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Health & Wellness[®] MAGAZINE

February 2024

South Palm Beach Edition - Monthly

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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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Roy Bassett, M.D.

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The Top 10 Benefits of DENTAL IMPLANTS



When it comes to replacing teeth that are missing or damaged, you have several options. However, one option stands out above the rest is dental implants. Dental implants offer benefits that other tooth replacement options, like dentures or bridges, just can't offer. Here are the top benefits of this innovative option:

1

PREVENTS BONE LOSS

When you lose teeth, you also tend to lose bone mass in your jaw. Your jawbone needs the stimulation it gets when your teeth connect to maintain its mass. Dental implants are the only tooth replacement option that also replaces that jaw bone stimulation, helping to prevent bone loss.

2

MATCHES YOUR NATURAL TEETH

Dental implants come in a wide variety of shapes and sizes. Your dentist will work with you to design implants that match the color of your surrounding teeth and fit perfectly in the gap. No one but you and your dentist will know which teeth are implants.

3

RESTORES BITE FORCE

Because dental implants are anchored into your jaw with a titanium post that replaces the tooth root, they allow you to bite with more or less the same amount of force you could use with your natural teeth. Other tooth replacement options do not restore nearly as much of your bite force because they sit on top of the gums and aren't anchored in place.



4
**PREVENTS CHANGES
IN THE SHAPE OF YOUR FACE**

Your teeth help support your facial structure. When you lose teeth, you lose that support, which eventually causes your face to change shape, making you appear older. Dental implants provide similar support for your face as your natural teeth, preventing it from changing shape.

5
ENABLES NATURAL SPEECH

Some tooth replacement options, like dentures, can impact your ability to pronounce words correctly. Missing teeth can also alter your speech. Because dental implants feel and function just like natural teeth, they enable you to speak easily and naturally.

6
WON'T GET CAVITIES

Artificial teeth still need to be cared for to prevent bacteria from building up in your mouth and causing infections, but the material that dental implants are made of can't decay. You'll never have to worry about getting cavities in your dental implants!

7
EASY TO CARE FOR

Taking care of dental implants is easy! Just brush and floss like you normally would. Dental implants don't require you to buy any special products to clean or care for them. There's no need for cups, cleansing tablets, adhesive, or special flossers. You just brush and floss, just the way you would with your natural teeth.

8
NO EMBARRASSING SLIPPAGE

Patients with dentures sometimes feel self-conscious about speaking, laughing, or eating in public, as dentures can visibly shift or slip inside your mouth. Dental implants are firmly anchored in place and will never embarrass you.

9
SUPPORTS ADJACENT TEETH

A gap in your mouth caused by a missing tooth can cause the teeth on either side of the gap to shift positions, leading to misalignment. Dental implants fill the gap, allowing you to maintain a straight, even smile.

10
PREVENTS BONE LOSS

Other tooth replacement options will need to be repaired or replaced periodically, but dental implants are designed to last for the rest of your life.

If you're in need of a tooth replacement option, you should definitely consider dental implants. To find out if you're a good candidate for dental implants, you can schedule a complimentary consultation and 3D CT scan with our specialist team. Please call **(561) 205-5000** to reserve your visit! We look forward to meeting you.



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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Falling Out of Love with Your Hair?

Fall in Love Again with Bauman Medical's Help

by Alan J. Bauman, MD, ABHRS



Want to give your hair some love this month? Consider breaking up with...

- Combovers (unless you're a gangster)
- Baseball caps (when you're not at a baseball game)
- Over-the-counter topicals (with a side of towel)
- Hair growth supplements (one more thing to remember)
- Shaving your head (unless you enjoy getting a sunburn) or
- Needles (except the knitting kind)

We have just what the doctor ordered.

Bauman Medical specializes in helping people grow hair they'll love forever, through thick and thin (well, more like to thick from thin), without resorting to sloppy, drippy, uncomfortable, embarrassing, or inconvenient measures they definitely *wouldn't* love.

Some folks might call us "SuperHairoes." (I know, that's corny), but at Bauman Medical, we practically leap tall buildings in a single bound, like a passionate

suitor, to deliver the latest, greatest hair enhancement treatments to our follicly challenged patients. The "mane attractions" of our clinic include remedies that are painless, comfortable, and discreet. Oh, and they help you grow the best hair you've had in years.

A fan favorite is **TED**.

TED (TransEpidermal Delivery) is one of the most exciting innovations in hair restoration that we've seen in years, and we adopted its use as soon as the studies convinced me it was safe and effective.

