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March 2024

South Palm Beach Edition - Monthly

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TRUSTED LAW AMANDA ACHONG, ESQ

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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.

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SPRING IS HERE. It's Time to Grow

by Alan J. Bauman, MD, ABHRS

There's something I especially love about spring in South Florida – it's the time of year when I see flowers poking their colorful heads out of the soil around homes and office buildings everywhere I look.

It's a sign that Mother Nature is joyfully celebrating her move into Florida's new season of mild temps and sunny days, with color splashes from geraniums, begonias, impatiens, snapdragons, and more.

Behind most of these spring flower masterpieces are gardeners who've carefully planted and tended their plants with a passion for beauty and perfection.

And that brings me to why I'm waxing poetic here.

Those gardeners and I have a lot in common: We appreciate and understand growing cycles. We've learned a lot about how to get the most from our labors, and we have special tools and techniques to harness all the potential for excellence that nature, experience, and technology offers.

As every gardener knows, you need to start with a **good foundation**. Then add **nutrients** to maintain a healthy growing environment. You have to take **action to mitigate problems** before they get bigger and, in the worst case, you have to **re-plant**.

See where I'm going? We're the master gardeners of hair restoration, and below are a few of the ways we'll help you celebrate the spring growing season our way.

A GOOD FOUNDATION

Just like good soil is crucial for healthy plant growth, an optimized scalp is the key to robust hair growth. That's where our **Scientific Scalp Makeover™** comes in, by getting your scalp in tip-top condition. It's also a chance to relax and unwind with a therapeutic session in our "head-spa" room. We dim the lights and provide a variety of soothing treatments including:

- Aromatherapy treatment
- Customized scalp mask treatment
- Deep scalp massage to stimulate and purify the scalp and increase circulation (good circulation promotes hair growth)
- Deep cleansing shampoo
- Customized conditioner or hair mask

These sessions are more than an indulgence. They're a necessity for people whose hair isn't growing like it used to by getting the scalp as healthy as possible.

NUTRIENTS

Bauman Medical offers a superb line of 7 proprietary nutritional supplements for all types of concerns, designed to help with hair loss or thinning or for anyone simply seeking thicker-looking hair. (See sidebar for details).

MITIGATING PROBLEMS BEFORE THEY WORSEN

Here's where our garden gets really robust. Most people don't realize there are numerous options for hair restoration besides hair transplantation, and these options are how we help the majority of our patients, both male and female. There's not enough room here to detail them all, but these are among the most popular:

TED (TransEpidermal Delivery)

This non-invasive hair growth treatment doesn't use needles or anesthesia. It's ideal for people who've avoided getting medical treatment for thinning hair because they're averse to surgery or needles.

We apply a specialized topical hair growth serum of growth factors and peptides onto the treatment zones on the scalp and move the TED handpiece slowly over the scalp. It emits safe ultrasonic sound waves and air pressure to push it through the skin.

This 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 stimulates hair follicles to produce thicker, stronger, healthier hair. This FDA-cleared Class 1 medical device is clinically proven to address shedding and improve hair growth and scalp health within minutes.

PRP (Platelet-Rich Plasma): This comfortable in-office procedure 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 blood components, concentrated, then painlessly applied into the scalp under local anesthesia where weak or at-risk hair follicles exist. Hair growth improvements can last a year or more from a single treatment.



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. It also makes the perfect gift. Gift E-cards are available on our eStore.



Before and after FUE Hair Transplant by Dr. Alan Bauman

PDOgro™: PDOgro™ employs threads of polydioxanone (PDO), a synthetic, absorbable FDA-cleared material. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, the 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 rejuvenating growth factors.

**“The best time to plant a tree
was 20 years ago.
The second best time is now.”
– Chinese proverb**

Super Supplements to Promote Hair Growth and Health

Not getting enough key vitamins and minerals in your diet can contribute to less-than-optimal hair. Bauman Medical offers a superb line of proprietary nutritional supplements to address hair loss or thinning, or for anyone who just wants thicker-looking hair.

