

S O U T H F L O R I D A ' S

# Health & Wellness<sup>®</sup> MAGAZINE

July 2024

North Palm Beach Edition - Monthly

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**FREE**



**THE POWER OF SUNSCREEN:  
PROTECTING SKIN,  
PREVENTING CANCER**

**TAKE THAT TO THE [HAIR] BANK –  
HAIR FOLLICLE STEM CELL  
BANKING'S HIGH ROI**

**TRUSTS ARE NOT JUST  
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**REVOLUTIONIZING  
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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

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

## Protecting Skin, Preventing Cancer

Few skincare products wield as much power and promise as sunscreen. It's not just about avoiding a nasty sunburn. Sunscreen is your first line of defense against skin cancer, the most common cancer in the United States for both men and women. But navigating the sunscreen aisle can be a daunting task.

### Decoding the labels: What matters most?

When it comes to sunscreen, knowledge is power.

- Start by deciphering the label. Look for "broad-spectrum protection" to ensure that you're defended against both ultraviolet A (UVA) rays, which can lead to skin damage that causes wrinkles and sunspots, and ultraviolet B (UVB) rays, which are more likely to cause a sunburn.
- Opt for an SPF (sun protection factor) of at least 30, as the American Academy of Dermatology recommends, and avoid being swayed by higher numbers. At a certain point, additional protection is minimal.
- Water resistance is crucial for beach days or intense workouts, while active ingredients such as zinc oxide and avobenzone shield your skin from harm.

### Exploring sunscreen varieties: Finding your perfect match

But what do these sunscreens do? Sunscreen isn't one-size-fits-all.

Physical sunscreens with mineral ingredients such as zinc oxide or titanium dioxide offer gentle protection that's ideal for sensitive skin. Think of them as a soothing blanket for your skin, reflecting those harmful rays away.

Some argue that mineral sunscreens aren't super effective due to their lower SPF ratings, but don't let that deter you! These powerhouses still offer excellent protection for your skin.

Chemical sunscreens, known for their lightweight formulas, are ideal for those seeking protection without a heavy feel. Ingredients like avobenzone absorb into the skin and convert UV rays that penetrate the barrier into heat.

Combination sunscreens offer the perfect balance for those wanting both comfort and effectiveness.

### Mastering sunscreen practices: Your skin's daily ritual

The key to sunscreen success lies in practice.

Don't skimp — slather on that sunscreen liberally, ensuring that every inch of skin exposed to sunlight gets its due. And remember, reapplication is non-negotiable, especially after a dip in the pool or a sweaty workout. Keep an eye on expiration dates, too — an outdated sunscreen is about as useful as a chocolate teapot.

Tailor your choice of formulation to your skin type and lifestyle. Whether it's a lotion for everyday wear, a powdered



sunscreen (which is a great option for your scalp) or a spray for on-the-go touch-ups, there's a sunscreen out there for everyone and every situation.

### Sunscreen is your skin's unsung hero

Consistent use of sunscreen is a crucial part of a healthy skincare routine. It is pivotal in protecting your skin from short-term damage and long-term health risks associated with UV exposure. For skin cancer prevention, its benefits are vital. Next time you grab sunscreen, remember that it's not just about protecting your skin; it's about keeping it strong.

Stay aware of skin cancer signs, and teach loved ones the importance of using sunscreen to stay safe.

Florida Cancer Specialists & Research Institute (FCS) urges everyone to talk with their physician about the importance of using sunscreen, getting regular skin cancer screenings and following recommended guidelines. Here are some other skin cancer prevention tips:

- **Avoid peak sun hours:** Limit exposure to the sun between 10 a.m. and 4 p.m., when the sun's UV rays are strongest.
- **Wear protective clothing:** Wear lightweight, long-sleeved shirts and pants, a wide-brimmed hat and sunglasses to cover as much skin as possible.
- **Seek shade:** Use umbrellas, trees or other shelters when outdoors.
- **Avoid tanning beds and other artificial tanning lamps:** UV radiation from tanning beds can increase your risk of skin cancer.
- **Conduct regular skin checks:** Perform self-examinations monthly, and report any changes to your dermatologist or provider. Look for new growths, changes in existing moles or any sores that don't heal.
- **Know your skin type:** People with fair skin, freckles or a history of severe sunburns (especially in their younger years) are at higher risk and should take extra precautions. Did you know that just one blistering sunburn during childhood can nearly double your chances of developing melanoma, the most dangerous form of skin cancer?

- **Eat a healthy diet:** Maintain a plant-based diet rich in antioxidants, which can help protect and strengthen your skin. Foods high in antioxidants include fruits, vegetables, nuts, seeds and whole grains.