It's especially ideal for people who've avoided getting medical treatment for their thinning hair because they're averse to surgery or having their blood drawn for traditional regenerative procedures. TED is needle-free, pain-free, requires no anesthesia of any kind, and is highly effective.

Your skin (including your scalp) is designed to keep out moisture and other substances we might come into contact with in our environment. This is generally good for our health but not ideal if we're trying to get beneficial substances past this barrier to treat certain conditions.

First, we apply a specialized topical hair growth serum on your scalp in the treatment zone.

We then employ a high-tech device that looks like a small massage tool. The TED handpiece is moved slowly over the scalp, emitting safe ultrasonic sound waves and air pressure. (This process is known as sonophoresis.)

The 20-25-minute process gently enhances the penetration of the serum into the scalp by temporarily increasing scalp permeability. At the same time, increased blood flow optimizes scalp health and powerful growth factors and peptides stimulate hair follicles to produce thicker, stronger, healthier hair. This FDA-cleared Class 1 medical device is clinically proven to start minimizing shedding and improving hair growth and scalp health within minutes.

Low-level laser therapy (also known as red light therapy or photobiomodulation)

The medical grade Bauman TURBO LaserCap® is FDA-cleared for hair regrowth. This low-level laser device is portable, hands-free, cordless, rechargeable, and fast, requiring only five minutes of treatment per day for improved hair growth at home. It's drug- and chemical-free with no risk of side effects and small enough to fit under Santa's hat.

Proper and consistent use of medical-grade low-level laser therapy has been *scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth*. (Hint: Stay away from clunky helmets and weak consumer versions seen online, as they are almost certainly underpowered, and many aren't very portable.)

PRP (Platelet-Rich Plasma): 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 and plasma are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak or at-risk hair follicles exist. When performed using the appropriate number and concentration of platelets and proper application techniques, you can expect hair growth improvements that last a year or more from a single treatment. Requires once-yearly treatment.



Before and After 3 TED Treatments by Dr. Alan Bauman



Before and 6 months after PDOgro™ by Dr. Alan Bauman

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. Requires once-yearly treatment.

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

VIP|FUE™ hair transplant procedure

VIP|FUE™ offers patients all the advantages of traditional minimally invasive FUE (follicular unit extraction) – no linear scar and a quicker, more comfortable recovery. (FUE involves extracting individual hair follicles from a donor area and transplanting them to the balding area.)

VIP|FUE™ is the only transplant procedure that doesn’t require the donor area to be trimmed or shaved. Hair left in the donor area remains the same length through the procedure and recovery. It’s the ultimate in discretion because your hairstyle does not change through the process.

Contact Us

The love your hair will get at Bauman Medical might trump confections and roses (but we love those too). So set your heart on contacting us today to see how we can help the love for your hair grow along with your hair actually growing.

Call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



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 at what age it will start.
- Because it’s a recessive gene, hair loss can skip generations and siblings.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRSHair Loss Expert

With over 25 years of specialization in hair restoration, he offers an impressive array of state-of-the-art technologies, including proprietary hair restoration procedures, low-level laser light therapy, customized hair growth medications, supplements, and other modalities that produce excellent results. Thanks to his many tools, you may not even need a transplant!

Dr. Bauman’s “Hair Hospital,” housed in a dedicated 12,000-square-foot building, is recognized as one of the premier hair restoration practices in the country.

As one of approximately 250 physicians worldwide to achieve board certification from the American Board of Hair Restoration Surgery (ABHRS), Dr. Bauman has treated over 34,000 patients. He’s also a pioneer in numerous technologies in the field of hair restoration, both for diagnostics and treatment.

In recognition of his expertise, Dr. Bauman was voted “#1 Top Hair Restoration Surgeon” in North America by Aesthetic Everything for the 7th consecutive year, “Top Hair Restoration Surgeon of the Decade”, and received the 2022 “Lifetime Achievement Award in Hair Restoration.”

Forbes magazine recognized him as one of “10 CEOs Transforming Healthcare in America” for bringing restorative hair treatment into the mainstream and pioneering robotic technologies.

Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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Heart Disease in Seniors: Understanding the Silent Threat



Hear disease is the leading cause of death for all genders, races, and ethnicities in the United States. According to the CDC, it claims a life every 34 seconds. That makes it so that roughly one out of every five deaths is a direct result of heart disease. That's a statistic that's hard to swallow. Are you at risk?

With the advancement of modern-day medicine, doctors can look at various known risk factors and determine with some degree of accuracy what your odds of developing heart disease will be. Heart attacks and strokes can be catastrophic, but 80 percent of premature heart disease is preventable. That's why it's important to know and understand your risk.