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

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

The Bodyguard™: A unique blend of herbs and mushrooms, The Bodyguard™ supports a healthy immune system and defends against environmental toxins.

A-List Hair Vitamin Complex™: Dubbed our “strategic supplement,” it’s compounded with top-tier ingredients shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, and promote collagen renewal.

The Hero Super-Biotin Mega Hair Support Caps™. Biotin creates enzymes that strengthen hair and nails and assist digestion and cellular metabolism.

The Zenmaster™: Contains the herb ashwagandha which helps reduce stress and its byproduct, cortisol. Cortisol negatively affects the hair follicle as well as other organs in the body.

The Builder Hair Multi-Collagen Complex Peptide Protein Powder™: Contains three proprietary ingredients that deliver vital proteins that multiply natural collagen levels. It provides a boost to hair productivity, follicle strength, and a youthful shine.

LOW-LEVEL LASER THERAPY (ALSO KNOWN AS RED LIGHT THERAPY OR PHOTOBIO-MODULATION)

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 daily for improved hair growth at home. It’s drug- and chemical-free with no risk of side effects.

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.

“RE-PLANT”

There are some hair loss situations that are simply too advanced for non-surgical solutions. We’ll let you know if that’s the case once we’ve had a consultation with you. If we go that direction, we’ll offer you state-of-the-art options including Bauman Medical’s minimally invasive FUE (Follicular Unit Extraction) procedure. It’s comfortable and 100% natural looking (not your grandfather’s hair transplant).

CONTACT US

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



About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRs Hair Loss Expert

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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BALANCE FOR LIFE OCEANFRONT RETREAT:

Transformative Health Retreat Unveils the Power of Water Fasting, Juice Cleansing, and a Plant-Based Lifestyle

With over thirty years of experience, in the health and wellness industry, numerous awards and many Google 5 star reviews Balance for life retreat, is a beacon of holistic health, located right here in our home state of Florida.



This sanctuary for well-being seamlessly integrates, personal coaching, education, and medical supervision, to broadcast the profound benefits of water fasting, juice cleansing, and a plant-based, lifestyle. Balance for life's unique approach of small intimate groups offers that personal attention we all deserve.

BALANCE FOR LIFE, roots, revolve around the ancient wisdom of achieving harmony within the body, combining mind, and spirit. However our mission is about helping people start, improve, or increase their personal growth to wellness. "Making a difference in peoples lives is the spiritual side of Balance, it is what drives us, explains Harold Lebovic, owner and brain child behind Balance for Life.

Combining, relaxation, education, with fitness, and the center of attention our water fasting, juice cleansing, and a plant-based lifestyle at the forefront, and focus of all our retreats, we offer you to pick up the phone, let's talk wellness.

WATER FASTING: A SCIENCE BASED GATEWAY TO RENEWAL, IS A PILLAR OF POPULARITY.

At Balance for Life, water fasting is not merely a practice; it is an art form carefully curated to cleanse, rejuvenate, and revitalize. This process often reverses many chronic diseases and conditions. The therapeutic process involves abstaining from solid foods and nourishing the body with pure, hydrating water. Supervised by nationally acclaimed Dr. Frank Sabatino and a team of experienced professionals, participants embark on a personalized fasting journey, tapping into the body's natural detoxification processes.

The benefits of water fasting extend beyond physical detoxification, reaching into the realms of mental clarity and emotional well-being. By allowing the digestive system to rest, participants experience heightened focus, improved cognitive function, and a profound sense of inner calm. This mindful approach to fasting is a cornerstone of the Balance for Life experience. Over the years, our clients, have raved

about the results, and that is what keeps them coming back. Week, after week, water, plant, or juice, clients have revisited, two, three or even more retreats.

