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April 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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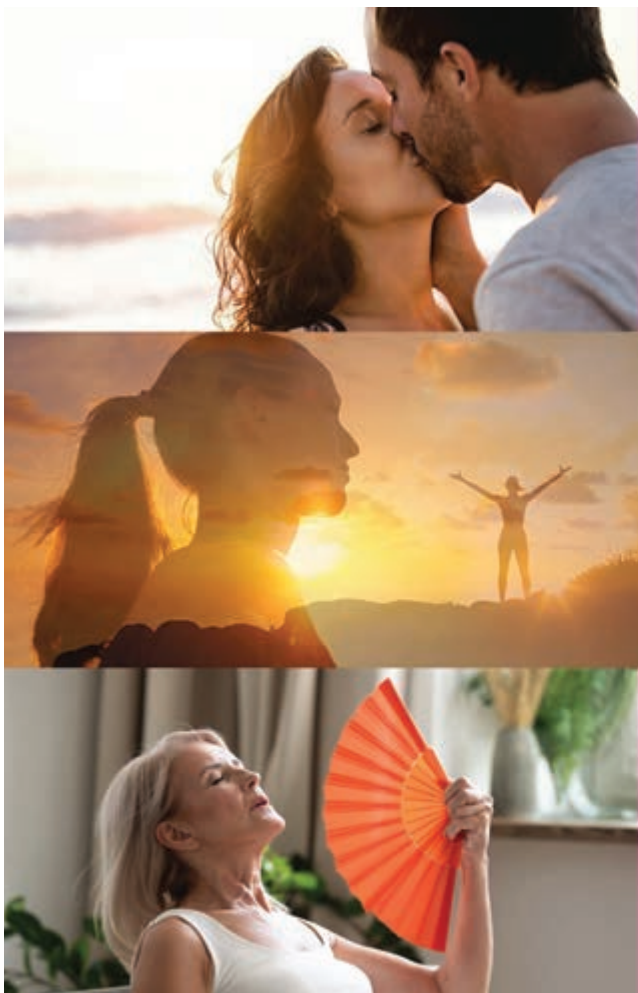
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CANCER DIAGNOSIS? THREE STEPS TO FINDING THE BEST ONCOLOGIST

A cancer diagnosis is life-changing and comes with countless emotions for you and those who love you most. As you navigate this journey, the most important first step is choosing the best oncologist for you. They become a critical member of your health care team and will play a lead role in recommending and providing the highest-quality treatments and services to help you achieve the greatest possible outcome.

This can be overwhelming, so we've outlined three essential tips to help you get started, narrow your search and find the right oncologist for your care needs.

Tip No. 1: Ask for advice from the people you trust and do some basic research.

Ask your primary care doctor for a referral.

Your doctor is a great place to start and will have an extensive database and network of experts to help you find an oncologist. The best question for your doctor is, "Whom would you recommend to a family member?"

Research their qualifications.

Ask the doctor who referred you, ask the clinic or office staff when scheduling your appointment and check online to ensure the oncologist you're looking into has positive reviews and ample experience.

Below are a few things you should check:

- Find out where they went to medical school and received training, how many years of experience they have and the location of their practice.
- Look for a board certification. This tells you the doctor has the necessary training, skills and experience to provide cancer care.
- Malpractice and disciplinary history, if any, is posted on Healthgrades.com and state websites.
- Read online reviews via Google and health care review sites.

Tip No. 2: Ask questions . . . lots of questions.

As you research your prospective oncologists, make a list of questions that can provide you with reassurance that your care will be their priority. We've provided some samples below.

- How soon can you see me and get treatment started?
- How many patients have you treated with my type of cancer?
- Who else will be involved in my care?
- What services are provided at your office location?
- Will I be able to receive all the care I need at this location?
- Do you encourage loved ones to participate in appointments?



- How are you keeping up with advancements in cancer care?
- Will I have the opportunity to participate in clinical trials?
- What other support services are available to me at this practice (emotional support, support groups, financial counseling, social services)?
- What will my treatment cost, and what payment options do I have if I lack generous health insurance?

Tip No. 3: Consider the little things that make a big difference.

Communication style and personality: A doctor's communication style and attentiveness equally contribute to patient satisfaction. Be aware of how they greet you and respond to your questions. Do they make you feel comfortable? Do they take time to provide clear answers and use terms that you understand? Do they show an interest in you as a person, and will they consider your treatment preferences?