Heart disease is a significant health concern for people of all ages, but it poses an even greater risk to seniors. As we age, our cardiovascular system undergoes various changes that can contribute to heart disease. Arteries can become less flexible, leading to atherosclerosis (hardening of the arteries), and blood vessels may lose their elasticity. The heart's pumping efficiency may decrease, which can result in reduced blood flow. These age-related changes can raise the risk of

heart disease, such as coronary artery disease, heart failure, and arrhythmias.

In addition to an aging heart, older adults often have a higher prevalence of heart disease risk factors, including hypertension, high cholesterol, diabetes, and obesity. Additionally, lifestyle factors like a sedentary lifestyle, poor diet, and smoking can exacerbate the risk of heart disease in seniors.

While heart disease is a significant concern for older adults, several strategies can help prevent or manage the condition.

Regular Medical Check-ups: You should schedule regular check-ups with your healthcare providers. These visits can help identify risk factors and early signs of heart disease, allowing for prompt intervention.

Healthy Lifestyle: Maintaining a healthy lifestyle is crucial. This includes a balanced diet, regular exercise, and avoiding smoking and excessive alcohol consumption.

Medication Management: Seniors with established heart disease may need medications

to manage their condition. It's essential to follow the prescribed treatment plan and monitor any potential side effects.

Stress Management: High stress levels can contribute to heart disease. You should explore stress-reduction techniques like meditation, yoga, or counseling.

Heart disease is a critical health issue that demands attention and proactive management. You can reduce your risk through healthy living and regular medical care. Understanding the unique challenges and strategies for prevention and management is key to ensuring a longer and healthier life. Take action now and get on the road to Better Health and a healthier heart.

VIPcare stands out for our commitment to delivering personalized care that goes beyond traditional healthcare models. Our key initiative and mission is prioritizing preventative care to improve overall health outcomes. By offering comprehensive wellness checks, screenings, and preventative measures, we focus on identifying potential health issues before they escalate. This proactive approach not only reduces healthcare costs in the long run but also significantly improves your quality of life. Schedule your VIPcare appointment today! Call **561-794-2819** or visit www.getvipcare.com.



Roy Bassett, M.D.

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NATIONAL CAREGIVERS DAY:

Appreciating and Supporting Our Caregivers

National Caregivers Day is recognized on the third Friday of February each year. It serves as a reminder to express appreciation to the caregivers in our and others' lives.

The Cambridge Dictionary defines a caregiver as someone who takes care of a person who is young, old, ill or disabled. Caregivers are all around us.

There are two main types of caregivers — formal and informal. In 2022, 14.7 million people aged 16 and older were employed in healthcare occupations, according to the U.S. Bureau of Labor Statistics. Registered nurses make up the largest group, numbering 3.4 million. Other familiar titles include medical assistants, physicians, pharmacists and pharmacy technicians, clinical laboratory technologists, nurse practitioners and therapists, among many others. Because these professionals are paid for their services, they would fall under the umbrella of formal caregivers.

AARP reports that millions more — around 38 million Americans — serve as unpaid (informal) caregivers who devote an estimated 36 billion hours of free care annually to parents, spouses, partners, children and friends with severe or disabling health conditions. Their tasks range from hands-on assistance to managing prescriptions and medical claims, scheduling and providing transportation to appointments or friendly companionship. These are often done while juggling their own health needs, family demands and full-time or part-time jobs.

Whether caregiving is someone's professional job or an unpaid role taken on by a family member or friend, they share a dedication to providing comfort, compassion and companionship.

Florida Cancer Specialists & Research Institute (FCS) recognizes and supports the family members and friends who support their loved ones through their journey as cancer patients. Their critical caregiving role often comes with its own set of burdens and does not go unnoticed.

Caring for the caregivers

Caregivers are deserving of our gratitude as well as our encouragement to take the best care of themselves. For caregivers, caring for oneself is just as important as supporting their loved one. If you are running on empty, you won't get very far with helping others.

FCS Behavioral Health experts share the following valuable tips to help cancer caregivers cope with the sickness of a loved one and advice for prioritizing self-care and well-being.

Coping with emotions

Caring for someone with cancer can be very demanding. Many caregivers describe it as "like a rollercoaster" at times. It is perfectly normal to feel a range of emotions. Recognizing your feelings is the first step to overcoming difficulty on more challenging days.



Caregivers can benefit by learning coping skills to manage their highs and lows. Suppressing feelings or trying to hide difficult emotions are not helpful coping mechanisms.

