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May 2024

South Palm Beach Edition - Monthly

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FOR CANCER PATIENTS:
TOP THREE MYTHS REVEALED**

**THE GIFT OF [HAIR] GROWTH –
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ONE SHE'LL NEVER FORGET**

**UNDERSTANDING NEUROPATHY:
LIVING WITH ITS EFFECTS
AND FINDING RELIEF
WITH MY VITALITY PLUS**

**THE HEALING POWER
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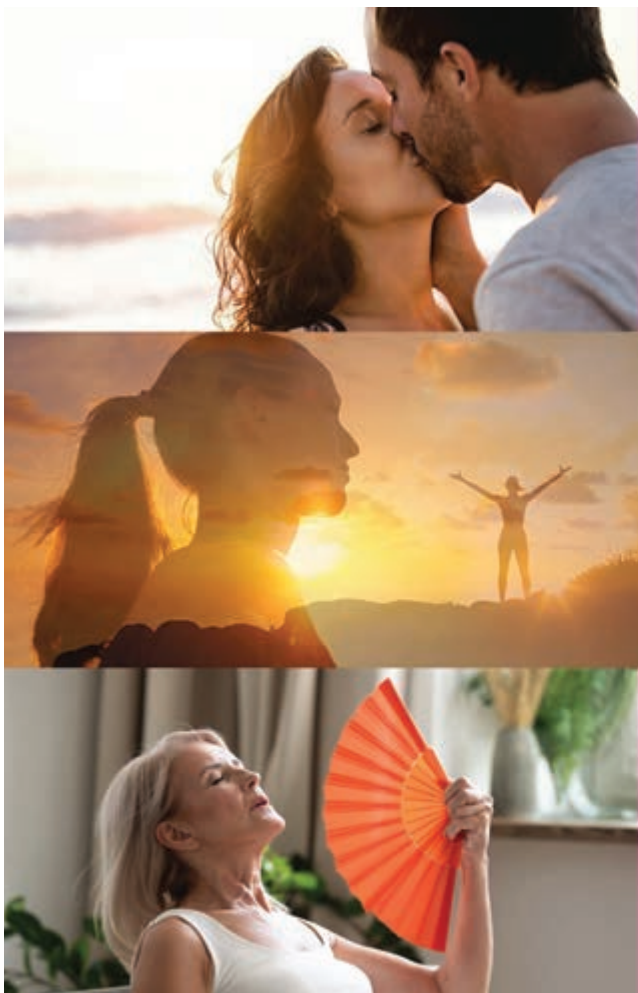
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TRUSTED LAW AMANDA ACHONG, ESQ

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

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
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THE GIFT OF [HAIR] GROWTH

Make This Mother's Day One She'll Never Forget

by Alan J. Bauman, MD, ABHRS



Say goodbye to the heavy downpours of April and say hello to the flourishing flowers of May! What I love about May is seeing those beautiful blossoms added to vibrant bouquets for the most influential women in our lives — our mothers. Being a mom is far from easy as they serve as the figurehead that helps shape our lives. I wouldn't be in my position without my mother's support. And no matter how strong they are, moms go through their struggles, often putting them on the back burner to support their children.

As someone who has dedicated their career to hair, I've witnessed the emotional toll of women's hair loss. Beyond the traditional gifts, there's a struggle that's not just about appearance but about identity and self-worth. Losing something so integral to their femininity and confidence can be incredibly challenging. May is a time to honor these women, but it's also an opportunity to challenge the stigma around this issue, offering empathy and support.

Let's call a spade a spade — hair loss in women is more common than you think. Just how common? Oh, just about 40 to 50 million women in America experience it; nearly a third of the population and half over the age of 50 experience some hair thinning. No matter how thorough you are with your hair care, factors like stress,

genetics, heredity, medications, age, and others don't care. They'll find a way to remove potentially 50% of your hair without you even realizing it.

While you can try a new hairstyle, buy extensions, or even dye your hair, nothing quite feels like your natural flow. At Bauman Medical, we don't offer any of that. Instead, we're a practice at the forefront of hair restoration, delivering practical solutions for all to return to the head of hair they once had, instilling that sense of confidence you once had.

It's time to step away from the usual gifts and consider something truly unique. For all the significant others and children out there, instead of the typical presents, why not choose a gift that's both practical and meaningful?

Bauman Medical offers a range of unique solutions that can make this Mother's Day a truly unforgettable one, showing your mom just how much she means to you.