Gender: You will need to discuss very personal information throughout your treatment openly, and this factor may be important to you. If so, some oncologists specialize in gender-specific cancer care.

Insurance coverage: Ask your oncologist what your treatment is expected to cost. Do they have an experienced person on their team to assist you? How and when will you receive bills? Talk to your insurance company. Be sure you understand your deductibles, co-insurance, pharmacy coverage and any other costs and considerations.

Location, location, location: The best cancer care isn't exclusive to national or academic treatment centers. Getting quality, cutting-edge treatment closer to home has numerous benefits. Cancer treatment can take a long time and involves multiple appointments, tests and forms of treatment.

Ideally, you'll want to find an office location closer to home that is easy to access. Some additional items to consider: Is there convenient or free parking? Do the office hours match your schedule?

And lastly, don't forget to ask yourself, is this a pleasant space where you and anyone accompanying you will feel comfortable?

Don't settle.

Remember, when choosing the right oncologist, no question is too silly, and no amount of research or preparation is too much. Do not be afraid to ask for what you need, and only settle on a doctor when you feel comfortable with your choice.

Now that you know what you're looking for and where to start, you are well on your way to meeting a compassionate and quality oncologist who will help you through your cancer journey.

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

In Palm Beach County, board-certified physicians specializing in medical oncology, hematology, gynecologic oncology, cancer rehabilitation and pain management, as well as vascular, interventional and diagnostic radiology, provide personalized care for all forms of cancer and blood disorders. With extraordinary skill and experience, they deliver treatments with maximum effectiveness and safety, combined with compassion and concern for patients and their loved ones. From genetic screening to immunotherapies and access to the latest clinical trials, our top-ranked cancer experts provide the newest and most advanced treatments available — increasing cure rates and extending lives.



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REASSESSING YOUR STRESSING

Take a load off and let your hair down

by Alan J. Bauman, MD, ABHRS

Even with the weather getting warmer and the sun shining longer, there's just one thing you can never escape: stress.

Whether it's your daily commute to the office, getting the kids to and from soccer practice, or getting behind on bills, life is filled with enough anxiety to make you want to pull your hair out.

There's just one problem with that—you're so stressed that you don't have enough hair to pull out. With April being Stress Awareness Month, our Bauman Medical team wanted to emphasize stress's impact on one's scalp. Spoiler alert: it's harsh. External factors like stress are a top cause of hair loss, behind genetics and hormonal changes.

But what exactly is causing your hair to fall out due to stress? Just as we feel stress in different parts of our body, for example knots in our stomach or a restless leg, our scalp can also get stressed out. I've seen a lot of people experiencing hair loss during my time here in Boca Raton, and especially through the pandemic, but the three most common causes of hair loss all share an underlying stress component:

Telogen effluvium: If you've ever noticed more hair falling out in the shower or getting caught in your brush, you may have TE. Hair follicles are delicate and highly sensitive to stress hormone cortisol, whether it be from physiological factors such as illness or surgery to underlying psychological stressors and perceived stress. These cause our follicles to shed abnormally and go into a sort of hibernation phase, deemed the Telogen or resting stage. During this time, follicles become dormant and growth is hampered.

Trichotillomania: This is more of a subconscious case. Trichotillomania, to put it simply, is when you excessively or compulsively twirl or pull your hair while stressed out. While it may seem soothing for your mind, you're causing stress on your hair, leading to shedding and damaged follicles. Yeah, hair is delicate.

Alopecia areata (AA): Our immune systems fight germs and bacteria that enter our bodies. But AA can turn our bodies against us, attacking hair follicles and disturbing their typical growing phases. AA can be brought on by various things, one of the most common being stress.

I like to view hair growth like a garden. How fitting, with the upcoming April showers soon to bring May flowers. But it's not just rain that cultivates a blossoming rose. You need quality soil, too. In this case, your scalp is the soil necessary to promote hair growth, and my soothing Scientific Scalp Makeovers ought to do the trick.