JUICE FASTING:

BOOSTING VITAMIN AND REVITALIZING ENERGY

Juice fasting, a powerful detox trend, offers various health benefits. Packed with vitamins and antioxidants, fresh juices support immune function and promote glowing skin. Fasting gives the digestive system a break, allowing the body to focus on repair and regeneration. Improved energy levels, mental clarity, and weight loss are common outcomes. Additionally, juice fasting may help break unhealthy eating patterns, fostering better dietary choices and reversing chronic illness like type 2 diabetes and high blood pressure.



PLANT-BASED DELIGHTS:

CULTIVATING WELLNESS FROM WITHIN

Celebrating the bounty of nature, Balance for Life crafts delectable, nutrient-rich meals that harness the power of whole, plant-based ingredients. From vibrant salads bursting with antioxidants to hearty vegetable-based stews, each dish is a celebration of flavor and well-being. A plant-based diet has been scientifically proven to lower the risk of and even reverse chronic diseases, enhance heart health, and contribute to sustainable weight management. The culinary artisans at Balance



for Life skillfully blend creativity and nutritional expertise, ensuring that every meal not only satisfies the palate but also nurtures the body at a cellular level. All meals are SOS (no salt, oil, or sugar).

The food reviews from clients are one of the most talked about topics of the week. We pride ourselves on the delicious dishes our culinary artisans create.

SYNERGY OF BALANCE: UNLEASHING HOLISTIC WELLNESS

What sets Balance for Life apart is its seamless integration of creating a synergistic approach to holistic wellness. As participants engage in the practices that fit their individual goals, they embark on a journey that harmonizes the physical, mental, and spiritual aspects of their being.

The retreat's seasoned health experts carefully tailor each program to meet individual needs, ensuring a supportive and transformative experience. From educational workshops, fitness classes, educational seminars on mindful eating to meditation sessions promoting emotional balance, every aspect of the retreat is designed to foster a profound sense of well-being. Be prepared to make a few new friends along the way, our community is built during retreats and the bonds of friendships return home.



RECOGNITION AND AWARDS: TESTAMENTS TO EXCELLENCE

Balance for Life's commitment to excellence in health and wellness has not gone unnoticed. The retreat has garnered prestigious awards, affirming its status as a trailblazer in the industry. The recognition serves as a testament to the positive impact experienced by those who have embraced the transformative journey offered by Balance for Life.

Balance for Life emerges as an award-winning sea side haven for those seeking a holistic approach to health and wellness. By harmonizing the ancient practice of water fasting & juice fasting with the vitality of a plant-based diet, this retreat provides a experience that extends beyond physical well-being, reaching into the realms of mental clarity, emotional balance, and overall vitality. Embark on a journey with Balance for Life, where the art of balance becomes the key to unlocking your full potential for a healthier and more fulfilling life.

Come and join the Balance for Life family for a week long retreat and you be the judge of the value they offer. Unsure which program is right for you? Reach out to them, speak to Terry, our hostess with the mostest, as she has been described.

Or if you need to gather medical information or just talk about your personal health situation reach out to Dr. Frank Sabatino.



Dr. Frank Sabatino is a plant based physician and past Health Director of the Shangri-La Natural Hygiene Institute, Wellness Resort, and the Balance for Life Health Retreat where he cared for, lectured and inspired thousands of people for over 45 years.

Dr Frank Sabatino is a chiropractic physician with a

PhD in Neuroendocrinology from the Emory University School of Medicine. He is one of the world's leading experts in water only fasting and the Director of the Balance for Life lifestyle and fasting retreats in Deerfield Beach, FL.

He has also written numerous articles for lay magazines and journals in the areas of clinical, nutrition, healthy weight loss, women's hormones, epigenetics, stress management, addiction, and healthy aging.

He has been featured in a variety of books, news articles, and cable TV programs including CNN. Dr. Sabatino is a past member of the prestigious Brookdale fellowship in Gerontology and Aging. As a member of the International Association of Hygienic Physicians, he is also widely recognized as an expert in water only fasting and integrative health care. His book: *WEIGHTLESS: Compassionate Weight Loss for Life* (in press) and his online course: *Lean for Life: The Science of Effective Weight Loss* promote the most comprehensive plant-based solution and lifestyle strategies for solving the pandemic of obesity. Dr Sabatino is currently The Director of Health Education for The National Health Association (NHA), the oldest plant-based health organization, as well as a research consultant for the True North Health Foundation and the Complementary Medical Association (CMA) in England. He is also an addiction specialist certified by the American College of Addictionology and Compulsive Disorder and is a proponent of Oriental energy arts and a long-time teacher and student of tai-chi and qi gong.