- **Hydrate:** Drink plenty of water to keep your skin healthy and resilient.

- **Avoid smoking:** Smoking and other tobacco products can increase the risk of developing skin cancer, especially on the lips, and affect the skin's healing process.

### WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

About Florida Cancer Specialists & Research Institute, LLC:  
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# TAKE THAT TO THE [HAIR] BANK

## *Hair Follicle Stem Cell Banking's High ROI*

by Alan J. Bauman, MD, ABHRS

**J**ust like with stocks and bonds, your hair can grow and flourish if you make the right investments. If you put your money into the wrong things, you'll end up losing it. While I'm no Charles Schwab, I've realized the importance of investing in proper hair care treatments. It's July, and I'm thrilled to announce that Bauman Medical is introducing a new offering that promises to go far beyond current treatments in hair restoration. A process that brings us one step closer to the 'holy grail' of hair restoration – hair follicle cloning.



they permit a better you, a better head of hair, and a promising future of improved hair health.

Tick-tock, the aging clock is always ticking, so don't wait to bank your Stem Cells, as the younger you are, the more powerful your Stem Cells will be. You want the youngest possible stem cells in the bank at the earliest possible time.

At Bauman Medical, we believe in a holistic hair health approach. That's why we offer a wide range of services beyond Hair Follicle Stem Cell Banking.

While I'm excited to introduce our hair follicle stem cell banking, I want to assure you that our tried-and-true methods are still here. These methods have been proven to leave your hair and scalp feeling like a million bucks, and we will continue to offer them alongside our new, innovative treatments.

### INTRODUCING HAIR FOLLICLE STEM CELL BANKING

At this point, you're probably familiar with Adult Stem Cells in some capacity, including their potential to help repair and regenerate the human body. Our team has taken an already impressive medical advancement and harnessed it for the realm of hair restoration, regenerative health, and likely even more in the future.

How does this work? We start by simply plucking roughly 50 hairs from your scalp (gently, of course) to ensure that the essential biological material from the follicle is kept intact, including the Outer Root Sheath layer, the Dermal Papilla, and more.

After extraction, we carefully place each hair in a special solution. This solution, along with a state-of-the-art temperature-controlled transport container, ensures the cells remain viable on their way to the tissue bank for examination, cellular expansion, and cryopreservation. If you've been dealing with hair loss, knowing some of your hair follicle stem cells are frozen in time can give you significant peace of mind. And, much like a savings account, you can "withdraw" benefits from these cells when you need them. The big question you're probably thinking is, "What are the benefits of Hair Follicle Stem Cell Banking?"

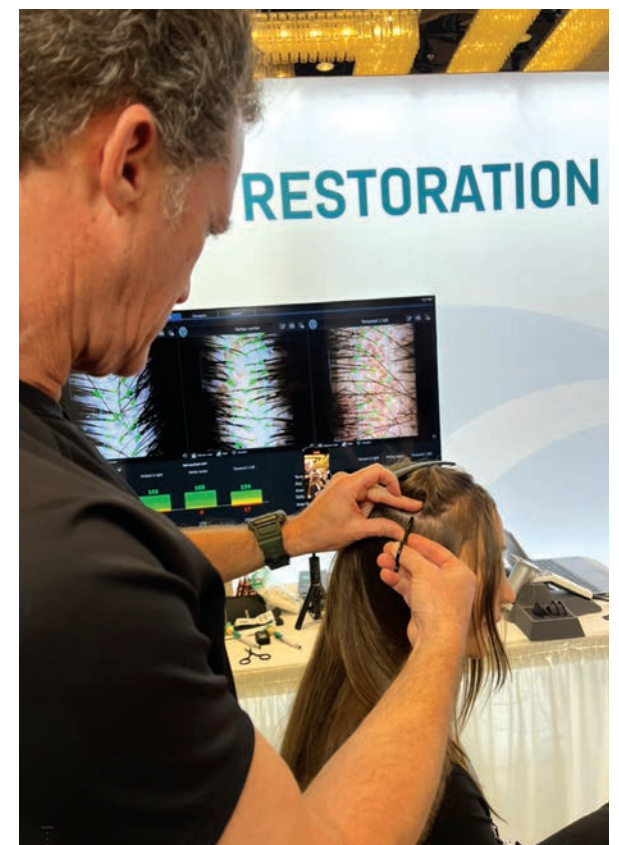
In the short term, this innovative process offers an advanced, pain-free, topical hair restoration treatment made from your very own cells. Eventually, after

clinical trials are conducted, we expect to shift to fully injecting this treatment into your scalp for powerful hair regrowth. The banked cells are your own, i.e., autologous, Mesenchymal Stem Cells or MSCs, meaning you now have a personalized treatment tailored specifically to your unique DNA. Further along into the future, I'm confident we'll be able to create a supply of new, fully functioning hair follicles from these cells.