Geared for those battling stress-related hair loss, these makeovers help reverse those effects, providing some well-needed R&R for both you and your scalp. You'll be welcomed with low lighting and soft music when you step into the serene SalonB "head spa" room. Let the relaxation begin and your stress melt away, as the 60-minute to three-hour session will consist of an array of calming services, such as:

- Aromatherapy
- A customized scalp mask treatment for maximum scalp health and hair beauty
- A deep and thorough scalp massage to stimulate and cleanse the scalp, as well as increase circulation
- Deep cleansing shampoo
- A customized conditioner or hair mask

Just reading that brings on a calming nature. But there's more to stress relief than our Scalp Makeovers. For your everyday needs, you'll need to tackle the root cause of your stress. While we can't help you find that, we can at least provide you with a root that might alleviate it.

At Bauman Medical, we believe in melding Eastern and Western medicine philosophies to provide the perfect Ying for your Yang. Enter: the Zenmaster. As a stress adaptogen, the Zenmaster unleashes the superpowers of the ancient herb ashwagandha to provide stress relief for your damaged follicles, creating a perfectly choreographed namaste for your scalp.

For those overwhelmed by stress, taking 2-4 capsules daily will produce results within two weeks of use. Adaptogens are natural substances that help the body adapt to stress. While not all stress is inherently harmful, chronic levels of high stress lead to the production of cortisol. This hormone, when produced, affects various organs throughout the body, including hair follicles.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHR 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 8th 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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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.



Used for centuries, ashwagandha helps put your body at ease by reducing levels of cortisol during stressful times. Coupled with BioPerine® for absorption aid, the Zenmaster will have you saying "Om" in no time.

Now that your scalp and body feel at ease let's tackle hair regrowth. From procedures to products, Bauman Medical will have your hair flowing in no time thanks in part to these proven effective hair restoration solutions:

PRP (Platelet-Rich Plasma): When you come down to Boca Raton, you can bask in the warm sun and refreshing waters. Sounds relaxing, doesn't it? Well, who said you can't be comfortable while improving hair growth? With PRP, you carve out an hour of your day in our office without worrying about recovery or potential risks. Curious how it works? Our experts will take a small blood sample to harness the platelets within. These platelets are then separated from the whole blood and concentrated. We then take this and inject them back into the scalp, where fragile hair follicles reside. And don't worry about pain, as we use local anesthesia for a smooth procedure. It takes only one PRP treatment to see tremendous results that last a year or more.

Bauman Turbo LaserCap:

This isn't the typical LaserCap you may find on Amazon or at Costco. The award-winning Bauman Turbo LaserCap is the most technologically advanced portable FDA-cleared low-level laser light therapy (LLLT) device for hair regrowth currently available. With over 300 high-



Before and 12 months after PRP by Dr. Alan Bauman

quality laser diodes, sit back and relax for only 5 minutes daily to feel the cap rejuvenate your hair's overall health and promote regrowth. The Turbo also covers 25% more area of the scalp than any other on the market, packs flat and is easy to travel with, it's adjustable and customizable, has a longer battery life and comes with a lifetime warranty.

If you're concerned about hair loss and what would be the best treatment for you, I suggest having a private, one-on-one consultation either at our 12,000 ft² "Hair Hospital" or virtually from the comfort of your home. Either way, Bauman Medical is here to provide you with some peace of mind.

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



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.



The Role of Alcohol and Kidney Health: What You Need to Know



Alcohol consumption has been a part of human civilization for centuries, serving various cultural, social, and even medicinal purposes. However, while moderate alcohol consumption may have some potential health benefits, excessive or chronic use can wreak havoc on several organ systems, including the kidneys. The kidneys play a crucial role in filtering waste products from the blood and maintaining fluid balance in the body, thus making understanding the relationship between alcohol and kidney health so paramount for maintaining overall well-being.

The Basics of Kidney Function

Before going into the effects of alcohol on kidney health, it's essential to understand the basic functions of these vital organs. The kidneys are responsible for filtering waste products and excess fluids from the bloodstream, which are then excreted as urine. Additionally, they help regulate electrolyte levels, blood pressure, and the production of red blood cells. The part of the kidneys that does the work is called the nephron. It is a complex structure consisting of a glomerulus and a tubule, where filtration, reabsorption, and secretion processes occur.

Alcohol Consumption and Kidney Function

The impact of alcohol on kidney function depends largely on the amount and duration of consumption. Moderate alcohol consumption, defined as up to one drink per day for women and up to two drinks per day for men, may not significantly affect kidney health in

healthy individuals. In fact, some studies suggest that moderate alcohol intake, particularly red wine, may have protective effects on the cardiovascular system due to its antioxidant properties.