Upcoming 7 Day Retreats

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- Personal Time, pamper yourself with a 5 star massage
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Dr. Roy Bassett:

A Lifelong Journey of Service and Dedication

Primarily care providers serve as crucial figures in the lives of their patients, embodying roles beyond those of mere doctors. They act as health advocates, attentive listeners, trusted confidantes, educators, and counselors. Dr. Roy Bassett epitomizes these multifaceted roles in his practice at VIPcare Boynton Beach in Palm Beach County.

With an impressive background, Dr. Bassett has achieved significant milestones, surpassing many. He holds board certifications in family medicine and general dentistry, showcasing his expertise and commitment to comprehensive healthcare.

Who is Dr. Roy Bassett?

Dr. Bassett's journey into the realm of medicine is a testament to his unwavering commitment to serving others and his insatiable thirst for knowledge. Hailing from the southern states of Mississippi and Louisiana, Dr. Bassett's career trajectory led him to the sunny shores of Florida, where he has established himself as a respected physician and leader in the medical community.

Driven by a deep-seated curiosity about the interconnectedness of mind, body, and spirit, Dr. Bassett embarked on his academic pursuits at Mississippi State University, where he earned an undergraduate degree in biochemistry and agriculture. His thirst for understanding and his desire to make a difference in people's lives propelled him to Louisiana State University, where he completed both medical and dental school.

"I wanted to become a doctor because I was always interested in mind, body, and spirit, and medicine allowed me to be able to study all those areas and help people," he said. "It's a difficult job; it's very time-consuming, but it's very worthwhile to be able to help people with their lives and where they're at."

Dr. Bassett's career took a unique turn as he began his professional journey as an oral surgeon in a Mobile Army Surgical Hospital (MASH) Unit for the U.S. Army during the first Desert Storm. His experiences in the military, including serving as a flight surgeon, paratrooper, and in special forces, exposed him to the rigors of trauma and emergency medicine, shaping his expertise and providing him with invaluable educational opportunities.



"The military provided me a great experience in education that I would not have had otherwise," Dr. Bassett acknowledges the profound influence of his military service on his career.

Throughout his illustrious career, Dr. Bassett has garnered numerous accolades and awards, both within the military and the local community. His dedication to excellence and his unwavering commitment to his patients have earned him accolades, such as Doctor of the Year from the Florida Board of Medicine. As the former State Surgeon for the Florida Army National Guard, Dr. Bassett consistently demonstrates the values of service and leadership in all facets of his life.

In addition to his military service, Dr. Bassett has also lent his expertise to organizations such as NASA, where he served as a flight surgeon, and various universities worldwide, where he lectured and taught classes. His belief in leading by example and treating everyone with dignity and respect underscores his approach to patient care.

"None of us are perfect," Dr. Bassett humbly acknowledges. "I practice what I preach. I exercise, I eat the best that I can."

In Dr. Roy Bassett, Florida's medical community has not only a skilled physician but also a compassionate leader dedicated to upholding the highest standards of patient care and service to his community.

Providing 5-Star Primary Care Service

With a steadfast focus on putting patients first, VIPcare ensures that every individual receives personalized attention and comprehensive care tailored to their unique needs. From the moment patients walk through the doors, they are greeted with compassion, respect, and a genuine dedication to their well-being.

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Visit Dr. Bassett at VIPcare Boynton Beach, located at 1899 N Congress Ave, Unit 1, Boynton Beach, FL 33426, and see just how great he is. He is currently accepting new Medicare Advantage patients and can't wait to meet and join you on your journey to Better Health. Schedule an appointment with him today by calling 561-794-2819.