Let's dive into some of my most popular services & products among women here at Bauman Medical:

LOW-LEVEL LASER LIGHT THERAPY:

Give your mom the gift of hair restoration without her having to leave the comfort of her home. Our low-level laser light caps are a favorite among those with thinning hair. Scientifically proven to improve the overall quality, strength, and thickness of hair, they also promote hair regrowth. It's a gift that keeps on giving, showing your mom that you care about her long-term well-being.

My personal suggestion is our latest and most advanced LaserCap, the Award-Winning Bauman TURBO LaserCap™, our drug-free, chemical-free, non-invasive, and FDA-cleared cap. What makes the TURBO the most advanced LaserCap on the market today for at-home use?

- We don't call it the TURBO for nothing: all it requires is five minutes daily to see exceptional results.
- The TURBO cap features over 300 high-quality laser diodes that deliver more energy and power to 25% more scalp area than other caps on the market.
- You can take it wherever you please! With flexible spines, it's collapsible for travel so you don't have to feel limited to using it in one place.
- With a longer battery life, say goodbye to extra charging sessions and more personal usage.
- It's adjustable, so your mom, dad, or even you can find the perfect fit for optimal hair growth.
- We offer a lifetime warranty with it.

PRP (PLATELET-RICH PLASMA)

With PRP, all it takes is an hour of your day to start turning back the clock. With no recovery or potential risks, our experts will draw a small sample of your blood to harness the platelets found within. We then will take said platelets, which have now been separated from the blood and concentrated, and inject them back into your scalp. These are where the delicate hair follicles are. You might be thinking, "This sounds painful." Quite the opposite, actually, as we apply local anesthesia to make the process quick



Before and 12 months after starting Low-Level Laser Light Therapy

and painless. And as much as we'd love to see you again soon, all it takes is one PRP treatment to see astounding results that last a year or more.

SCIENTIFIC SCALP MAKEOVER

Instead of a spa day at your local resort, why not take your mom to Bauman Medical for relaxation and results? With our soothing SalonB Head Spa, our Scientific Scalp Makeovers are great options for women dealing with stress-induced hair loss. Take a deep breath and relax as you enter our low-light room and be serenaded by a dreamy melody. With therapeutic aromatherapy, customized scalp masks, deep scalp massages, and a thorough cleaning with our shampoo and conditioner, a scalp makeover will have you and your hair feeling breezy.

Just how good are our makeovers? I've seen plenty of people stop in to enjoy some well-deserved R&R without any scalp issues. If you enjoy a good facial, you'll love a Scalp Makeover!



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.

SOOTHE SHAMPOO & CONDITIONER

It's time to throw out that bottle of Head & Shoulders. Treat mom right this year by looking into my Soothe Shampoo and conditioner kit. If she's dealing with an irritated or dry scalp, my CBD oil-infused cleansers will make for a terrific gift for mom this year. Coupled with the light-reflecting properties of the porcelain flower, her hair will feel as hydrated as ever.

Soothe can be used as an everyday combo, reducing scalp sensitivity in no time. With its anti-inflammatory and deep moisturizing properties, the Soothe duo will serve as the perfect remedy for an angry and arid scalp. Along with CBD, I've also added things like Procapil to reduce DHT levels and increase blood flow, ceramides so moisture stays in the fibers, and 12 other essential oils for all the soothing and anti-inflammatory needs mom's scalp has.

THE BUILDER MULTI-COLLAGEN COMPLEX

When it comes to The Builder, I like to view it as your hair's own protein powder. With three proprietary ingredients — Fortigel, Fortibone, and Verisol — this trio serves as a way to deliver essential proteins to your hair that increase natural collagen levels. Collagen, in turn, gives your hair a boost in production and follicle strength while also restoring that once-bright shin.

I can assume you've heard of collagen before, whether that be in the form of other supplements or consumable powders. On a more definitive scale, collagen is actually the most rich protein in our bodies. This is the reason why our connective tissues are, well, connected. You can thank collagen for your tendons, ligaments, muscles, skin, and, of course, hair. To put it into a numerical perspective, 30% of our body's total protein is collagen.

Hair health will improve, and you can also expect to see increased bone density, skin elasticity, and muscle strength, as well as more support to the cartilage, tendons, and ligaments. Just like Rome wasn't built in a day, the impacts of The Builder will take time. Most users noticed these benefits within three to six months of daily use. I highly recommend continuing beyond that time frame for even better results.

LEARN MORE

No matter what you feel is the best fit for your mom this year, just know that the Bauman Medical team and I are ready to provide her with services that put her first. Eliminate some stress from your life by contacting us today to find the gift of all gifts and make this Mother's Day one she'll never forget. Not sure which one suits her best? Let her make the decision with a Bauman Medical gift e-card available on our eStore. If anyone knows Mom best, it's her.