Everyone needs an outlet and someone to talk to. Seek out someone you trust, like a best friend,

family member, religious figure or professional, who will allow you to express yourself fully. Group settings, such as organized support groups, can be tremendously powerful as a space to share with and learn from others experiencing similar circumstances. It is also a resource or safe space that can help validate your feelings.

When things get particularly overwhelming, allow yourself compassion and grace. Remembering to take one breath at a time, one moment at a time and one day at a time can help ground caregivers in the present.

Caregivers may frequently put their loved one's needs over their own. Over time, that can fuel fatigue and resentment and create an overwhelming environment.

Be sure to prioritize personal wellness. Regularly sleeping and eating healthy meals can help caregivers keep their bodies physically strong and equipped. Mental fitness is important, too. Try to make time for a self-care activity, such as:

- Mindful breathing or meditation
- Stretching or exercise (like yoga, walking or others)
- Spending time in nature/outside
- Participating in hobbies

Asking for help

Everyone needs help at some point. However, caregivers may be more likely to avoid asking for help so that they don't burden others — even if they are carrying the weight of a loved one's illness. Remind yourself that getting help can also help your loved one because it can allow you to be in a healthier place.

Reach out to another family member, friend or neighbor who can lend time and assistance or share skills you may need or don't have. It can take a lot of courage to ask for help, but accepting and recognizing these facts is crucial. Other helpful tips:

- Divide tasks among others.
- Be specific about what is needed.
- Accept offers without guilt.
- Know your boundaries.

While National Caregivers Day reminds us of the critical role caregivers play in our lives, every day is a perfect day to show our gratitude and thanks to those who give their time, love and support to the ones they care for.

The most powerful way to let someone know you appreciate them involves two words: "thank you." And remember to encourage those special people to take time to care for themselves as they do for you.

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About Florida Cancer Specialists & Research Institute, LLC:
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Celebrating its 40th year in 2024, FCS 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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More and more patients prefer to avoid or at least postpone surgery, or simply are not a candidate for surgery due to medical reasons. This is a good alternative for those patients.

First let's discuss what aging really is in order to understand how we can combat it effectively. Aging consists of volume loss and sagging skin. If we want to "naturally" rejuvenate our face and body we need to address both these issues. The Silhouette Instalift™ is the only non-surgical procedure that addresses both issues.

This Silhouette technology is in a class of its own, it's not a filler and it's not your typical thread. It is both, "dual action" means it lifts and volumizes at the same time. It is an advanced micro-suspension technology that uses small (3D) 360 degree cones made from PLLA (also known as "Sculptra") to simultaneously lift skin and build collagen. The lifting effect is immediate while collagen production is gradual and peaks at about 8-12 weeks.

After the patient's needs are assessed, and the entry points are marked, a local anesthetic is injected and the sutures are placed. There is very little discomfort during and after the treatment.



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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Once the sutures are placed, the skin will be repositioned to obtain the desired lifting effect. The ends of the suture are then cut. The number of sutures applied depends on each individual patient's skin elasticity and condition of the skin. Possible side effects are, as with any procedure that involves needles, bruising and minor pain and swelling. This is an office procedure that takes about 45 minutes and lasts about 18-24 months. The Silhouette Instalift™ was FDA approved in April 2018 for use in the mid-face and was awarded the prestigious 2018 New Beauty Magazine breakthrough award. It has been popular in both South America and Europe for many years.

Silhouette Instalift™ now has different sutures with varying numbers of cones, depending on where on the body it is being used. The 8 cone suture is used on the face, whereas the 12 and 16 cone sutures can be used to lift butts, saggy skin above the knees, elbows and saggy belly skin. It also works well for cellulite.

Why choose Silhouette Instalift™?

- Non-surgical procedure
- Minimally invasive
- Minimal recovery time/no down time
- Immediate lifting effects
- Volumizing in addition to lifting effects due to PLLA collagen stimulation
- Sutures are entirely re-absorbable
- Natural looking

I am so excited to be able to perform this procedure right here in my office. Call today to see if you are a candidate for the Silhouette Instalift™. MD Beauty Labs (561) 655-6325.

AUDIOLOGY WITH A HEART

Over the past few months, we have discussed new technology and accessories. One of our patients has graciously written a letter of her experience with the Roger microphone:

Dear Debbie,

Just a short note to let you know how very pleased I am with my new Phonak Slim hearing aid and the extra addition of ROGER, my hand held microphone. It has literally changed my life in all my social events. As you know I enjoy playing canasta and mahjong in the clubhouse. I enjoy dining out and numerous activities. It has been a challenge over the years to participate in noisy situations where I couldn't hear the conversation. It has been a challenge to hear certain people with low pitch voices. It made me feel uncomfortable to have to say what did you say time and time again.