However, excessive alcohol consumption, or binge drinking, can lead to acute and chronic kidney injury. One of the primary ways alcohol harms the kidneys is through dehydration. Alcohol is a diuretic, meaning it increases urine production and can lead to dehydration if not counteracted by adequate fluid intake. Dehydration reduces blood flow to the kidneys, impeding their ability to filter waste products effectively.

Chronic alcohol abuse can also cause structural and functional changes in the kidneys, leading to conditions such as alcoholic nephropathy. This condition is characterized by inflammation, fibrosis, and impaired kidney function, ultimately increasing the risk of kidney failure. Additionally, alcohol abuse is a leading cause of hypertension (high blood pressure), which is a significant risk factor for chronic kidney disease (CKD).

Other Risk Factors for Kidney Disease

It's essential to recognize that alcohol consumption rarely occurs in isolation and often coexists with other risk factors for kidney disease. For example, heavy drinkers are more likely to smoke, have poor dietary habits, and engage in sedentary lifestyles, all of which contribute to poor kidney health. It's also important to note that alcohol interacts with various medications, including those used to treat hypertension and other comorbidities, potentially exacerbating kidney damage.

Protecting Your Kidneys

If you choose to consume alcohol, it's crucial to do so in moderation and with consideration for your overall health. Here are some tips for protecting kidney health while consuming alcohol:

- Stick to recommended guidelines for alcohol consumption to minimize the risk of kidney damage.
- Drink plenty of water before, during, and after consuming alcohol to counteract its diuretic effects and maintain adequate hydration.
- Maintain a balanced diet, engage in regular physical activity, and avoid smoking to reduce the burden on your kidneys.
- If you have risk factors for kidney disease or a history of heavy alcohol consumption, consider regular check-ups with your healthcare provider to monitor kidney function.



Drink Wisely for Better Kidney Health

While moderate alcohol consumption may not pose significant risks to kidney health in healthy individuals, excessive or chronic use can lead to several side effects, including kidney disease. Understanding the relationship between alcohol and kidney health is essential for making informed choices about alcohol consumption and prioritizing kidney health. By practicing moderation and following the other precautionary tips, you can mitigate the potential adverse effects of alcohol on your kidneys and overall well-being.

Take charge of your kidney health today! Don't delay—take the first step towards a healthier future by calling VIPcare today. Call **561-794-2819** to schedule your appointment.



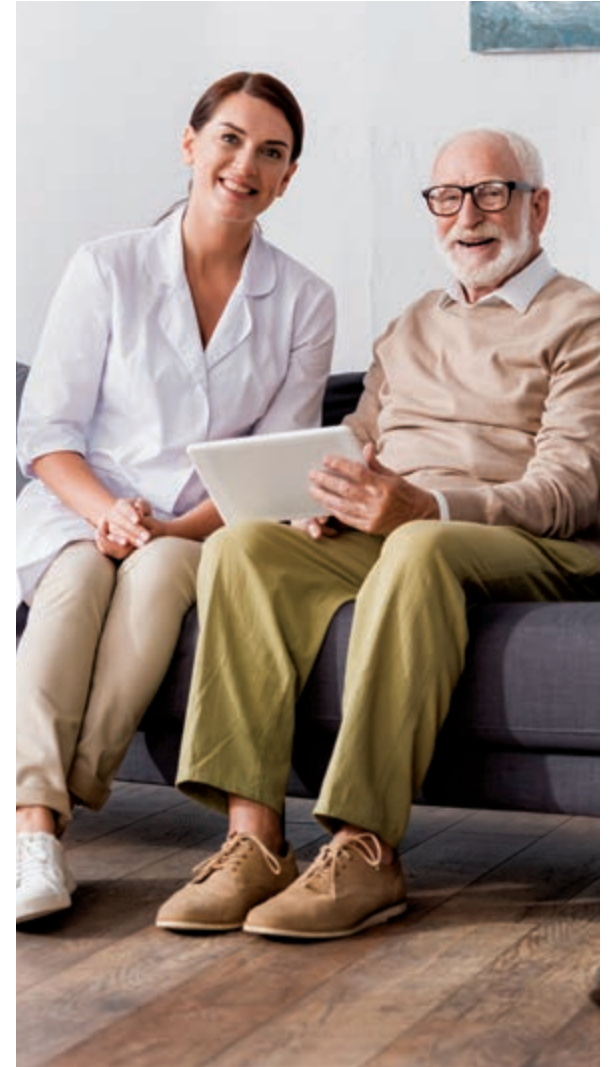
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TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare



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?