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CANCER PREVENTION? NUTRITION MATTERS

National Nutrition Month® is sponsored annually by the Academy of Nutrition and Dietetics to focus on the importance of making informed food choices, developing good eating habits and staying physically active.

Did you know a healthy lifestyle can lessen your chances of developing cancer?

Nearly 2 million Americans will be diagnosed with and more than 611,000 will die of cancer in 2024, according to the American Cancer Society. Research shows that nearly one half of these cancer cases and deaths are preventable.

There is growing evidence that what we eat plays a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Certain types of breast and colorectal cancer have also been linked to what we eat.

A diet high in fruits, vegetables, beans and whole grains and low in red meat, processed foods and sugar is recommended to help reduce cancer risk. It's also important to limit alcohol consumption to no more than two drinks a day for men and one drink a day for women.

Old American Plate **New American Plate**



Source: American Institute for Cancer Research (AICR)

The New American Plate

The Dietary Guidelines, published most recently in 2020 by the U.S. Departments of Agriculture (USDA) and Health & Human Services (HHS), are designed to help Americans make healthy food choices at distinct stages of life to maintain health and reduce the risk of chronic diseases.

Many of us may be familiar with the MyPlate graphic, which recommends filling half our plates with fruits and vegetables and the other half with grains and protein-rich foods, with a cup of dairy on the side. Still, the traditional American meal often contains sizable portions of meat (beef, lamb and pork, which are associated with an increased risk of colon and rectal cancer) and processed foods, few vegetables and too many calories.

The American Institute for Cancer Research (AICR) provides healthy eating recommendations specifically to prevent cancer. The AICR New American Plate aims to have non-starchy vegetables, fruits, whole grains and beans make up two-thirds (or more) of each meal, and lean poultry, such as poultry and seafood, make up one third (or less). Fruit is a suggested dessert.

Reflecting the latest and most authoritative scientific world-wide research, the AICR recommends a plant-based diet.

What exactly does plant-based mean, and is this diet right for you? Many think "plant-based" means eating tofu, brown rice and vegetables for every meal. Not so! This term refers to eating less animal protein and more fruits, vegetables, whole grains and plant protein.

A plant-based diet can help prevent or ease the effects of many conditions, including cancer, diabetes or high cholesterol, as well as aiding in weight loss and the prevention of stroke and heart disease. Of course, if you have a unique medical condition, work with your health care provider to develop a diet that best suits your needs.

An easy tip? Plan for a variety of foods and colors, and if your plate looks like a rainbow, you are making great food choices. Here's a partial list of plant-based foods that contain valuable vitamins and minerals proven to lower cancer risk:

- | | | |
|--------------------|---------------|----------------|
| • Apples | • Cauliflower | • Kale |
| • Asparagus | • Cherries | • Oranges |
| • Blueberries | • Cranberries | • Raspberries |
| • Broccoli | • Flaxseed | • Spinach |
| • Brussels sprouts | • Grapefruit | • Strawberries |
| • Carrots | • Grapes | • Tomatoes |

Does Sugar Feed Cancer?

"Does sugar feed cancer?" is one of the top questions patients ask oncology dietitians. There is no clear evidence that sugar directly fuels cancer growth or that eliminating sugar can slow cancer growth.

However, AICR guidelines recommend limiting sugar-sweetened drinks and excess sugar, which can lead to weight gain. According to AICR, excess body weight increases the risk of at least 12 cancer types.

Save Money and Eat Healthier

It may seem like healthier foods are too expensive, but it may be easier than you think to plan your menus around them. You'll get the most out of your food budget by purchasing some of the foods listed here:

- Beans, peas and lentils
- Potatoes and sweet potatoes
- Peanut butter
- Canned salmon, tuna and crab meat
- Grains such as oats, brown rice and barley
- Frozen or canned fruits and vegetables
- Eggs – Yes! Even if a dozen eggs cost five dollars, that's 42 cents each for a high-quality, versatile protein source!