With Stem Cell banking, you're not just investing in a hair restoration treatment, you're investing in a solution that's designed specifically for you. You'll literally be using your own cells for rejuvenation. Talk about investing in yourself!

But it's not just hair that you can invest in with Stem Cell banking. It opens the door to a wide range of potential future treatments in Regenerative Medicine. From skin rejuvenation and orthopedic treatments to organ repair and replacement, the possibilities are vast and promising. With stem cell banking, it's all about you, your health, and your cells.

Whether you need it today or years from now, treatments from banked Stem Cells can be accessed at will. These withdrawals have no overdraft fees;



Stem cell banking only requires gently plucking some hairs from the scalp, as Dr. Bauman is doing here at the recent Biohacking Conference in Dallas.





Before and after FUE Hair Transplant by Dr. Alan Bauman

### LOW-LEVEL LASERCAPS

They say time is money, and that's why I helped develop the Bauman Turbo LaserCap®. This innovative device offers a quick and efficient hair restoration solution. Spend just five minutes of your day with this cap on, and you'll be rewarded with the head of hair you loved years ago. The FDA-cleared LaserCap is drug-free, chemical-free, side-effect-free, and non-invasive, allowing you to bring effective and proven hair regrowth to the comfort of your own home. It's a convenient and effective way to invest in your hair health.

### PRP (PLATELET-RICH PLASMA)

As the name alludes to, PRP is an effective way to be rich in hair once again. All it takes is an hour of your day and a small blood sample to "turn your clock back a hair." Our experts will carefully draw a sample, harness the platelets within, and apply them comfortably back into your scalp once separated from the blood and concentrated. There's no need to be afraid of needles or pain, as our local anesthesia application will have you sitting blissfully. The best part? One treatment lasts you for a year or more, so I'm looking forward to seeing you and your 'do next July.

### PDOgro™

PDOgro™ is an extension of PRP, furthering the process by including our one-of-a-kind polydioxanone threads. These thin and absorbable threads are made from an FDA-cleared synthetic absorbable material. Quietly and unseen under the scalp, they stimulate endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. That's a lot of benefits, but to put it simply, marrying PDOgro™ with PRP helps cultivate hair regrowth. Studies show that PDOgro™ is 30% more effective than a single PRP session.

### TED

TransEpidermal Delivery (TED, for short) is a revolutionary method for administering a powerful growth serum to your scalp. This serum serves as a vessel that delivers amino acids, dynamic growth factors, and advanced peptides that increase blood flow, strengthen hair fibers, decrease shedding, and stimulate hair follicles. All of this leads to a scalp operating at its optimum potential. It's a

non-invasive and effective way to invest in your hair health.

When you hear serum, you might imagine needles being injected into your scalp. Fortunately, TED is applied via sound waves and air pressure. It is a relaxing treatment without needles and no pain! No trauma, no drama.

### HAIR TRANSPLANTATION

Investing in a hair transplant is a bullish move that will significantly pay off down the line. The stigma surrounding transplants might have you thinking of an unusual-looking head of hair, perhaps like the old-fashioned "plugs" your grandfather may have gotten. But thanks to aesthetic and microsurgical advancements in the field, whether it's your hairline or your crown, these procedures look completely natural. With a hair transplant, you're not just investing in hair; you're investing in your confidence and self-esteem.

Like any portfolio, it's always best to diversify your investments. In the context of hair restoration, this means considering multiple services that can work together to maximize your results. For those with a receding hairline and thinned-out crown, now's the time to start "buying stock" in FUE (Follicular Unit Extraction). With an array of satisfied Bauman Medical patients already seeing high returns on investment, now is the time to make the jump. You'll notice dividend returns in no time after harvesting individual hair follicles courtesy of your scalp by my experienced team using today's most advanced and specialized mechanical instruments.

With the advancements in FUE, you no longer have to worry about any linear scarring due to the procedure, like with the old-fashioned FUT strip harvest. On top of that, recovery times have decreased, allowing you to get back to your normal routine sooner. So, you can get out on the town and show everyone a healthy (and wealthy) head of hair without any discomfort or inconvenience. And remember, because hair transplants are permanent, they are truly the investment that keeps on growing!