ROGER to the rescue.

I would recommend the above to all your clients who have experienced what I have over the years.

I don't know if you would want to share my experience with any of your clients but if so I would be delighted to share my story. I introduced ROGER to my friends and explained to them that ROGER conveys their conversation directly to my hearing aids. I can use it to point directly to a person who is speaking or I can lay it horizontally on the table and hear everyone's conversation.

I had my nails done today and the technician wears a mask plus she has accented English. I could hardly hear or understand her and we've had to communicate by pointing. Today I introduced her to ROGER. I held it in her direction and I was able to hear her. It was truly an amazing moment after all this time. I have to be honest I didn't understand every word but I did hear her.

To say the least I am super excited about my new hearing aids and my ROGER microphone. It's opened up my ability to participate in conversations and hear people I normally had so trouble hearing.

I guess my short note turned into a very long note but all I can say it's opened up my world to a great extent and I'm forever grateful to you for recommending this fabulous hearing aid.

Thank you!

H.M.



If you would like more information about available accessories for your hearing aids, please don't hesitate to call us: **561-366-7219**

For more information about Roger On, please visit: <https://www.phonak.com/en-us/hearing-devices/microphones/roger-on>

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Hearing Healthcare That You Can Trust



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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Rediscover the joy of a spontaneous sex life with Simply Men's Health RejuvaNATION MedSpa, emerging as the forefront leader in men's sexual health, vitality, and memory in Boca Raton. Dr. Joan Katz, a Harvard-trained physician and the visionary behind Simply Men's Health, revolutionized erectile dysfunction (ED) treatment in 2015 with RejuvaWAVE®, an innovative approach derived from proven European methods—no pills, no needles, no drugs.

Fast forward to 2023, and after successfully treating thousands of patients, Simply Men's Health RejuvaNATION MedSpa is once again reshaping the landscape of ED treatment with the groundbreaking RejuvaWAVE Multi-Wave Shockwave™. This pioneering therapy, the first of its kind, seamlessly integrates Radial and Focused waves alongside Photobiomodulation LASER, achieving an unparalleled success rate of over 95% in curing both ED and Peyronie's Disease.

Beyond addressing ED and Peyronie's, RejuvaWAVE Multi-Wave Shockwave goes above and beyond by proactively combating the inevitable aging process. It enhances overall performance, promoting a rejuvenated sense of well-being, and even contributes to size restoration.

ATTENTION MEN: NOT ALL ED SHOCKWAVE THERAPIES ARE CREATED EQUAL

Simply Men's Health set the new standard of care with RejuvaWAVE® shockwave therapy. Despite a surge in copycat clinics offering variations of shockwave treatments, Simply Men's Health maintains its gold-standard treatment protocol. Regrettably, some men have sought treatment at franchise operations, often lacking physician ownership, only to be disappointed after significant financial investment.

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A HAVEN OF COMFORT AND CARE: The Villa of Delray Assisted Living Home

Nestled in the heart of Delray Beach, Florida, The Villa of Delray Assisted Living Home stands as a beacon of compassionate care and unparalleled comfort for seniors seeking a warm and inviting community. This assisted living facility is renowned for its commitment to enhancing the quality of life for its residents, combining luxurious accommodations with personalized assistance to create a supportive and nurturing environment.

Luxurious Living Spaces:

One of the standout features of The Villa of Delray is its commitment to providing residents with a home that exudes comfort and style. The living spaces are designed to feel like a home away from home, with tastefully decorated rooms that offer both functionality and aesthetic appeal. From cozy private apartments to shared living spaces, every detail is meticulously crafted to ensure a comfortable and dignified living experience.



The villa-style architecture of the facility adds to its charm, creating a serene and picturesque setting for residents to enjoy. Lush gardens, well-maintained landscaping, and welcoming outdoor spaces provide opportunities for residents to connect with nature and enjoy the beautiful Florida weather.

Personalized and Comprehensive Care:

At the heart of The Villa of Delray is a dedicated team of professionals committed to providing personalized care tailored to the unique needs of each resident. Whether it's assistance with daily activities, medication management, or specialized memory care, the staff is trained to provide compassionate and respectful support.

The facility's commitment to resident well-being extends to a range of engaging activities and programs designed to foster physical, mental, and emotional wellness. From fitness classes and arts and crafts to social events and outings, residents have access to a vibrant calendar of activities that promotes a sense of community and belonging.