Make Healthy Snacks at Home

Eating more healthily can be less costly if you think and plan ahead.

Make homemade snacks by purchasing quart containers of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts,

dried fruit, and whole grain pretzels or cereal to portion accordingly. Air-popped popcorn and fresh fruits in season also tend to cost less than pre-packaged items. Bananas and apples are terrific snacks that travel well.

Aside from healthy eating, there's much more you can do to reduce your cancer risk. Limit the time you spend sitting and strive for daily physical activity. Aim for a healthy weight, limit alcohol and avoid smoking and tobacco in any form.

Independent scientific studies from around the world show that the more closely you follow these cancer prevention recommendations, the lower your risk of developing cancer. It's definitely worth the effort!

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SOUTH FLORIDA PBS' HEALTH CHANNEL: From Vision to Vitality

IN 2023, SOUTH FLORIDA PBS HEALTH CHANNEL ACHIEVED SIGNIFICANT MILESTONES, SEIZING NEW OPPORTUNITIES, AND MAKING IMPACTFUL CONTRIBUTIONS TO COMMUNITY WELLNESS.

Our inaugural Women's Health Fair, held in partnership with The City of Doral at Miami Dade College on March 25th, was a resounding success. This event brought together women from across Miami-Dade County, offering a diverse range of seminars, interactive booths, and educational sessions on women's health topics such as menopause, pregnancy, emotional well-being, and self-care. With over 50 booths staffed by health and medical experts, attendees had access to on-site health screenings, empowering them to take charge of their health. The fair drew an impressive turnout of approximately 400 attendees, highlighting its significance in addressing women's health needs.

Building on this success, the Women's Health Fair will expand to Palm Beach County this year, scheduled for March 23rd at the Boynton Beach Arts & Cultural Center. This expansion underscores the ongoing commitment to delivering essential health resources and information to communities throughout South Florida.

In September 2023, South Florida PBS Health Channel received esteemed recognition at the 2023 Cinehealth International Health & Wellness Film and Video Festival. The original production, **Research Detectives: Finding Lost Memory**, won acclaim in the Short Films category. Hosted by Trace Dominguez,



this series explores breakthroughs in Dementia and Alzheimer's Disease research, showcasing cutting-edge technology and treatments in collaboration with the Wertheim UF Scripps Institute. Now in its third installment, **Research Detectives: Stopping the Superbugs** sheds light on the urgent battle against antibiotic-resistant bacteria, highlighting global efforts to combat this growing threat.

In November 2023, the Health Channel's popular original series, **Sex Talk with Dr. Lia**, returned for its third season and continues to foster open dialogue and education on matters of sexuality and relationships. Hosted by Associate Professor in Health and Human Performance, Dr. Lia, and her witty co-host Derek Latta, Season 3 delves into taboo topics, offering viewers insightful discussions airing on multiple platforms for broader accessibility.

In December 2023, South Florida PBS Health Channel launched a crucial Mental Health Campaign, raising awareness about 988, the designated National Suicide Prevention

Lifeline number in the United States. Recognized by the Federal Communications Commission (FCC), 988 serves as a vital lifeline for individuals in mental health and suicide crises, offering accessible support and resources. This initiative's mission is to offer resources on mental well-being and destigmatizing mental health issues within the community.



SEX TALK
WITH DR. LIA



STARTING 2024 OFF STRONG

February saw the introduction of an exciting new program, *Living Longer, Living Well: Secrets of the Mediterranean*, hosted by Frank Licari. This program embarks on a transformative journey through Italy and Greece in search of the secrets to a long and healthy life. Against the backdrop of Athens, Sardinia, and Florence, Licari engages with a diverse array of experts, delving into the holistic merits of the Mediterranean lifestyle. This immersive exploration offers viewers insights into adopting healthier practices for longevity and well-being.