### LEARN MORE

With Hair Follicle Stem Cell Banking and more, the answer was always within you. There's no better time than now to start investing, so choose to invest in your future self by contacting Bauman Medical today. I know I said I'm no financial guru, but I'm feeling quite bullish on hair restoration in your future.

Call **561-220-3480** or point your camera at the QR code below to schedule a private one-on-one in-person evaluation or virtual consultation at [www.baumanmedical.com](http://www.baumanmedical.com).



## About Dr. Alan J. Bauman



### Alan J. Bauman, MD, ABHRS, IAHRs 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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# TRUSTS ARE NOT JUST FOR THE WEALTHY

Perhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.



Another reason for having a revocable living trust is to protect against incapacity. In the trust, you designate who would manage your assets in the event,, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove to be a bad result, because the husband could remarry

and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will,

follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit.. And for persons with handicapped children, a "supplemental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement

for government benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

Amanda Achong, Esq. is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate from Thomas M. Cooley Law School. Before opening her own legal practice, she practiced law under numerous well-established firms. Her experience has given her the expertise to be assertive in court and detail-oriented in her client work. 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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# REVOLUTIONIZING ANTI-AGING WITH HELIX CUSTOMIZED CO<sub>2</sub> + TECHNOLOGY



In the quest for youthful and radiant skin, advancements in technology have continuously pushed boundaries, offering new solutions that are both effective and non-invasive. One such groundbreaking innovation is Helix Customized CO<sub>2</sub>+ technology, heralded as a game-changer in the field of anti-aging skincare.

## **UNDERSTANDING HELIX CUSTOMIZED CO<sub>2</sub>+**

Helix CO<sub>2</sub>+ technology combines the power of fractional CO<sub>2</sub> laser treatment with customizable parameters tailored to individual skin types and concerns. Unlike traditional CO<sub>2</sub> lasers, which were known for their intensity and downtime, Helix CO<sub>2</sub>+ delivers controlled micro-pulses of laser energy to target specific areas with precision. This approach promotes collagen production and stimulates skin renewal while minimizing discomfort and recovery time.

## **THE CUTTING-EDGE OF ANTI-AGING**

At Carroll Dermatology, Helix CO<sub>2</sub>+ represents the forefront of anti-aging treatments. By precisely targeting

fine lines, wrinkles, and skin laxity, this technology helps to rejuvenate and tighten the skin effectively. Its ability to penetrate deeper layers of the skin stimulates long-term collagen remodeling, resulting in smoother texture and improved overall skin tone.

## **NON-INVASIVE EXCELLENCE**

One of the most significant advantages of Helix CO<sub>2</sub>+ technology is its non-invasive nature. Clients can achieve remarkable results without the need for surgical procedures or extended recovery periods. This aspect not only enhances convenience but also appeals to those seeking natural-looking improvements without the risks associated with more invasive treatments.

## **PERSONALIZED TREATMENT PLANS**

Each client at Carroll Dermatology receives a personalized treatment plan utilizing Helix CO<sub>2</sub>+. This customization ensures that specific skin concerns are addressed comprehensively, whether targeting sun damage, acne scars, or general signs of aging. The adjustable settings of the Helix CO<sub>2</sub>+ system allow for tailored treatments that optimize results while prioritizing client comfort and safety.

## **EMBRACING INNOVATION**

Helix CO<sub>2</sub>+ technology exemplifies innovation in skincare by integrating advanced laser technology with a focus on patient-centric care. Its versatility and effectiveness make it a preferred choice among dermatologists and clients alike, seeking reliable solutions in anti-aging and skin rejuvenation.

Carroll Dermatology offers the break through Helix Customized CO<sub>2</sub>+ technology stands as a revolutionary tool in the pursuit of youthful and healthy skin. Its ability to deliver significant anti-aging benefits with minimal downtime underscores its role as a cornerstone of modern dermatological practice. At Carroll Dermatology, clients can trust in this cutting-edge solution to achieve remarkable improvements in skin texture, tone, and overall appearance, ensuring they can face each day with confidence and radiance.

For those considering anti-aging treatments, Helix CO<sub>2</sub>+ technology represents not just a treatment option, but a promise of transformative results backed by the latest in skincare innovation. If you are seeking the latest technology in anti-aging, reach out to the medical professionals at Carroll Dermatology to determine if Helix is the right fit for you.