Nutritious Dining Experience:

The importance of a well-balanced and delicious diet is not overlooked at The Villa of Delray. The facility boasts a dining program that focuses on providing nutritious meals while accommodating residents' dietary preferences and restrictions. The communal dining spaces create a social atmosphere, allowing residents to enjoy their meals together and build connections with fellow residents.



Community Engagement and Support:

The Villa of Delray places a strong emphasis on creating a sense of community among its residents. Regular social events, group activities, and opportunities for meaningful connections help foster a supportive environment where friendships flourish. Additionally, families are encouraged to actively participate in the life of their loved ones, creating a network of support that extends beyond the facility's walls.

The Villa of Delray Assisted Living Home stands as a testament to the belief that senior living should be synonymous with comfort, dignity, and compassionate care. With its luxurious living spaces, personalized assistance, and commitment to fostering a sense of community, The Villa of Delray provides a haven where residents can thrive and truly enjoy their golden years. It's more than just a place to live; it's a community that values and cherishes the well-being of its residents.

THE VILLA
OF DELRAY

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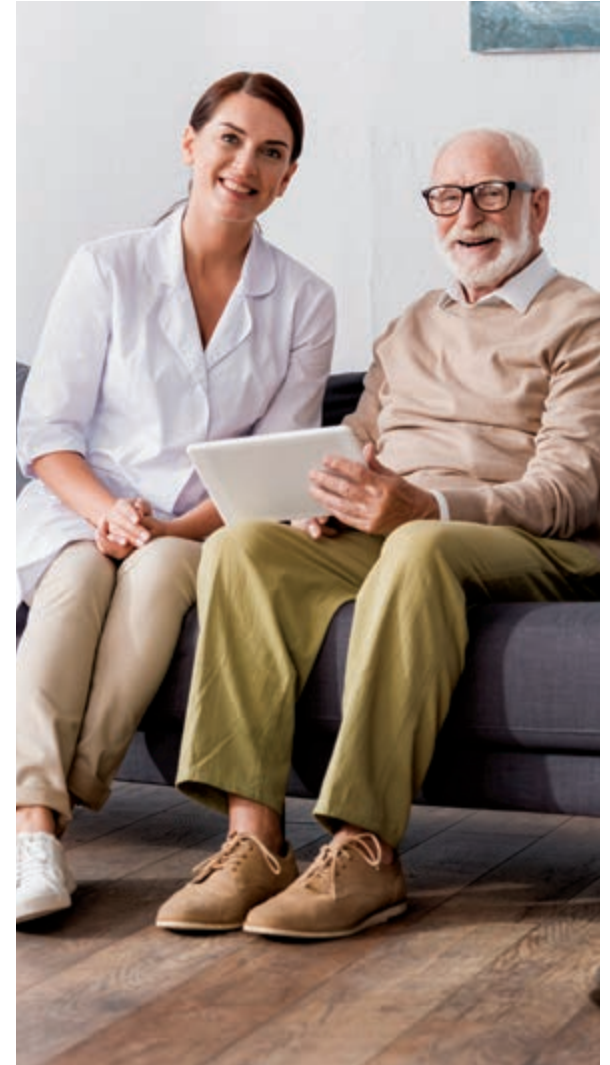
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TRUSTED HOMECARE AGENCY:

Serving Veterans with Free Supplemental Home Healthcare



When it comes to healthcare, veterans deserve the best care possible. For veterans seeking in-home healthcare services, there is a valuable resource available to them through the Trusted Homecare Agency. This trusted organization specializes in providing free home healthcare options to veterans, offering a range of services that cater to their unique needs. **Did you know there is a program available to veterans which offers up to 21 hours per week of home healthcare for free?** These include a range of home healthcare services including:

SKILLED NURSING CARE:

Trusted Homecare Agency offers skilled nursing care to veterans who require medical attention within the comfort of their own homes. This includes wound care, medication management, and assistance with chronic conditions. Skilled nurses are highly trained and experienced in dealing with veterans' specific health concerns, providing personalized care that ensures their well-being.

BENEFITS:

- Reduced hospitalization: Skilled nursing care can help prevent unnecessary hospitalizations by providing timely and effective medical interventions.
- Enhanced comfort and convenience: Veterans can receive medical care without the need to travel to a healthcare facility, ensuring greater comfort and less stress.

HOME HEALTH AIDES:

Veterans can also benefit from the assistance of home health aides provided by Trusted Homecare Agency. These caregivers help with activities of daily living, such as bathing, dressing, meal preparation, and light housekeeping. Home health aides offer companionship and emotional support to veterans, ensuring they maintain a good quality of life.

BENEFITS:

- Improved quality of life: Veterans can maintain their independence and dignity while receiving essential assistance with daily tasks.
- Reduced caregiver burden: Family members of veterans can find relief knowing their loved ones are in capable hands.

