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Health & Wellness[®] MAGAZINE

July 2024

South Palm Beach Edition - Monthly

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

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

**TRUSTS ARE NOT JUST
FOR THE WEALTHY**

**UNDERSTANDING NEUROPATHY:
LIVING WITH ITS EFFECTS AND
FINDING RELIEF WITH
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**ALZHEIMER'S AND DEMENTIA:
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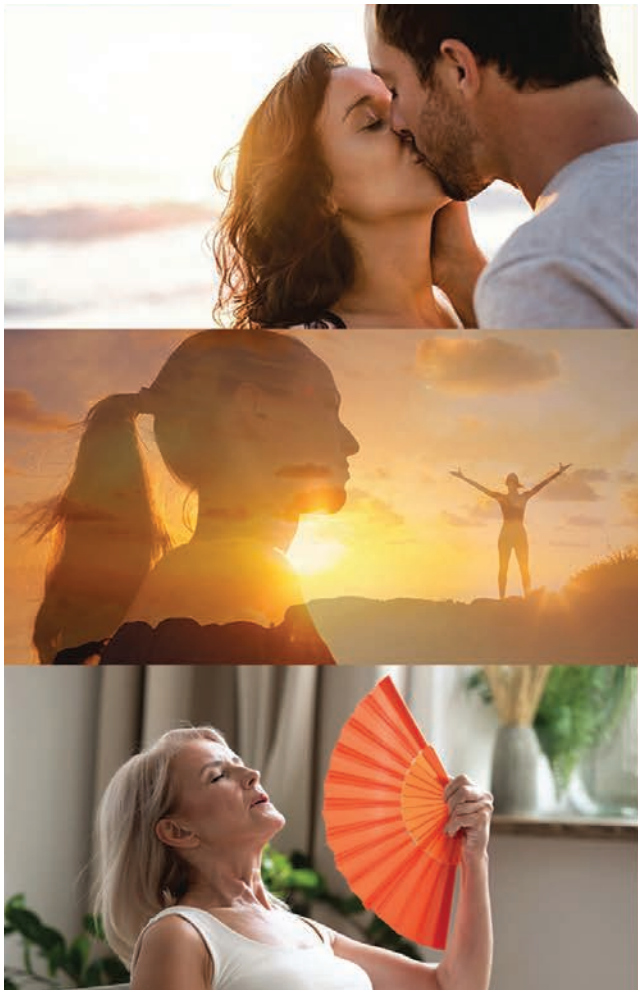
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TRUSTED LAW AMANDA ACHONG, ESQ

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

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
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TAKE THAT TO THE [HAIR] BANK

Hair Follicle Stem Cell Banking's High ROI

by Alan J. Bauman, MD, ABHRS

Just 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.

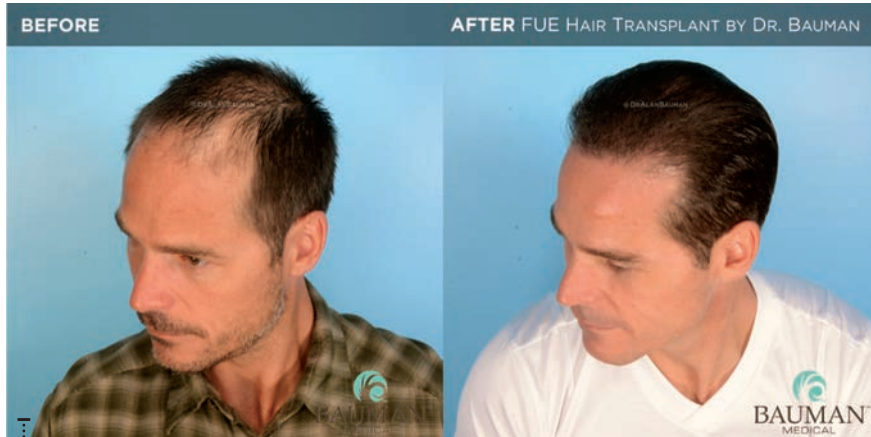
With Stem Cell banking, you're not just investing in a hair restoration treatment, you're investing in a solution that's designed specifically for you. You'll literally be using your own cells for rejuvenation. Talk about investing in yourself!

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**.



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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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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Ultimate Guide to Summer Safety

Summer is the best time of year to enjoy the great outdoors. Whether you're swimming, barbecuing, or hiking, some basic safety precautions should be followed to avoid falling ill.