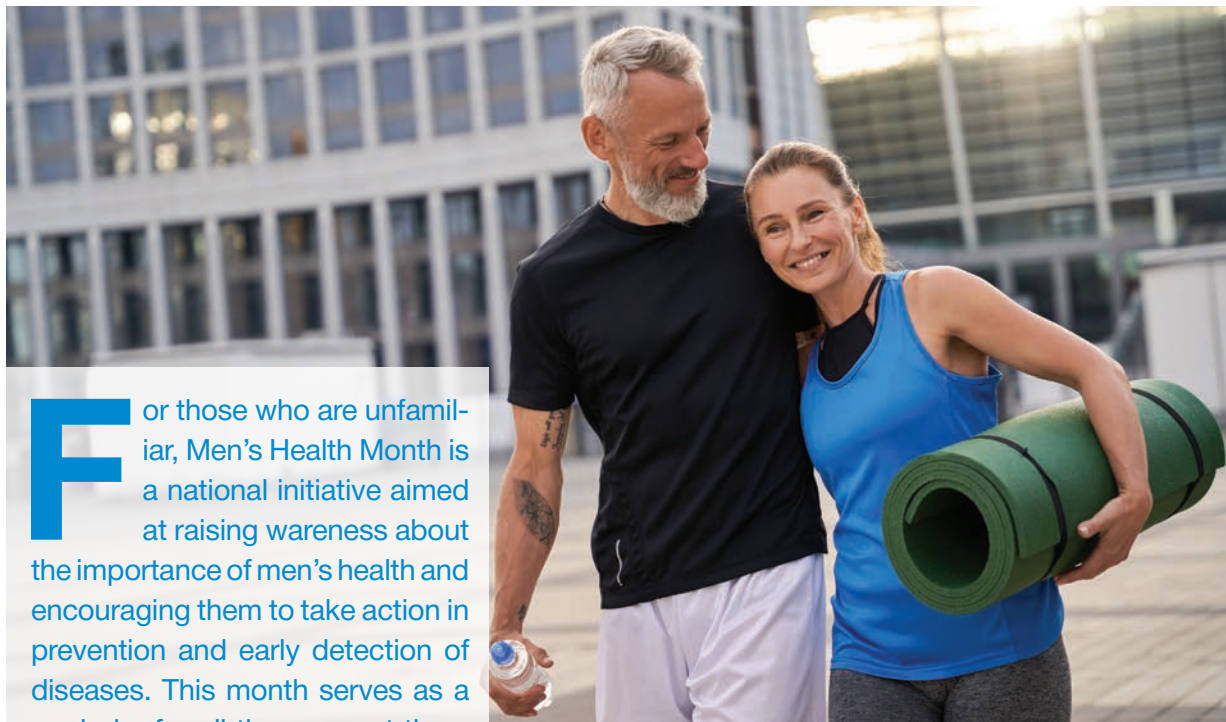


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# CHANGING MEN'S LIVES, ONE TREATMENT AT A TIME



**F**or those who are unfamiliar, Men's Health Month is a national initiative aimed at raising awareness about the importance of men's health and encouraging them to take action in prevention and early detection of diseases. This month serves as a reminder for all the men out there that their health should not be taken for granted.

At Simply Men's Health, we strongly believe in promoting healthy lifestyles and being proactive about one's well-being. That is why we have decided to celebrate this month by offering a limited-time summertime special for every man can take advantage of – Get RejuvaWAVE® Shockwave Therapy for just \$99\*

Our Shockwave Therapy has gained immense popularity due to its non-invasive nature and numerous benefits aiding in issues such as Erectile Dysfunction and Peyronie's Disease.

This innovative therapy helps improve sexual performance and treat erectile dysfunction without any surgery or medication. It uses precision energy waves that stimulate blood flow, increase stamina, and promote tissue regeneration. Many studies have shown that Shockwave Therapy can be effective in treating ED with long-lasting results.

According to a study published in the Journal of Urology, men with moderate vasculogenic ED who received Li-ESWT experienced significant improvements in their erectile function scores, with a notable 79% of participants showing at least a 5-point increase on the International Index of Erectile Function (2023).

It is crucial to seek treatment from experienced men's health providers to ensure the correct therapy is administered. As your leading men's health clinic in Boca Raton for the past 10 years, it is our top priority to provide excellent service and a range of affordable treatment options that cater specifically to men's needs. In addition to RejuvaWAVE®, Simply Men's Health also offers treatment options for other men's health concerns, including:

- Penis Size
- Enlarged Prostate
- Hair Loss
- Low Testosterone
- Memory Loss
- Chronic Pain

## TAKE CHARGE OF YOUR HEALTH, EVERY WAY POSSIBLE:

At Simply Men's Health, you not only have access to the best men's health treatments, but also the convenience of buy now pay later options! Make this men's health month your healthiest one yet with our all-in-one solution.