PHYSICAL AND OCCUPATIONAL THERAPY:

Trusted Homecare Agency offers veterans access to physical and occupational therapy services within the confines of their homes. These therapies are designed to help veterans regain mobility, strength, and independence, especially after injuries or surgeries.

BENEFITS:

- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

PALLIATIVE CARE:

For veterans facing serious illnesses or end-of-life care, Trusted Homecare Agency provides palliative care services. This specialized care focuses on improving the quality of life by addressing physical, emotional, and spiritual.

BENEFITS:

- Enhanced comfort: Veterans can experience symptom relief and pain management, making their final days more comfortable.
- Emotional and spiritual support: Palliative care offers emotional and spiritual assistance, ensuring that veterans and their families find solace during challenging times.

Trusted Homecare Agency is dedicated to serving veterans by providing them with a range of free in-home healthcare options. These services not only cater to veterans' unique healthcare needs but also offer numerous benefits, including improved comfort, reduced hospitalization, and enhanced quality of life. With a team of skilled nurses, home health aides, and therapy professionals, veterans can receive the care they deserve without leaving their homes.

Trusted Homecare Agency's commitment to the well-being of veterans ensures that they receive the care and support they need to maintain their independence, improve their health, and live fulfilling lives. By availing themselves of these free in-home healthcare services, veterans can rest assured that their healthcare needs are in capable and caring hands, helping them lead healthier, happier lives.

If you are a veteran & utilizing home health services but need more hours, there is a program that offers up to 21 hours per week of care for free. This is not aide & attendance or cash in hand. This program is a benefit for the veteran to help ease the financial strain of home healthcare costs. To find out more about this free program call us today **561-998-6039**.

**Do you use
the VA medical
at least once a year?**

**Are you using Homecare
now but need more
hours? Is the cost
too high?**

**Are you in need of
home healthcare?**

5 WAYS YOU CAN MAKE YOUR BRAIN HAPPY

By Renee Chillcott, LMHC

“Happy” is a term we hear often but what does it really mean? We all want to be happy, therefore, we make decisions that make us happy, and we are very aware of when we are not happy, but what exactly is “happy”? For the most part, happy is a positive feeling that drives us to pursue it. The search for happy or happiness is a life-long process. What does it mean, then, to make your brain happy?

When our brain releases neurotransmitters or feel-good chemicals such as dopamine, serotonin, and endorphins, we notice a lift in our mood, or a feeling of euphoria, a “pep in our step”. We go through life believing that these chemicals “just happen”, are always present or are only produced when we adjust our environment. The perfect job, the perfect house, the perfect relationship, or the perfect family are all benchmarks we use to measure happiness. But what if I told you that happiness only exists inside our brain and that only we can make our brain “happy”.

Here are just 5 ways you can make your brain produce “happy” chemicals:

5. PRACTICE GRATITUDE

You can practice gratitude regularly by writing in a journal, being mindful, and meditating on all the good things in your life or finding ways to show appreciation to those close to you. Gratitude can also be in the form of volunteering, contributing to a charity, or spiritual worship.

4. MOVE YOUR BODY

Get up and move daily for at least an hour to release endorphins and boost your mood. Movement, thinking, and talking all boost serotonin and dopamine levels in the brain as well. Walking, biking, talking, playing games, learning something, reading, writing and enjoying/experiencing nature are all ways to make your brain “happy”. Avoid over-exertion or artificial stimulation as these things create “stress” on a brain that obstructs “happiness”.

3. YOU ARE WHAT YOU EAT

Nutrition has an essential role in the proper release of chemicals in our brain and as a result, will have a tremendous impact on our brain. The gut and brain are connected; therefore, we must not ignore one or the other in our pursuit of “happy”. We are learning more and more about how “good nutrition” goes beyond eating healthy. Good nutrition should incorporate an individualized look at how our bodies are reacting, digesting, and absorbing nutrients from the food we eat.

2. SURROUND YOURSELF WITH SUPPORT

Finally, surrounding yourself with those who are positive and supportive will stimulate the release of “feel good” brain chemicals and help you remain in a peak state. And just as import as social support, make sure you are including the proper supplement support. Work with a specialist to be sure you are taking natural supplements that help facilitate an increase in the levels of chemicals that cause happiness.