Looking ahead, South Florida PBS Health Channel anticipates the launch of a dynamic new Health Channel block dedicated to healthy living, including nutrition and exercise, such as immersive Yoga sessions from *YNDI Yoga*. This program offers online yoga, meditation, and art, featuring artful visuals and soundscapes to help viewers connect to something bigger. This new Health Channel block will enrich viewers’ wellness routines, providing accessible avenues for physical fitness and holistic health.



Additionally, the Health Channel has partnered with Mercy Ships, (hospital ships staffed with volunteer professionals who selflessly provide life-changing surgeries) to create a riveting and compelling series, *Voyages of Hope*. This series will premiere in the next few months.

Lastly, the Health Channel is launching a self-triage telemedicine tool, *Isabel*, to offer recommended levels of care and guidance on where care can be provided.

For the latest updates and exclusive content, subscribe to the Health Channel Newsletter at AllHealthTV.com, and remain informed and empowered on your journey towards optimal health and well-being.



SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.
7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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

WHAT ARE OPTIONS TO PAY FOR HEARING AIDS?

One of the conversations we have in the office is about how to pay for hearing aids. This is a bit of a loaded question so let's look at how we approach this topic in our office.



Now that some Medicare Advantage plans offer some coverage for hearing aids, we will always ask you if you want us to check for any benefits. Some plans are better than others and all have different rules that we have to follow but these plans can often make hearing aids more affordable for you. Medicare still not does offer any benefit so if you have straight Medicare, we will not be able to bill Medicare for any services, including the hearing aids. If you are still working and your health insurance is through your employer, it depends on your plan as to whether or not there is any coverage for hearing aids. Typically, commercial, non-Medicare plans exclude hearing aids but it is always helpful to call your plan and ask specifically about any hearing benefits. Most Audiologists and Hearing Aid Dispensers offer multiple levels of technology. We have broken ours down to 4 levels:

- **Essential:** this level of technology is appropriate for people that are not in very complicated listening situations (i.e. noisy restaurants) on a regular basis. These are the least expensive but for many people, this is a cost-effective way to remedy the hearing loss.
- **Standard:** this level incorporates more automatic technology so that the hearing aids adjust to your environment more intuitively but still will need some manual adjustments when in very noisy places.

- **Advanced:** this level is more intuitive and automatic when in noisy places with fewer manual adjustments.
- **Premium:** this is the most automatic of the technology levels where the aids are as intuitive as possible when in challenging situations.

Research on the benefits of level of technology is sparse but there was a study back in 2014 that specifically looked at speech understanding in older adults with mild to moderate, uncomplicated, hearing loss and the ultimate conclusion was that the level of technology was less important than consistent use of the hearing aids in all environments. Basically, no matter the technology level, those people that wore their hearing aids consistently were satisfied with them. Here are two scenarios:

1. A person comes and in and through our conversation, it turns out the person is not very socially active and is mostly at home except for going to the grocery store, the physician's office and maybe out to a restaurant 1-2 times a month. This person also stated that TV is difficult to understand and they are concerned about bothering their neighbors. The recommendation for this person (no matter their finances) would be an essential or standard hearing aid because the higher level features would not be helpful since this person is not frequently

in difficult environments. I might recommend a device to help with TV but we often wait to see if the hearing aids alone are sufficient.

2. Contrast this with someone who is still working and often attends meetings and has to go to busy trainings or a person who has a very busy social life. In order to help this person go seamlessly from different environments, the advanced or premium hearing aids would be more appropriate, if their budget allows.

Bottom line: please don't let the cost of hearing aids stop you from pursuing the help you need. We will discuss all of your options and help you make the decision that works for your needs.

TYPES OF HEARING AIDS



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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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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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REJUVAnation MedSpa: Elevating Men's Health to New Heights

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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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If you've undergone shockwave treatment elsewhere and found it lacking, Simply Men's Health invites you to experience the genuine RejuvaWAVE® Difference. Our highly trained and certified technicians are dedicated to showcasing the superior effectiveness of our approach. Call Simply Men's Health now to secure a FREE session—absolutely NO obligation, NO fee, and NO purchase required. Hear it from satisfied patients like Jeff, who attests, "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 worked the first time. Completely satisfied." Choose excellence in men's health—choose Simply Men's Health REJUVAnation MedSpa.