We understand that talking about men's health can sometimes be seen as taboo or uncomfortable. However, it is crucial to break this stigma and openly discuss these concerns so that we can take charge of our health. To get started and claim your limited-time summertime savings, call Simply Men's Health to schedule your men's health appointment today.



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No Side Effects**



# Goodbye Gum Grafts

Gum recession treatment is easier than ever thanks to the Chao Pinhole Technique®. The Pinhole Technique replaces gum grafts with a quick, simple, and non-invasive procedure that works just as well.

## Hello Pinhole

The Pinhole Technique is performed without grafting. Scalpels and sutures are unnecessary. You can expect little to no downtime.

The benefits of the Pinhole Technique are many:

- Less discomfort after treatment
- Fast recovery
- No need for uncomfortable sutures
- No need for scalpels or invasive surgical tools
- No need to take tissue from your palate
- Excellent, natural-looking, long-lasting results

### How Pinhole Works

Gum recession is a common dental problem that requires care.

The Pinhole Technique involves replacing your lost gum tissue with tissue from the immediate vicinity. It's a natural and conservative approach with little risk of complication.

With the Pinhole Technique, a pin-size hole is made in your existing gum tissue, just above or below your tooth. Then, small periodontal instruments are used to gently loosen your gum tissue. The gum tissue is moved into place to cover the exposed root structure of your tooth and restore the appearance of your gumline. Your body simply adjusts to the slight movement in gum tissue and periodontal health is restored.



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Karen, actual patient

### Better for Your Teeth

Gum recession can lead to tooth loss. When you reverse gum recession with the Pinhole Technique, you're reducing your risk for tooth loss. All while giving your pearly whites a beautiful frame.

### Trained Specialist

Palm Beach Gardens Periodontist Dr. Lee R. Cohen completed postdoctoral training and Pinhole Technique Certification with the doctor who pioneered the procedure. Dr. Cohen sought the training because he wanted his patients to have faster results and less pain. He was one of the first gum surgery specialists in the country to offer the Pinhole Technique.

### We Care a Lot

From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- Together we review your health history.
- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

We care for you like you are part of our family. Our team keeps everyone in your care circle up to date, and we check in to make sure you feel good once treatment is complete.

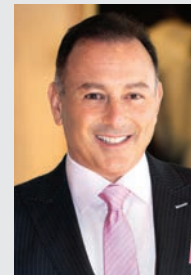
### Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills. Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.

### About Dr. Lee R. Cohen

Dr. Lee R. Cohen, D.D.S., M.S., M.S. is a dual-board certified periodontal and dental implant surgeon.

- NYU, Doctor of Dental Surgery; Master's in Health Policy & Management
- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology





# HEARING LOSS AND COGNITION

**M**y staff and I recently attended a conference sponsored by Alzheimer's Community Care. We were fortunate enough to sit in on a presentation by Dr. David Watson talking about the mechanics of Alzheimer's, past treatments and the current research investigating ways to both slow down Alzheimer's and possible preventative medications. Unsurprisingly, Palm Beach County is the foremost research location in the entire country. Dr. Watson has been involved in over 400 research studies and is on the cutting edge of current and future treatments. He established the Alzheimer's Research and Treatment Center in 2012.

Another featured speaker was Dr. Lyndsey Bride, an Audiologist out of Sarasota, FL. She spoke about the link between hearing loss and Alzheimer's or dementia. She presented some updated statistics:

- Over 50 million Americans have some degree of hearing loss
- From 2000 to 2015, the number of Americans with hearing loss has doubled
- 1/3 of Americans between ages 65 and 74 have hearing loss
- Half of people over age 75 have hearing loss
- Hearing loss is the 2nd most prevalent chronic health condition globally

We know that hearing loss and early dementia symptoms can mimic each other. Often, when we remedy the hearing loss with hearing aids, the dementia "goes away" - this does not mean the person was cured, it means that there was no real cognitive decline but the problem was untreated hearing loss.

An old saying is "we hear with our brains, not our ears" and recent research reinforces that concept. Dr. Bride discussed a recent study of people with untreated hearing loss and cognitive performance. During the study, one of the participants experienced a sudden hearing loss which worsened the existing hearing loss. They had already conducted functional MRI's and EEG's on this patient so they had a baseline. After only 3 months of this sudden, severe hearing loss, the patient's brain showed rewiring of the brain to compensate for the hearing loss. The same person was then fit with hearing aids and only 30 days later the brain had re-organized again so that only the part of the brain needed for hearing was being stimulated; thus, the cognitive load was lessened and the patient had to put out less effort to hear well.

