatment of ED with RejuvaWAVE®.

And now again in 2022, Dr. Katz introduces the game-changing RejuvaWAVE Multi-Wave Shockwave™, the first-of-its-kind therapy, boosting the success rate to over 95% curing ED and Peyronie's Disease and reversing the inevitable aging process.

Turn back the clock with Simply Men's Health most advanced, cutting-edge treatments. Men of all ages can once again enjoy the spontaneous, active sex life they enjoyed in their youth.

#### ATTENTION MEN!

#### NOT ALL ED SHOCKWAVE IS THE SAME

Since Simply Men's Health pioneered the new standard of care with RejuvaWAVE®, many clinics have popped up offering different versions of shockwave. However, not all ED shockwave treatments are the same. Unfortunately, many men have sought treatment at franchise operations gone, often not owned by physicians, and have been disappointed. Some have even paid thousands of dollars to franchises touting 1000's of procedures performed and got little to no results. We know the genuine RejuvaWAVE® protocol works and we want you to experience the difference RISK FREE!





If you have tried shockwave treatment at another clinic or at our previous Glades Road location which was shared with another clinic, Simply Men's Health wants you to experience for yourself the genuine RejuvaWAVE® DIFFERENCE performed by our highly trained and certified technicians: Call Simply Men's Health and get one FREE session – absolutely NO obligation – No fee – No purchase! Judge for yourself as Jeff, one of many of our happy patients states:

*"I've come to Simply Men's Health. I had gone to a previous place... this one is the REAL deal. Absolutely a completely different procedure. Everything is much better. The procedure working the first time. Completely satisfied."*

#### HOW DOES REJUVAWAVE MULTI WAVE SHOCKWAVE DIFFER FROM OTHER SHOCKWAVE THERAPIES?

The NEW RejuvaWAVE Multi-Wave Shockwave<sup>SM</sup> protocol is the first-of-its-kind ED treatment combining acoustic pressure waves and state-of-the-art photobiomodulation technology to synergistically treat the root cause of the problem, not just the symptoms. This multi-wave shockwave treatment distinguishes itself from all others by our proprietary multi-modality protocol, the RejuvaWAVE® application technique combined with low-level red and near infra-red laser technology, we use the state-of-the-art Storz medical device and lasers. As a result, RejuvaWAVE Multi-Wave Shockwave<sup>SM</sup> ED treatment has over a 95% success rate curing ED and Peyronie's.

#### WHAT ARE THE BENEFITS OF REJUVAWAVE MULTI WAVE SHOCKWAVE<sup>SM</sup>?

RejuvaWAVE Multi Wave Shockwave<sup>SM</sup> NATURALLY restores spontaneous sexual function, gives you harder and longer lasting erections, and increases penile sensation

- **100% SAFE and Non-invasive**
- **Drug Free, Needle Free, Pain Free**
- **No downtime, No side effects**
- **Activates your body's own stem cells and healing power**
- **Stimulates cellular metabolism and ATP production**
- **Promotes tissue regeneration**
- **Dissolves micro-plaque in blood vessels restoring blood flow**
- **Stimulates growth of new blood vessels increasing blood flow**
- **Breaks up scar tissue decreasing the curvature of Peyronie's Disease**
- **Stimulates regeneration of nerve tissue improving sensation and pleasure**
- **Promotes natural growth in penis size and girth**
- **Improves sexual performance**
- **Over 95% patient satisfaction**



#### WHAT IS REJUVAWAVE® MULTI-WAVE SHOCKWAVE LASER PROTOCOL?

This state state-of-the-art, scientifically proven technology combines a proprietary acoustic pressure wave application technique along with photobiomodulation. Photobiomodulation employs a combination of cold, low-level red and near-infrared laser therapy which reduces oxidative stress and stimulates mitochondrial ATP production. Photobiomodulation works synergistically with shockwave to stimulate cellular metabolism, enhance blood circulation, promote tissue regeneration, and stimulate the growth of new blood vessels and nerves in the treated areas.

Unlike pills which lose effectiveness over time, our treatment heals damaged tissue and reverses the hands of time, helping men return to their younger, healthier selves and enabling men to enjoy a spontaneous sex life again. The results have been nothing short of amazing!