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For most homeowners, there’s usually an endless list of modifications and renovations that we need to make as both we and our homes age. And if you’re like most people, you put off projects that have more to do with your own safety or comfort.

But chances are, you or someone you know has had to deal with everyday aches and pains, arthritis, bad knees, foot or ankle problems, a handicap or overall mobility problems, aging in place, acting as a caregiver, or general worries about slip and falls in the bathtub.

You’ve probably already heard that there are ways to make your bathtub more accessible, but pushed the thought to the back of your mind because you’re worried about how long your bathroom is going to be out of commission, the cost of the project, and even if having your bathtub modified is actually going to serve its intended purpose.

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If a person has difficulty lifting his or her legs over a traditional tub wall, then a portion of that tub wall can actually be cut and removed, then refinished. The cutout reduces the lift required to step or swing one’s legs into the tub, and instead turns it into a walk-in shower. The modification can be done in less than one day. Even better? The cut portion of the tub can be saved, and the project can be reversed if you want to sell your home and not lose value.



“YOU WON’T HAVE ANYMORE TROUBLE GETTING IN AND OUT OF THE BATHTUB WITH TUBCUT®”

“We can do this without disturbing the plumbing or making a big deal of construction. We’re in and out of there in half a day, and then the customer is using their shower and their bathroom again by the next morning,” says Paul Echavarria, owner of One Day Bath for the past two decades. “We also have no problem with doing a complete reversal for this project, and once that’s complete, you would never know what that tub looked like before. It’s seamless and waterproof. The whole entire tub gets resurfaced so that when we’re done, the tub looks brand new again.”

Since the original TubcuT® was first offered on the market, there have been a number of national companies offering what looks like an identical product and service. One Day Bath, however, points out that with TubcuT®, the user chooses how wide the opening is and where it starts and ends. This allows the panels to structurally become part of the tub through a strong bonding process. The panels are also made of a durable material that is easy to clean, and your tub’s color can

be matched perfectly to the panel’s edge for a seamless look and watertight construction. Competitors use plastic caps or one-piece inserts, and their products are typically attached to the tub with caulk only and don’t have any of the versatility of the TubcuT®.



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ANYONE CAN SUFFER FROM ANXIETY & DEPRESSION NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

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

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

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

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

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

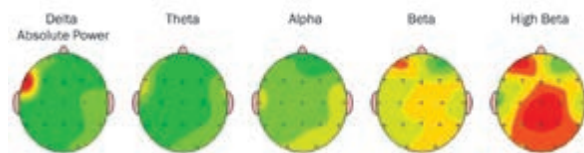
- Terrible two's, three's, and four's
- Tantrums
- A spirited child
- Picky or sensitive
- Cranky, fussy, and not a good sleeper or napper
- Difficulty with separation

I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing mood disorders in young children is very difficult and not usually done unless symptoms are severe. In most cases, symptoms manifest at an older age when they are abnormal for the age or stage of development. And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

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

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

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



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

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

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



- Somatic symptoms such as stomachaches, headaches, diarrhea, or digestive problems
- Poor grades usually due to missing school or falling behind

As they reach the teenage and adult years, the problem can become more apparent and more severe: Continued worry and difficulty handling traumatic events

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

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

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

Adults can experience similar frustration when treating mood with medication. The diagnosis is a broad one and there may be very different neuron patterns causing

anxiety and depression. This can cause treatment to be somewhat of a guessing game. Others struggle with side effects and dependency.

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

WHAT IS NEUROFEEDBACK?

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

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

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

- Anxiety • Sleep disorders • 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:

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

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP?

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist be read and analyzed.

The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

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

IS THERE ENOUGH RESEARCH?

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

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. If you are wondering what services are best for you? We can help determine that in a telephone consultation. Call, email or text message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(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.



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Laser Cataract Surgery: What you should know

By David A. Goldman MD

With 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

Spring 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)

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