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



About Dr. Alan J. Bauman



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

With over 26 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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UNDERSTANDING NEUROPATHY: Living with Its Effects and Finding Relief with My Vitality Plus

LIVING WITH NEUROPATHY CAN BE A CHALLENGING JOURNEY, IMPACTING EVERY ASPECT OF DAILY LIFE. FROM TINGLING SENSATIONS AND NUMBNESS TO SHARP PAINS AND BALANCE ISSUES, NEUROPATHY MANIFESTS IN VARIOUS FORMS, MAKING SIMPLE TASKS SEEM DAUNTING. HOWEVER, THERE IS HOPE. MY VITALITY PLUS OFFERS AN INNOVATIVE AND EFFECTIVE TREATMENT THAT NOT ONLY RELIEVES NEUROPATHIC SYMPTOMS BUT ALSO AIMS TO REVERSE ITS PROGRESSION, RESTORING VITALITY AND IMPROVING QUALITY OF LIFE.





My Vitality Plus offers a breakthrough treatment that addresses the root cause of neuropathy, providing relief from symptoms and promoting nerve regeneration. Our treatment combines cutting-edge technology to deliver targeted relief and long-term results. Unlike traditional treatments that focus solely on symptom management, My Vitality Plus works to reverse the progression of neuropathy, restoring nerve function and improving overall health.

Neuropathy, often referred to as peripheral neuropathy, occurs when nerves outside the brain and spinal cord become damaged. This damage disrupts communication between the brain and other parts of the body, leading to a range of symptoms. The most common symptoms include numbness, tingling, burning sensations, and sharp pains in the affected areas. These sensations can occur in the hands, feet, arms, and legs, making simple activities such as walking, typing, or even holding objects challenging.

Living with neuropathy can have a profound impact on everyday life. Tasks that were once effortless may now require significant effort and concentration. Simple pleasures like taking a leisurely walk or enjoying a peaceful night's sleep can be disrupted by constant discomfort. Additionally, the emotional toll of living with chronic pain and physical limitations can lead to anxiety, depression, and a diminished sense of well-being.

Fortunately, My Vitality Plus offers a breakthrough treatment that addresses the root cause of neuropathy,

providing relief from symptoms and promoting nerve regeneration. Our treatment combines cutting-edge technology to deliver targeted relief and long-term results. Unlike traditional treatments that focus solely on symptom management, My Vitality Plus works to reverse the progression of neuropathy, restoring nerve function and improving overall health.

One of the key components of My Vitality Plus is its innovative blend of natural ingredients, carefully selected for their neuroprotective and regenerative properties. These ingredients work synergistically to repair damaged nerves, reduce inflammation, and improve circulation, addressing the underlying causes of neuropathy. By targeting the root cause of the condition, My Vitality Plus offers a holistic approach to neuropathy treatment, promoting healing from within.

In addition to its natural ingredients, My Vitality Plus utilizes advanced technology to enhance its efficacy. Our treatment utilizes targeted nerve stimulation to promote nerve regeneration and restore normal

nerve function. This non-invasive approach delivers gentle electrical impulses directly to the affected nerves, stimulating growth and repair. Our patients experience significant improvement in their neuropathic symptoms, reclaiming their vitality and independence.

The benefits of My Vitality Plus extend beyond symptom relief. By addressing the underlying causes of neuropathy, our treatment offers long-term results, helping patients regain mobility, reduce pain, and improve overall quality of life. Whether you're struggling with diabetic neuropathy, chemotherapy-induced neuropathy, or idiopathic neuropathy, My Vitality Plus offers a safe and effective solution for managing your symptoms and restoring your vitality.

Living with neuropathy doesn't have to mean sacrificing your quality of life. With My Vitality Plus, you can reclaim control over your health and enjoy life to the fullest. Experience the difference for yourself and discover a new sense of vitality and well-being. Say goodbye to neuropathic pain and hello to a brighter, pain-free future with My Vitality Plus.



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Healing America's Heroes: Helping Them Come Home Town Hall

Many people may not be aware of the various challenges military personnel face when they transition from active service to civilian life. These challenges include reconnecting with family members, entering the workforce, and relating to those who may not understand the experiences veterans have endured during their active duty. Additionally, adjusting to a different pace of life and work can significantly take a toll. In this Town Hall, we will speak with military leaders and advocates to explore how we can support these heroes in transitioning back home as smoothly and supportively as possible.