COMMUNICATION IS A TWO-WAY STREET



As an Audiologist, I often put on the hat of therapist with my patients. The most common conversation I have is focused on facilitating good communication. The truth is that when a person gets hearing aids, the hearing aids do not cure the hearing loss but they help a person communicate more easily than without hearing aids. Unfortunately, many times the person's friends and family expect the person to hear perfectly when wearing the hearing aids. None of us, even those of us with normal hearing, ever hear perfectly all of the time. There are plenty of times when I misunderstand someone or just don't hear what was said. This is normal - our brains sometimes have a hard time when there lots of competing noise or distractions.

I often use the saying "communication goes both ways" meaning that good communication is the responsibility of everyone in the conversation, not just the person with the hearing aids.

What does this mean? Here are some concrete things that everyone can do to help the person with the hearing loss:

- look directly at the person; we all use visual cues to understand what is being said
- don't speak to one another from separate rooms or even from a distance
- lower the TV - it's distracting and confusing to try to understand when the TV is loud
- get the attention of the person wearing the hearing aids; they might not even realize you are speaking to them and not on the phone (or talking to the dog!)
- understand that they are not misunderstanding you on purpose; hearing aids help, they do not restore normal hearing function
- avoid loud restaurants or dimly lit restaurants
- have a sense of humor!

SUDDEN HEARING LOSS

Sudden hearing loss is a medical emergency



Seek help right away if you notice sudden hearing loss in either ear.



Some people feel an alarming "pop" sensation, or a feeling of fullness in the affected ear. Ringing in the ear may occur, too.



In most cases, a cause can't be found. Most experts think viral infections are a major contributor, though.



Even if the cause is unknown, steroids can reduce harmful inflammation in the delicate inner ear. Without prompt treatment, permanent hearing loss can result.



Sudden hearing loss is a topic I've written about in the past but I think it's time to talk about it again. Recently, I have had two people in the office complaining about a sudden hearing loss. Even though both of the people were experienced, long-term hearing aid users, they experienced a phenomenon called sudden hearing loss. In one case, the person went to bed feeling fine and when they woke up, couldn't hear out of one ear. At first, they thought it was the hearing aid not working but subsequent testing indicated it wasn't the hearing aid but a sudden hearing loss. In both cases, they waited a few days before contacting me and I referred them immediately to an Ear, Nose and Throat physician. Immediate treatment is a key factor in whether or not the hearing will recover.

A sudden hearing loss can happen to anyone; you do not have to have an underlying hearing loss or any other disease pathology. I always use this comparison: if you woke up in the morning and were blind in one eye, you would immediately head to the emergency room. It's a little harder with hearing loss: maybe it's just wax or maybe you think you are coming down with a cold or your allergies are bad. If this happens to you, get to an ENT right away. Ideally, treatment should occur within 48 hours of the incident.

There is not a lot of research on this since it is somewhat uncommon and since most people don't report it right away, it is difficult to determine the cause. Please do not hesitate to reach out to our office for more information.

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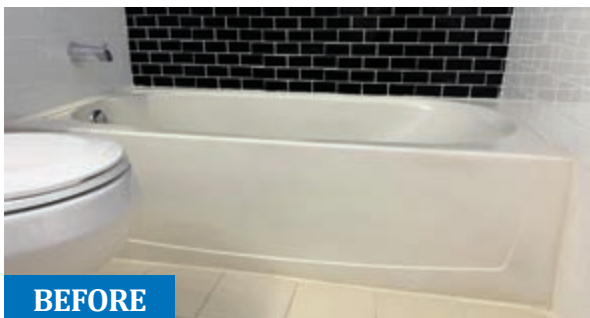
Hearing Healthcare That You Can Trust