- 1. Wear Protective Clothing:** Wear lightweight, loose-fitting, and light-colored clothing to keep cool and protect your skin from the sun. Don't forget your SPF, wide-brimmed hat and sunglasses.
- 2. Limit Sun Exposure:** Avoid being outdoors during peak sun hours (10AM to 4PM) when the sun's rays are the strongest.
- 3. Stay Hydrated:** Drink plenty of water throughout the day, especially if you're spending time outdoors or engaging in physical activities.

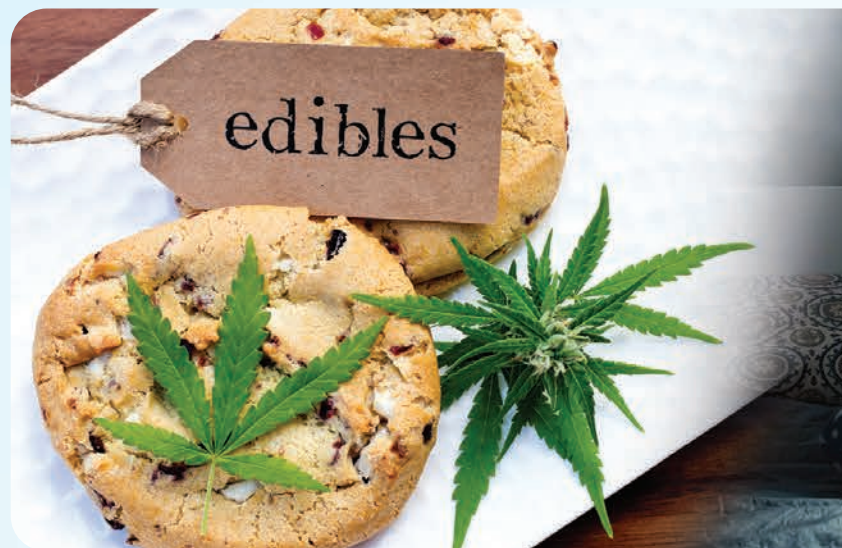


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Edible Cannabis: Risks and Safety Concerns

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Friday, July 12 at 11AM

Barbara Krantz, D.O., MS, DFASAM, MRO
Caron's Medical Director of
Older Adults Program in Florida Therapy

Caron's Medical Director of the Older Adults Program in Florida Therapy, will discuss a recent JAMA study. The study reveals that the legalization of edible cannabis has led to a significant rise in emergency department visits for cannabis poisoning among older adults. It underscores the increased risk for this age group due to accidental ingestion, improper dosing, and age-related vulnerabilities. Watch live and stream anytime on [@AllHealthGo's Instagram page](#).



Dr. Barbara Krantz

LIVING MINUTE

Food Safety During Power Outages

The FDA advises that perishable food is safe to eat only for a specific period after a power outage cuts off refrigeration. After that, bacteria and viruses may grow, making it very unsafe. Even within that timeframe, if food doesn't look or smell right to you after a power outage, it's best to toss it.

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Alzheimer's and Dementia: What's the Difference

In the realm of cognitive health, two terms often intermingle, causing confusion: Alzheimer's and dementia. While they are related, understanding their distinctions is crucial for proper diagnosis, treatment, and support. Grasping the contrast between Alzheimer's disease and dementia not only aids those living with these conditions but also offers invaluable guidance to caregivers. Read on to unravel this perplexity and shed light on the disparities between Alzheimer's disease and dementia.

WHAT IS DEMENTIA?

Dementia isn't a specific disease but rather an umbrella term encompassing a range of symptoms affecting cognitive abilities such as memory, communication, and reasoning. Think of it as a collective noun under which various cognitive impairments reside. These impairments significantly interfere with daily life and function.

It's important to note that dementia is not a normal part of aging. It is caused by damage to brain cells and can stem from multiple underlying causes, including Alzheimer's disease, vascular dementia, Lewy body dementia, and frontotemporal dementia, among others. Each type presents distinct symptoms and progression trajectories.

UNDERSTANDING ALZHEIMER'S DISEASE

Alzheimer's disease is the most prevalent form of dementia, accounting for 60 to 80 percent of cases. It is a progressive neurodegenerative disorder characterized by the accumulation of abnormal protein deposits in the brain, namely beta-amyloid plaques and tau tangles. These neurobiological changes lead to the deterioration of brain cells and the subsequent decline in cognitive function.

KEY DIFFERENCES BETWEEN ALZHEIMER'S AND DEMENTIA

Cause: Alzheimer's disease has a specific pathology involving the accumulation of beta-amyloid plaques and tau tangles, while dementia encompasses various conditions with diverse underlying causes, such as vascular issues or Lewy bodies.