Watch LIVE on **Wednesday, May 15 at 7PM** on the Health Channel or at [AllHealthTV.com](https://www.AllHealthTV.com)

Join Us Out in the Community

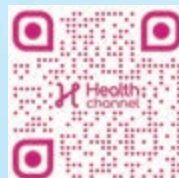
- **NAMI MIAMI WALK**
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ZOO MIAMI – 12400 SW 152nd St, Miami, FL 33177
- **SEX TALK SCREENING**
Saturday, May 29 from 7PM - 9PM
VI at AVENTURA – 19333 W Country Club Dr, Aventura, FL 33180

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Finding Hope: Danger! Social Media & Kids Town Hall

The earlier that children gain access to screens and social media, the higher their likelihood of developing mental health disorders becomes. The numbers are staggering, and the research is frightening. The US Surgeon General has issued a stark warning about the perils associated with social media use. In *Danger! Social Media & Kids Town Hall*, we explore strategies to assist children and teenagers in navigating the challenges and risks posed by social media, focusing on effective coping mechanisms.

Stay up-to date and watch recent town halls at: [AllHealthTV.com/TownHall](https://www.AllHealthTV.com/TownHall)

Behavioral Health & Anxiety



Instagram Live
@AllHealthGo
Friday, May 10 at 10AM
Stacie Boyar, Licensed Mental Health Counselor

Stacie Boyar, a licensed mental health counselor with a master's degree in education, specializes in anxiety, depression, and PTSD.

She has recently written and published a book called *You're Not the Boss of Me!*, providing tips, tricks, and techniques to help those struggling with anxiety.

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Research Detectives: Solving the Pain Problem

Pain medications work to relieve discomfort, but there are many serious concerns about the current available pain relief treatments. Addiction, overdose, and side effects are all a part of the “Pain Problem.” In this episode of *Research Detectives*, we introduce viewers to scientists working to solve this problem through a better understanding of the science of pain and how our body sends pain signals. We’ll also meet researchers who study drug cravings and tolerance to see if it’s possible to create pain medicines that don’t require increased doses to remain effective.

**Premieres Tuesday, May 14 at 7PM
on the Health Channel**

Catch up on all *Research Detectives* episodes here:
AllHealthTV.com/research-detectives



The Youth Mental Health Crisis in Underserved Communities

In a study released last fall, researchers discovered that nearly 170 thousand children lost parents or caretakers to COVID-19. The study found that in underserved communities, the death rate for parents and caretakers was nearly twice as high as the rate in white communities. Learn more at: LivingMinute.TV



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The Healing Power of Journaling: A Journey to Mental and Emotional Wellness

In the hustle and bustle of everyday life, it's easy to feel overwhelmed, stressed, and disconnected from our inner selves. Amidst this chaos, finding a sanctuary for our thoughts and emotions becomes crucial for maintaining overall well-being. Enter journaling – a simple yet profoundly effective tool that offers many health benefits for the mind, body, and soul.

Mental Clarity and Emotional Release – Journaling serves as a safe space where you can pour out your thoughts, fears, dreams, and frustrations without fear of judgment or repercussion. Putting pen to paper allows you to untangle the web of thoughts swirling in your mind, bringing clarity to your emotions and experiences. By externalizing your internal dialogue, you gain perspective and insight into your own thought patterns and behaviors, empowering you to make positive changes in your life.

Journaling also acts as a form of emotional release, providing an outlet for pent-up feelings and stress. Research has shown that expressing emotions through writing can reduce symptoms of anxiety, depression, and post-traumatic stress disorder (PTSD), promoting emotional healing and resilience.

Stress Reduction and Improved Mental Health – In today's fast-paced world, chronic stress has become a pervasive problem that can wreak havoc on our mental and physical health. However, studies have demonstrated that regular journaling can significantly reduce stress levels by lowering cortisol, the body's primary stress hormone.

Furthermore, journaling has been linked to improved mood, self-esteem, and overall mental well-being. By acknowledging and processing your thoughts and feelings on paper, you cultivate greater self-awareness and self-compassion, fostering a sense of acceptance and inner peace.



Enhanced Creativity and Problem-Solving Skills – Journaling isn't just about introspection and self-reflection – it's also a powerful tool for stimulating creativity and innovation. Through free-flowing writing, you unleash your imagination and tap into your subconscious mind, unlocking new ideas, insights, and perspectives. Whether you're grappling with a creative block or seeking solutions to life's challenges, journaling can serve as a gateway to inspiration and breakthroughs.

Cultivation of Mindfulness and Gratitude – In a world inundated with distractions and obligations, practicing mindfulness and gratitude has become essential for nurturing a sense of inner peace and contentment. Journaling offers a sacred space to cultivate mindfulness by anchoring your awareness in the present moment. Whether you're jotting down sensory observations, recording gratitude lists, or practicing mindful breathing exercises, journaling can deepen your connection to the here and now, fostering a greater sense of serenity and gratitude.