Dr. Bride summarized much of the recent research:

- Loss of brain activity = loss of brain tissue: people with hearing loss lost an additional cubic centimeter of brain tissue every year as compared to those with normal hearing

- As the brain shrinks, the person has more difficulty processing sounds and speech
- Untreated hearing loss definitively causes brain shrinkage, even for those people with mild hearing loss

There's some good news!

- After 18 months of wearing properly fit hearing aids, patients reported improved speech perception in quiet and perceived quality of life was also improved
- Cognitive test batteries showed no significant decline and overall, executive function of the brain were significantly improved
- Clinically and statistically significant improvements in cognition were seen
- While hearing aids do not "cure" Alzheimer's or dementia, they should be considered on the frontline of defense against worsening of the disease

Dr. Jonathan Peelle, PhD, Department of Neurology, University of Pennsylvania School of Medicine said:

"As hearing ability declines with age, interventions such as hearing aids **should be considered not only to improve hearing but to preserve the brain,**"

The takeaway from the research to date is not to scare people into buying hearing aids but to show that there is a connection between cognitive performance and hearing loss. We now have the research to back up what we've known anecdotally: hearing aids are good for your brain.

If you are concerned about Alzheimer's, one of your first steps should be to have a hearing test. Your memory issues might not be Alzheimer's or dementia, it might be hearing loss.

For more information about the Alzheimer's Community Care, [www.alzcare.org](http://www.alzcare.org) or call 561-683-2700. They also have a (non-medical) 24-hour crisis hotline at 800-394-1771. As always, for a medical emergency, call 911.

For more information, please visit their website: <https://www.alzheimers-risk-test.com/alzheimers-risk-test?loc=about> or call 1 908 460 8443

Below is a graphic published by genoScore's Alzheimer's Risk Test:



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# Bed Making Made Easy – With CKI Solutions' Bed MadeEZ®



**I** wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

Changing linens is a pain, literally. Strain to your back from lifting and holding your heavy mattress, frustration as the sheets untuck before you can finish, and occasionally a chipped nail ... bed making is exhausting. And it isn't getting better anytime soon. With the increase in pillow-top mattresses, foam mattresses, and luxury coil mattresses, mattresses are getting heavier by the year.

#### The Truth About Your Mattress.

- Mattresses now average 12 ½' high;
- They are over 15" thick;
- A king mattress can easily top 300 pounds.

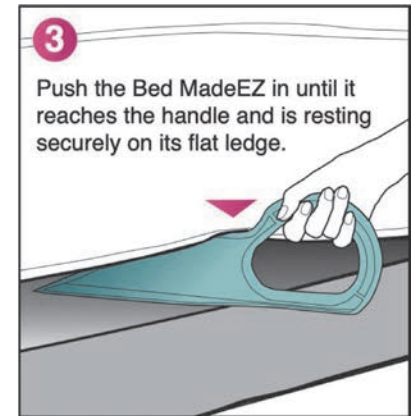
So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



- 1** Start by inserting one tip of the Bed MadeEZ at an angle between mattress and box spring



- 2** Keeping the Bed MadeEZ angled slightly towards you, insert it between mattress and box spring.



- 3** Push the Bed MadeEZ in until it reaches the handle and is resting securely on its flat ledge.

#### What does the Bed MadeEZ do?

This aqua beauty (comes in pink too) does it all it:

- **Lifts and Holds** – as you insert the Bed MadeEZ under your mattress, it lifts the mattress for you and holds it up to 4 inches while you change your linens, giving you the time to make those famous hospital corners too!
- **Tucks** – using the tip, you can quickly tuck sheets, quilts, and blankets easily for a perfectly finished nice, crisp edge, saving your hands and wrists from scraping and strain.

It is **Ergonomically Designed** to eliminate strain. The design includes a large round handle, allowing for versatility in gripping positions for either one or two hands.

#### Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

- **Independently Tested** – to reduce strain on your back and shoulders caused by repeated lifting of a heavy mattress.
- **Recommended by OSHA** – around the world, housekeepers use the Bed MadeEZ to avoid injury and go home less tired.
- **Backed by a Lifetime Warranty**
- **Made in the USA** – and always will be made right here in Florida!

#### Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

- Reader's Digest – <https://www.rd.com/article/mattress-lifter/>
- Southern Living – <https://www.southernliving.com/bed-madeez-mattress-lifter-7109456>
- Apartment Therapy – <https://www.apartmenttherapy.com/amazon-mattress-lifter-tool-review-37184419>

#### Easy to Order, Fast Shipping!

The Bed MadeEZ can be ordered right off Amazon and it arrives quick! Simple to understand instructions are included and you can get right to business. The Bed MadeEZ makes changing linens and making the bed a breeze.

#### Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

- Back Injuries
- Arthritis
- A heavy mattress
- Recently Undergone Surgery
- Those undergoing Breast Cancer treatments
- Pregnant Women
- Anyone at all who wants to make their bed quickly, professionally and without heavy lifting and fear of back injuries due to strain.



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# THE CORNEA

By David A. Goldman MD



the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

**A**lthough people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



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 2<sup>nd</sup> 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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# IT'S HOT EVERYWHERE IN JULY

Brent Myers

**H**ave you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

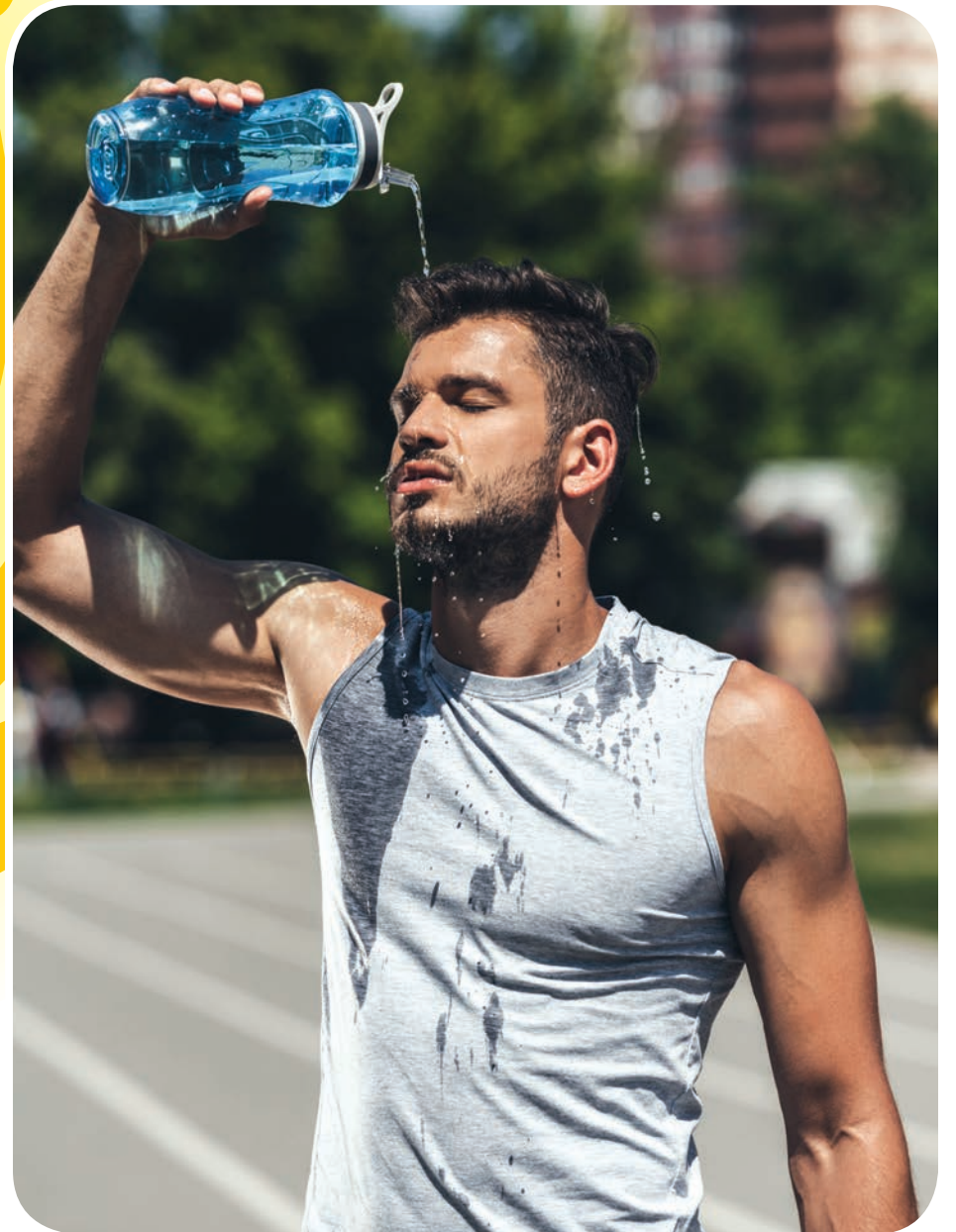
Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.



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