Progression: Alzheimer's typically progresses gradually over several years, starting with mild memory loss and advancing to severe cognitive impairment and functional decline. Other types of dementia may have different progression patterns depending on their underlying causes.

Symptoms: While both Alzheimer's and dementia involve cognitive decline, Alzheimer's often presents with specific memory-related symptoms early in the disease process, whereas other forms of dementia may manifest with distinct symptoms such as visual hallucinations and tremors in Lewy body dementia or changes in behavior and language in frontotemporal dementia.

Treatments: While there is no cure for Alzheimer's or for most types of dementia, treatments and interventions may help manage symptoms and slow disease progression. However, specific treatments may vary depending on the type of dementia and its underlying cause.

IMPORTANCE OF EARLY DIAGNOSIS AND INTERVENTION

Early detection of cognitive impairment is crucial for providing appropriate care and support to individuals affected by Alzheimer's or dementia. Diagnosis involves comprehensive evaluations of medical

history, cognitive testing, neurological exams, and sometimes imaging studies. Timely intervention can enable access to treatments, support services, and lifestyle modifications that may improve quality of life and slow disease progression.

SUPPORT AND RESOURCES

Caring for someone with Alzheimer's or dementia can be challenging, both emotionally and practically. Fortunately, numerous resources and support networks exist to assist caregivers and individuals living with these conditions. These include memory care facilities, support groups, respite care services, and educational programs aimed at enhancing understanding and coping strategies.

In the intricate landscape of cognitive disorders, Alzheimer's and dementia stand as prominent figures, each with its unique characteristics and challenges. By unraveling the differences between them, we empower ourselves to navigate this terrain with clarity and compassion. Through education, early intervention, and unwavering support, we can strive to enhance the lives of those affected by these conditions and advance our collective efforts toward finding effective treatments and, ultimately, a cure.

Empower yourself against Alzheimer's and Dementia. Take charge of your brain health today! Schedule an appointment with VIPcare and proactively assess your cognitive well-being. Call **561-794-2819**. Let's tackle Alzheimer's and dementia together, starting with a proactive step towards a healthier future. Don't wait, act now!



Roy Bassett, M.D.

vipcare

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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:
(FLCancer.com)

Founded in 1984, 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.



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

For more information, visit
FLCancer.com.

HEARING LOSS AND COGNITION

My 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 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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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.



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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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or call 800-731-8784.

WHY IS MY CHILD STRUGGLING WITH SCHOOL?

By Renee Chillcott, LMHC

Trying to figure out how to ensure that your child is successful in school today is not an easy task. The back and forth of in-person to online schooling has students as well as their parents dealing with never ending adjustments. Figuring out why your, smart, loving and caring child is failing, underachieving, or just plain refusing to do schoolwork, can be a frustrating and exhausting endeavor for parents. **WHAT IS THE SOLUTION?**

Teachers may suggest testing or medication, doctors may suggest testing or medication, and your friends and family may suggest testing or medication. But that doesn't feel right to you. Can they all be right? Can they all be wrong? The short answer is... they are correct. Yes, you read that correctly, testing may be warranted and medication may be helpful but let's not just jump into that, first, let's find out what the problem is.

- Is it Attention Deficit/Hyperactivity Disorder (ADHD)?
- Is it an Attention Deficit Disorder (ADD)?
- Is it Anxiety and/or Depression?
- Is it a Central Processing Disorder?
- Or is it an Auditory/Visual Processing Disorder?
- Could it be a Sensory Processing Disorder?
- Or does my child have a low IQ?
- Are they on the Autism Spectrum?
- Or are they lazy or oppositional and a behavioral problem?

The truth of the matter is, if your child is struggling with school, they may have one, several, all, or none of these. In most cases, children of all ages want to learn. We are programmed as human beings to value education. It's only when what we want is inconsistent or incongruent with how we perform, that an issue will arise. For example, if a child is 5 years old and hasn't developed language, we say that there is a developmental delay and investigate the causes. The same holds true for a child that is struggling to learn. Instead of constantly



demanding that the child change their behavior so that they can learn, instead it is more important to look for the reasons why they can't. Detecting the inconsistency is the key to helping them succeed.

HOW DO I KNOW? AND WHAT DO I DO TO FIX IT?