The health benefits of journaling extend far beyond mere pen and paper – it's a transformative journey of self-discovery, healing, and growth. ***Feeling overwhelmed or struggling to cope? You don't have to face it alone. Take the first step towards better mental health by scheduling an appointment with a VIPcare primary care provider today. Call 561-794-2819.***



Roy Bassett, M.D.

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CLINICAL TRIALS FOR CANCER PATIENTS: TOP THREE MYTHS REVEALED

In the past 30 years, the survival rate for cancer patients in the United States has increased by more than 30%. Early-stage diagnosis and advancements in treatments and detection are just a few of the reasons there are far fewer deaths caused by cancer. Clinical trials have played an important role in the advancements that are now saving more lives.

Clinical trials not only pave the way for the future, but patients who participate in this groundbreaking research today receive the latest treatments available, which can positively impact their outcomes.

So why do less than 5% of cancer patients choose to participate in clinical trials?

The answer is due to common myths that cancer experts hear and see daily. So, we're breaking down the facts on clinical trials. First, let's break down what clinical trials are and how they affect cancer research.

Clinical trials are studies that involve the careful research that takes place after promising results are seen in the laboratory. In this process, medical professionals closely and carefully conduct a study with a small group of people. They ensure the drug or treatment is not too strong and that every patient is kept safe.

This careful human research keeps medicine moving forward. These groundbreaking research studies are why new treatments exist for cancers that were previously considered incurable. Every cancer treatment, drug or therapy in place today started in a clinical trial.

Let's debunk the three most common myths about clinical trials together.

Here's the truth about clinical trials:

~~You have to give up your usual treatment to join a clinical trial.~~

Clinical trials expand treatment options.

Some people consider clinical trials a last resort, but this is and should not be the case. Patients who participate in clinical trials have the opportunity to receive the most up-to-date, innovative treatments available, personalized for their unique conditions. Studies consistently show that their outcomes are as good as — if not better than — those of the general patient population receiving standard treatments.

~~Clinical trials aren't safe.~~

Clinical trials are safe.



Experienced health care professionals carefully monitor patients at every step of treatment, and the U.S. Food & Drug Administration strictly manages all trials.

~~Clinical trials don't make that big of a difference.~~

Clinical trials provide hope for cancer patients everywhere.

Every clinical trial improves our understanding of cancer. They help determine if a therapy, drug or procedure shows a better way of treating a particular cancer or improves a condition for which a treatment didn't already exist. Because of difficulty finding patients, many clinical trials are delayed or closed, and, unfortunately, cancer research suffers.

With clinical trials, you can play an active role in your treatment plan and be part of the incredible incoming treatments that can change the world.

You don't have to travel far to find a clinical trial in Florida.

Oncology care experts with Florida Cancer Specialists & Research Institute (FCS) have played a critical role in bringing more effective drugs to the marketplace and offering patients opportunities to participate in clinical trials. Over 300 clinical trials are available to FCS patients at any time in one of our three phase 1 drug development units or 32 research locations close to home throughout Florida. In recent years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists & Research Institute participation, prior to approval.

WORLD-CLASS CANCER TREATMENT,
CLOSE TO HOME

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

Celebrating its 40th year in 2024, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapy, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



Scan the QR code to learn more about
our clinical trial offerings

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Palm Springs, FL 33461-4746

Palm Beach Gardens

3401 PGA Blvd, Ste 200
Palm Beach Gardens, FL 33410-2824

Wellington North

1037 S State Road 7, Ste 303
Wellington, FL 33414-6140

West Palm Beach

1309 N Flagler Dr
West Palm Beach, FL 33401-3406

For more information, visit
FLCancer.com.



WELCOME BACK TO SUMMER AND HURRICANE SEASON!

Welcome back to summer and hurricane season! It seems we may be in for a very active hurricane season – I think we can all agree that South Florida has been very lucky the past few years and so it is not unreasonable to feel we have become complacent and relaxed about preparing for hurricanes. People with hearing loss need to be a little more prepared than others and so here are some hints you might find helpful.