*"I haven't been able to get an erection in 5 years... After several visits I noticed improvements. After a couple of months, I was able to have a spontaneous sex life again. You gave me my life back." - Bob M.*

#### HOW TO EXPERIENCE THE REJUVAWAVE® DIFFERENCE

Pick up the phone ONE CALL can change your life!  
We respect your time and privacy.  
Each client receives individualized care from our experienced staff of physicians.  
We pinpoint the exact cause of your Sexual health challenge and create a customized Treatment protocol.

**Call today and enjoy  
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# JOINT SUPPORT ~ MY BALANCE ~

**O**ne thing is certain in life: as we age, our bodies undergo a lot of changes. Like the skin starting to wrinkle, hairs turning grey, bones shrinking in size, and the joints getting weaker and weaker.



Weak joints are certainly uncomfortable, as they are often accompanied by swellings, numbness, clicking sounds, and sometimes, excruciating pain. As you age, the joints in your body become stiffer and less flexible. This happens because the lubricating fluid in the joint, synovial fluid, reduces in quantity, and the cartilage gets thinner. Cartilages act as shock absorbers to protect bones from coming together when you use your joints.

Thankfully, there are many ways you can promote the health of your joints. Some of these ways include engaging in regular physical activities like walking and jogging, eating a nutrient-rich diet, maintaining a healthy body weight, getting enough sleep, and consuming research-backed supplements.

Taking supplements to improve the health of your joints is especially beneficial to people who are getting old, as their body might no longer be getting enough nutrients to support the proper functioning

of their joints and bones. One supplement that can help with weak joints, by improving its mobility and stability, is *My Balance's Joint Support*, which is made from the most popular joint-supporting compounds in the planet. They include glucosamine sulfate, boswellia extract, chondroitin sulfate, turmeric, quercetin, methionine, Methylsulfonylmethane, and bromelain.

## GLUCOSAMINE AND CHONDROITIN

Glucosamine and chondroitin are both structural components that make up the cartilages between our bones. They are naturally produced in the body and can also be available as supplements. These two compounds are popularly combined in nutritional supplements to fight non-specific joint pain and osteoarthritis.

There's evidence that intake of glucosamine and chondroitin as supplements may help reduce systemic inflammation in healthy, overweight

individuals. There's also research-based findings that these compounds may be able to prevent the activation of inflammatory pathways in the synovial cells that make up the lubricating fluid between our joints. Lastly, glucosamine has been found to protect joint tissues by limiting the breakdown of cartilage in certain athletes.

## BOSWELLIA EXTRACT

This herb is known to possess great anti-inflammatory and analgesic properties. In a bid to test its efficacy against the most common form of arthritis, research published in the *Journal of Phytomedicine*, found its intake to decrease knee pain, increase knee flexion, and improve walking distance in patients with osteoarthritis of the knee.

## TURMERIC

This increasingly popular spice is thought to possess great anti-inflammatory and antioxidant effects. It is believed that the most active ingredient in turmeric, curcumin, is responsible for these beneficial properties. In fact, research has found that curcumin could have similar efficacy to a conventional anti-inflammatory drug, diclofenac, but with even better tolerance rate among patients with knee osteoarthritis. Also, curcumin has been shown to be non-toxic, as opposed to conventional nonsteroidal anti-inflammatory drugs that can cause kidney failure, coma, and convulsions.

## QUERCETIN

As a bioflavonoid, quercetin has been found to possess great anti-inflammatory and anti-nociceptive effects. Its intake as a supplement may help improve symptoms of rheumatoid arthritis (RA), an autoimmune disease that's characterized by painful inflammation in the joints. In RA, Adenosine deaminase (ADA) is an enzyme that increases joint pain and stiffness. Fortunately, research has found quercetin to reduce the specific activity of ADA in joint tissues.





### METHIONINE

Methionine is the amino acid that partly supplies our joints with sulfur, which is crucial for supporting and maintaining cartilage health. A study, although in laboratory animals, found the intake of a high-methionine diet to reduce the severity of arthritis.

### METHYLSULFONYLMETHANE

Methylsulfonylmethane (MSM) is a popular dietary supplement that's found naturally in plants and animals. There is evidence that MSM can reduce muscle damage, decrease joint pain, lower inflammation, and relieve symptoms of arthritis.