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



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

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



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

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

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

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

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

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

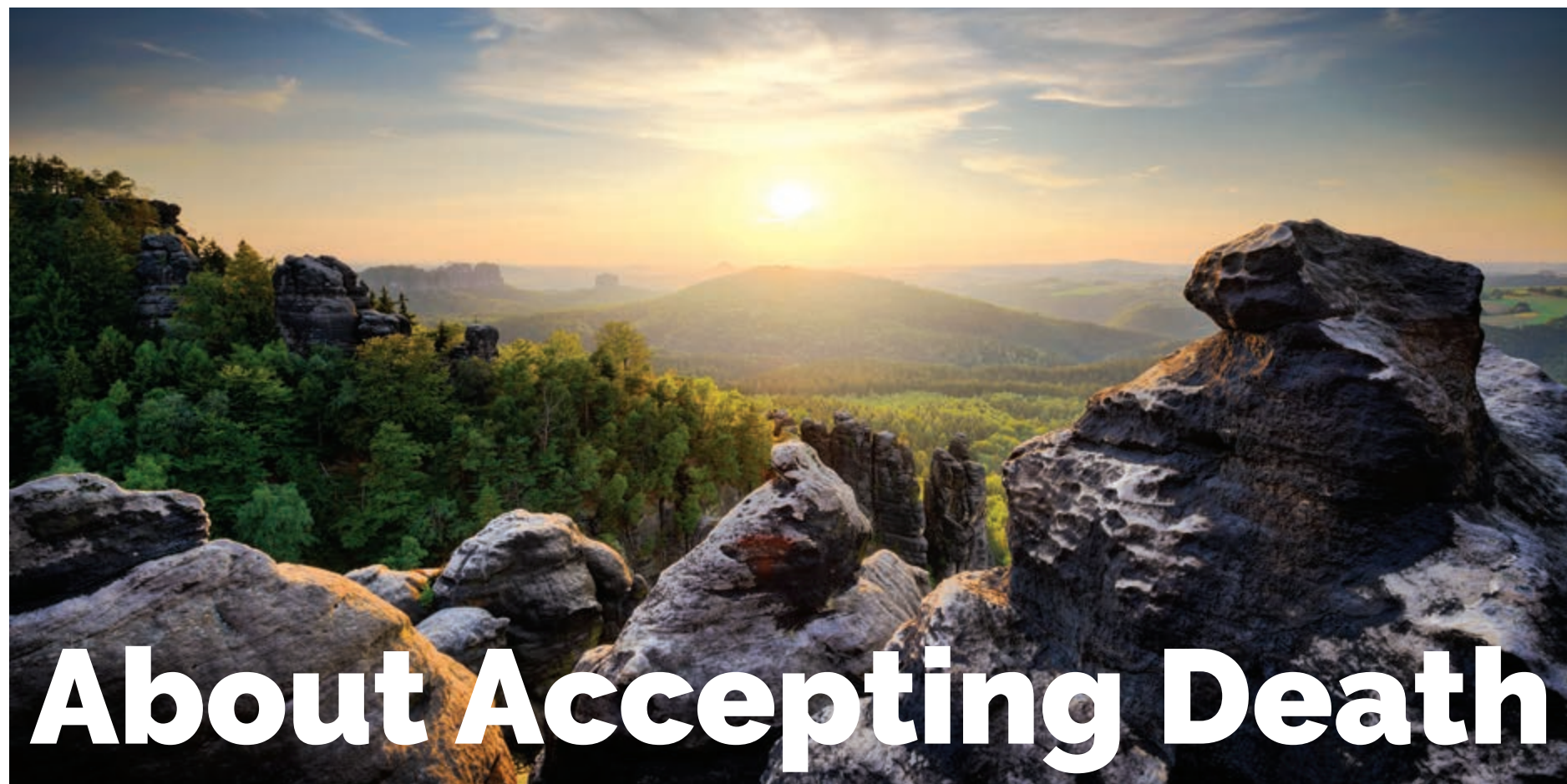


The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy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

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



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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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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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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:

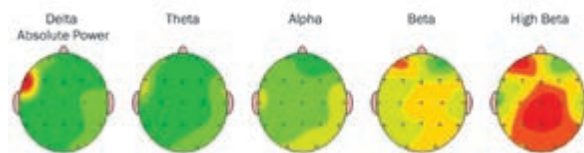
- Terrible two's, three's, and four's
- Tantrums
- A spirited child
- Picky or sensitive
- Cranky, fussy, and not a good sleeper or napper
- Difficulty with separation

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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SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

Throughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



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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I Have A Wait Problem

Brent Myers

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows

we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



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