PREPARE AN EMERGENCY KIT

In addition to items everyone should have such as **food, water, and medications**, you should prepare a kit that includes:

- **Paper and a pen** to communicate if you're unable to hear. Devices like smartphones can also be used for this purpose, but in the case of longer-term emergencies, the batteries may die.
- **Your old hearing aids** make a great backup and should be stored somewhere safe. They can be used as replacements if the current ones run out of batteries or are lost during a storm. Store them in moisture-proof plastic bags.
- Keep **extra batteries** for all hearing devices. Make sure that this includes batteries for new and old hearing aids, as well as batteries for microphones or other equipment that help you communicate. Portable power banks are essential for today's rechargeable hearing aids.
- Purchase **car chargers** for items such as cochlear implant battery packs, hearing aid chargers and cellphones. This is a great way to recharge devices when the power is out.
- **Charge all your devices and backup batteries.** If you have rechargeable hearing aids make sure they are at a full charge and that you have a backup charger if the electricity goes out.
- Get some **weatherproof bags** or containers to hold hearing devices, batteries, and other items. Many stores now sell inexpensive waterproof sacks that you can find in the camping section.



PUT TOGETHER AN EMERGENCY CONTACT LIST

In emergencies, you can't rely on your cell phone or other devices. You need to have phone numbers and other important information hard copy, just in case.

Both state and local agencies offer support for people with hearing loss in the case of a natural disaster. Your local department of emergency services will have vital information regarding an incoming storm: <https://discover.pbcgov.org/publicsafety/dem/Pages/default.aspx>

If you think you will need to go to a shelter, check with your local emergency department for special needs shelters in your area.

Wherever you live, make sure you have the numbers for the local fire and police departments, the mayor's office, and any support or volunteer groups that help people with hearing loss during an emergency. Your doctor's number should also be on the list, as well as the **manufacturer of your hearing aid** in case you need emergency service.

INVEST IN TECHNOLOGY

Many companies sell **receivers that work in conjunction with the National Weather Service's system** to get severe weather warnings through National Oceanic and Atmospheric Administration Weather Radio. These receivers send output such as strobe lights or loud sirens, while other devices shake the bed or vibrate the pillows so that people with hearing loss are alerted to severe weather conditions and warnings. These radios are readily available on Amazon and are relatively inexpensive (see example below).

You can also get devices that assist hearing. **Amplified telephones** or telephones explicitly designed to work with hearing aids can help you hear vital information. Your TV should be equipped with closed captioning. TV amplifiers work both by themselves and with the assistance of a headset.

Also make sure you have an **evacuation plan** and that other members of the family are aware of your plan.

This is not an exhaustive list but we urge you to be prepared. The worst thing during a storm is to be out of touch and unable to know what is happening.



If you would like more information about how to be prepared for a storm, please don't hesitate to call **561-366-7219**.

We are celebrating our 10th Anniversary! As a 501c3 agency, we are beginning an ambitious fundraising campaign to purchase some new, innovative equipment. We are currently conducting a 50/50 raffle with the drawing on August 4 (our actual anniversary date). We have two events planned and will have more information on that in the coming months. If you would like to purchase a 50/50 raffle ticket, please call **561-366-7219** or text **561-559-7673**.

We are looking for sponsors for our events, so if you have a business and would like to be promoted over the summer, please don't hesitate to reach out.

Receipts for donations will be provided upon request

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Hearing Healthcare That You Can Trust

HAVING TROUBLE GETTING IN AND OUT OF YOUR BATHTUB, TUBCUT HAS YOUR ANSWER

THE TUBCUT® ADDS CONVENIENCE AND PROTECTION FOR ALL AGES

When was the last time you faced the need for a home project that you knew would absolutely solve your problem and also go easy on your wallet?

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.

WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.

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.

"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 Echavarría, 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®.



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



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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.