### BROMELAIN

Bromelain, a phytochemical extracted from pineapple, has been shown to possess analgesic and anti-inflammatory properties that can help in a safer treatment for osteoarthritis.

If you are constantly battling with weak joints or other joint related problems, intake of My Balance's Joint Support can be found helpful, as it is formulated with some of the best research-proven joint-supporting compounds like the glucosamine, chondroitin, and quercetin.

### REFERENCES

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# WHY AM I SUDDENLY STRUGGLING WITH MEMORY, CONCENTRATION, ANXIETY OR DEPRESSION?

By Renee Chillcott, LMHC

In the summer months, heat and humidity create an enormous amount of blood flow in our bodies and can cause a lot of disruption in our brains, but why am I feeling this way in February? Why is anxiety and depression and maybe even headaches happening with more frequency when stress levels are not peaking?

The answer is simple....**INFLAMMATION**. But what exactly is inflammation?

The term for opening of capillaries and increased flow of blood is called vasodilation. Capillaries open and an increase in blood flow occurs in the area. An area of injury may visibly swells up and we describe the area as “swollen” or “inflamed”. In the case of body temperature, “when we are too hot, blood vessels supplying blood to the skin can swell or dilate (vasodilation). This allows more warm blood to flow near the surface of the skin, where the heat can be lost to the air.” After healing or a reduction in body temperature, the capillaries return to normal through a process called vasoconstriction. This process is happening on an almost consistent basis during the summer months when temperatures can reach into the 90’s to 100’s, even in the evenings and early mornings.

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

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

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

### What are some causes of vasodilation or increased blood flow in the brain?

- Heat or increased body temperature
- Inflammatory foods such as Gluten or Dairy
- Traumatic Brain/Head injuries
- Concussions
- Viruses such as Covid-19, the Flu or Lyme
- Medications such as Vaccinations, Antibiotics or Anesthesia
- Illness, Sinus irritation or colds/flu

### What happens if there is increased blood flow (inflammation) in a part of the body that we cannot see?

After vasodilation or increases in blood flow, the brain, just as with other parts of the body should enter a period of vasoconstriction where blood flow decreases. If this does not happen, the blood flow or swelling remains. Unlike swelling in a wrist or ankle, the swelling that remains in your brain is not easily observed. Our first indication that we have increased blood flow that is not constricting is from symptoms.

### Some of the symptoms that result from Brain Inflammation are:

- |                                |  |
|--------------------------------|--|
| • Depression                   | • Trouble with learning                  |
| • Anxiety or related disorders | • New allergies or sensitivities to food |
| • Brain Fog                    | • Headaches                              |
| • Fatigue                      | • Irritability                           |
| • Trouble with memory          | • Increased pain                         |
| • Trouble with concentration   | • Insomnia or sleep problems             |



## HOW DO I FIX BRAIN INFLAMMATION?

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

## WHAT IS AN EEG STUDY?

An EEG study or QEEG (Quantitative EEG) is also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to be read and analyzed. We provide a summary of significant findings and the report shows the result of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas of the brain have increased blood flow by indicating what areas of the brain have excessive amounts of slower neuron activity (slow neurons promote more blood flow). Another study that can be helpful is the SPECT scan.

## HOW CAN NEUROFEEDBACK HELP?

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

## WHAT IS NEUROFEEDBACK?

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

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused

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

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

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

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave activity can affect the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

## WHY TRAIN YOUR BRAIN?

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

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

## WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

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

## HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer 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 in a free telephone consultation. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at [info@bocabraincenter.com](mailto:info@bocabraincenter.com), or text us at **(561) 206-2706** or visit our website at [www.BocaBrainCenter.com](http://www.BocaBrainCenter.com).



### Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology/Mental Health Counseling from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At the Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.



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# 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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# Laser Cataract Surgery: What you should know

By David A. Goldman MD

**W**ith every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femto-second laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes then Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

**Is it more comfortable?** No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



**Does this mean there are no advantages to laser cataract surgery?** Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



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, 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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# Spring (Change) is in the Air

Brent Myers

**S**pring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

**Act differently.** “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

**Think differently.** “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

**Be different.** “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!  
Change is here!  
Hope is here!  
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Love it. Live it.*



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