1. TRAIN YOUR BRAIN WITH NEUROFEEDBACK

Brain chemicals are also called Neurotransmitters. A Neurotransmitter is: any of a large number of chemicals that can be released by neurons to mediate transmission of nerve signals across the junctions (synapses) between neurons. When triggered by a nerve impulse (event, feeling, or sound), the neurotransmitter is released from the terminal button, travels across the synaptic cleft, and binds to and reacts with receptor molecules in the postsynaptic membrane. Simply put, neurotransmitters are the chemical needed to make an electrical charge that fires a neuron across a synapse.

WHAT HAPPENS IF MY BRAIN ISN'T HAPPY, DESPITE MY BEST EFFORTS?

If neuron firing patterns in the brain are imbalanced or stuck, this process does not work as it should. The result is an improper response. For example: If I engage in any of the activities listed above that are supposed to elicit a “happy” response in my brain, but instead I am sad, anxious, irritable, frustrated, etc. then the correct or appropriate chemicals did not get released; meaning that my neurons did not fire in the correct or appropriate way. If this is happening, then EEG Neurofeedback is needed to correct or re-train the neuron firing pattern so that the correct response does happen and I, in turn, can make my brain “happy”.

WHAT IS NEUROFEEDBACK?

Neurofeedback 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 (on the therapist's screen) 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 client's screen.

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

WHAT 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
- 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 improvements in:

- 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

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.

HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?

As the brain learns, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to see changes and we can discuss what to expect during the intake appointment. For adults changes are usually noticed within 10 sessions. Total treatment is an average of 40 sessions; however, we individualize all aspects of treatment and find that some people need more and some less.

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP AND DO I NEED ONE?

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 his eyes open for 5 minutes and with his eyes closed for 10 minutes. This recording is then read and analyzed. We are able to provide you with a summary of significant findings and show 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, and how different parts are communicating. It can help us see what areas need to be addressed more efficiently than just training spot by spot or by looking at a surface or “quick” EEG.

We don’t always need this data to make an improvement 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.

DOES NEUROFEEDBACK HURT?

Neurofeedback is a non-invasive, non-medication, and most importantly a non-painful approach. Your

experience will be very relaxing and positive. We gently teach your brain how to regulate more efficiently and do not force your brain into a brain state that is not comfortable.

HOW DO I GET STARTED?

Getting started is easy. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled with a free telephone consultation. E-mail, text message or call 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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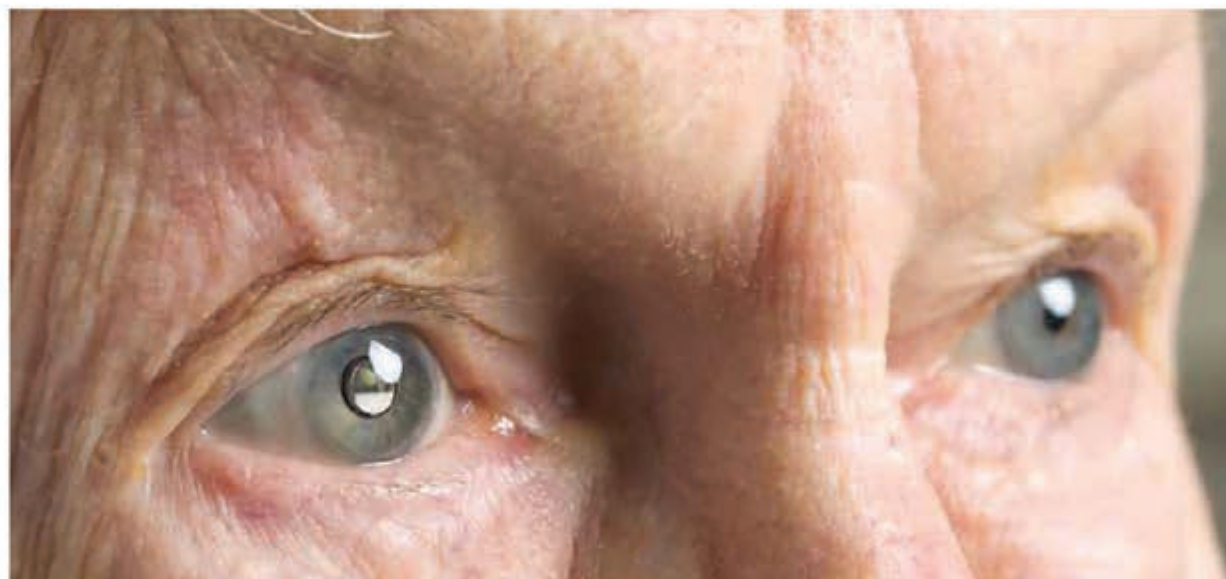
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A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit www.goldmaneye.com or call Dr. Goldman’s office at (561) 630-7120.





In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all

your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers



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