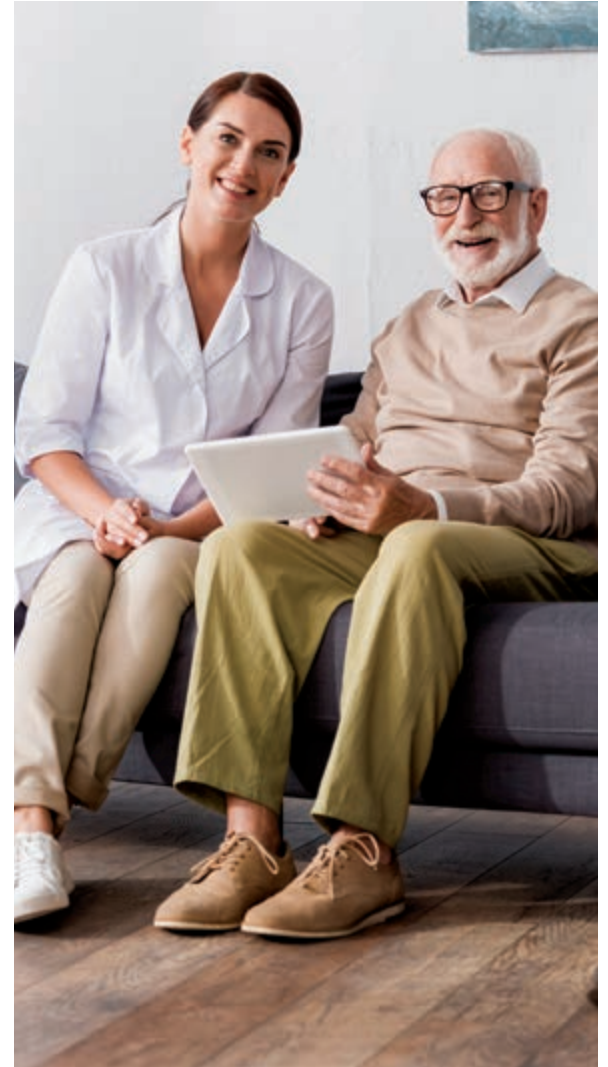
Humankind is part of the ongoing community of nature, on a world scale, subject to the same cycle of birth and death which governs all other creatures and, like them, totally dependent on other life. Sometimes we tend to forget this. Birth and death are as natural for us as for the myriad of creatures in that little square of ground.



561-865-1746

www.JewishDirectCremation.com

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 **561-770-6030**.

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?

IS THERE A CONNECTION BETWEEN MY BRAIN AND MY GUT?

By Renee Chillcott, LMHC

Every one of us has made a reference to our gut having a brain connection. Sayings such as “I trust my gut”, “a feeling in the pit of my stomach” or even “butterflies in my stomach” are validation that sometimes we have feelings in our gut and our brain. This phenomenon is helping medicine understand the link between digestion, mood, health, and the way we think.

According to JOHN’S HOPKINS MEDICINE when we speak of the gut brain connection, we are really talking about digestion. Scientists call this the *enteric nervous system* (ENS). The ENS is two thin layers of more than 100 million nerve cells lining your gastrointestinal tract from esophagus to rectum. Its main role is controlling digestion, from swallowing to the release of enzymes that break down food to the control of blood flow that helps with nutrient absorption to elimination. The enteric nervous system doesn’t seem capable of thinking as we know it, but it communicates back and forth with our big brain, with profound results.

The ENS may trigger big emotional shifts experienced by people coping with irritable bowel syndrome (IBS) and functional bowel problems such as constipation, diarrhea, bloating, pain and stomach upset. For decades, researchers and doctors thought that anxiety and depression contributed to these problems. But our studies and others show that it may also be the other way around. Researchers are finding evidence that irritation in the gastrointestinal system may send signals to the central nervous system (CNS) that trigger mood changes.

These new findings may explain why a higher-than-normal percentage of people with IBS and functional bowel problems develop depression and anxiety. That’s important data, because up to 30% to 40% of the population has functional bowel problems at some point.

WHAT DOES THIS MEAN FOR ME?

When we’re speaking of digestion, we are really talking about food and nutrition. So, the saying “You are what you eat” now connects nutrition with mental health or emotions. It is also important to know that as no 2 brains are the same, no 2 digestive systems are the same

either. Every person that walks through our doors has a unique gut and brain presentation and it is our job to evaluate and get to know both.

Today’s therapist must incorporate nutrition, digestion, and absorption into the equation of effective mental health. Neurofeedback treatment with the Brain and Wellness Center strives to do this. We work well with your current providers and want to help coordinate care to provide a more Holistic treatment that emphasizes the brain and gut relationship.

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 dys-regulated patterns in the brain. When neuron firing in the brain is healthy; the signals sent to the gut are also healthy. This is the first step in improving the relationship between digestion and mood.

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

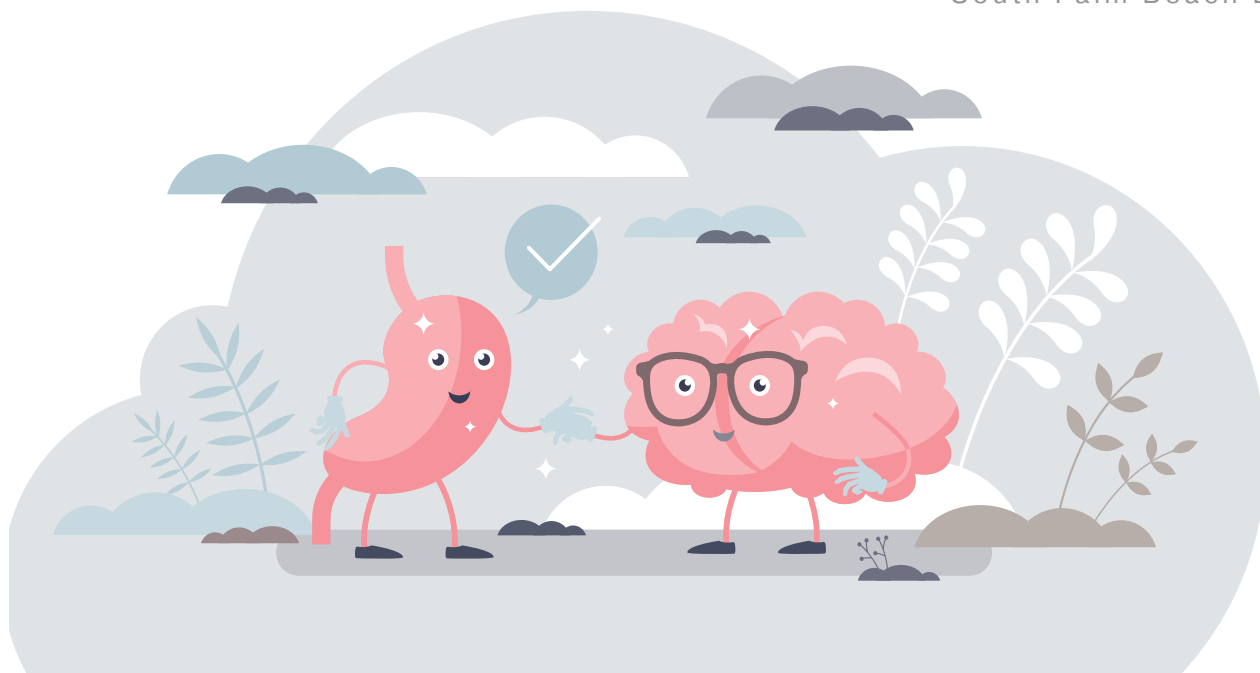


speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (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



HOW DOES A “BEEP” OR SOUND TRAIN MY BRAIN TO WORK BETTER?

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

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 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 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.

HOW DOES THE BRAIN AND WELLNESS CENTER ADDRESS MY GUT?

At the center we have partnered with Trace Elements and Immunolabs to provide Hair analysis and Sensitivity Testing, respectively.

Hair Analysis: Because your hair is cellular, we are able to look at all of the minerals that have been stored in your cells including nutritional minerals as well as toxic heavy metals. With this information your metabolic picture is formed. Not only can your nutritional status be viewed, but we can also learn much about how efficiently your body is working. Results also include information on how to achieve a better balance of minerals and how to improve absorption through increasing and decreasing certain foods. Therefore, diet recommendations are included.

Sensitivity Testing: There are a variety of sensitivity tests that are available. Different types of foods and different numbers of foods as well as tests specifically for Celiac, Yeast, Outdoor/environmental sensitivities, and common household sensitivities. Some testing is prescribed to a lab, and some can be performed in the office. Sensitivity Tests look for antibodies in the blood that indicate your body is fighting off certain foods or irritants. Like the Hair Analysis, a diet avoiding sensitive foods is provided. In some cases, if a client receives both tests, we can combine the results for an even more comprehensive diet.

With the Neurofeedback sessions, we can provide nutritional counseling and make supplement suggestions based on neuron firing findings and individual characteristics.

HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?

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

HOW DO I GET STARTED?

Getting started is easy. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled with a free telephone consultation. Call, email or text message us today at our **NEW ADDRESS:** Brain and Wellness Center, 5458 Town Center Road, MedPlex Building, Suite 13, Boca Raton, FL 33486. **(561) 206-2706**, e-mail us at info@bocabraincenter.com, or text us at **(561) 206-2706** or visit our website at www.BocaBrainCenter.com.



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from

The University of Central Florida and a Master’s Degree in Psychology/Mental Health Counseling from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At the Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.



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Simply Men's Health Expanding our Services: **GRAND OPENING** of our **NEW State-of-the-Art Center**

EMBARK ON A JOURNEY TO REVITALIZE YOUR VITALITY
FROM THE BEDROOM TO THE GOLF COURSE



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. Restore your health from the inside from Semiglutide weight loss, non-invasive Body Sculpting, Energizing IV Drips, and medical aesthetic procedures including PRP Facelift, cosmetic fillers, botox and more.



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.

THE GENUINE DIFFERENCE: EXPERIENCE REJUVAWAVE® RISK-FREE

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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Cataract Surgery in 2024: What should you expect?



DAVID A. GOLDMAN

By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.

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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The Ophthalmologist'.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, microincisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

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Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.



Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!



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