There are different ways that you can determine what is happening with your child to prevent school success. They can be evaluated by teachers; evaluated by school staff; sent for specialized testing; evaluated by a physician; or by a therapist. You may also be able to use Google, search the internet, and read books that will point you to a reason or cause. However, the best, most effective, way of know what is going on inside your child's brain is to look at it. With NEUROFEEDBACK and a QEEG (Quantitative EEG or Brain Map), it becomes possible to see the neural patterns in the brain that help us learn, focus, concentrate, and even follow directions. Once we identify the patterns that are not working properly NEUROFEEDBACK TRAINING (Brain Biofeedback Training) teaches the brain to correct these patterns. We can also point you in the direction

of additional modalities that will support your child's learning and help correct the brain patterns.

WHAT SHOULD I EXPECT TO SEE CHANGE?

Symptom relief with Brain Training can vary from person to person; some common improvements we see in people with learning issues are:

- Increased Focus time
- Less Homework Struggle
- Increased amount of completed assignments
- Improved working memory
- Calmer and less fidgeting
- Improved grades
- More compliance
- Better motivation

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. Neurofeedback is exercise for your brain. It allows you to see the frequencies produced by different parts of your brain in real-time and then through 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 the auditory reinforcement of “beeps”.

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

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 entire 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. We provide a summary of significant findings as well as a full report that shows the results of analyzing the data several different ways. The brain activity is not only compared by individual locations over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot. We don’t always need this data to start making changes in symptoms, but we do recommend it in treatment to identify all areas that need improvement. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

IS THIS A NEW OR EXPERIMENTAL TREATMENT?

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

Look up the work of:

Dr. Joe Kamiya and Dr. Barry Sterman (Credited for earliest development of Neurofeedback).

Look for specific researched conditions:

<https://www.eeginfo.com>

<https://www.isnr.org>

<http://www.eegspectrum.com>

Print Resources:

Journal of Neurotherapy

Neuroregulation

Applied Psychophysiology and Biofeedback

Books:

A Symphony in the Brain by Jim Robbins

Healing Young Brains by Robert Hill & Eduardo Castro

The Healing Power of Neurofeedback by Stephen Larsen

Neurofeedback in the Treatment of Developmental Trauma by Sebern Fisher

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of a telephone consultation. Text, email or leave us a message today! Brain and Wellness Center, 5458 Town Center Road, Suite 13, Boca Raton, FL 33486. 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.



5458 Town Center Road, Suite 13
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(561) 206-2706

www.BocaBrainCenter.com



CHANGING MEN'S LIVES, ONE TREATMENT AT A TIME



For 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.



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- Low Testosterone
- Memory Loss
- Chronic Pain

TAKE CHARGE OF YOUR HEALTH, EVERY WAY POSSIBLE:

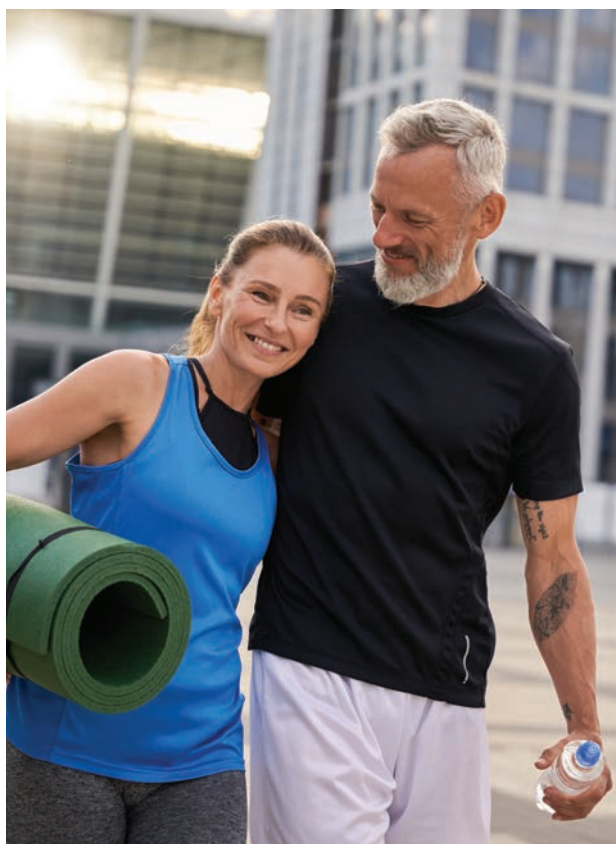
At Simply Men’s Health, you not only have access to the best men’s health treatments, but also the convenience of buy now pay later options! Make this men’s health month your healthiest one yet with our all-in-one solution.

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.

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, increases stamina, and promotes 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:



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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.

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.

Although 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



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This

was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman’s clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, 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

Have 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)

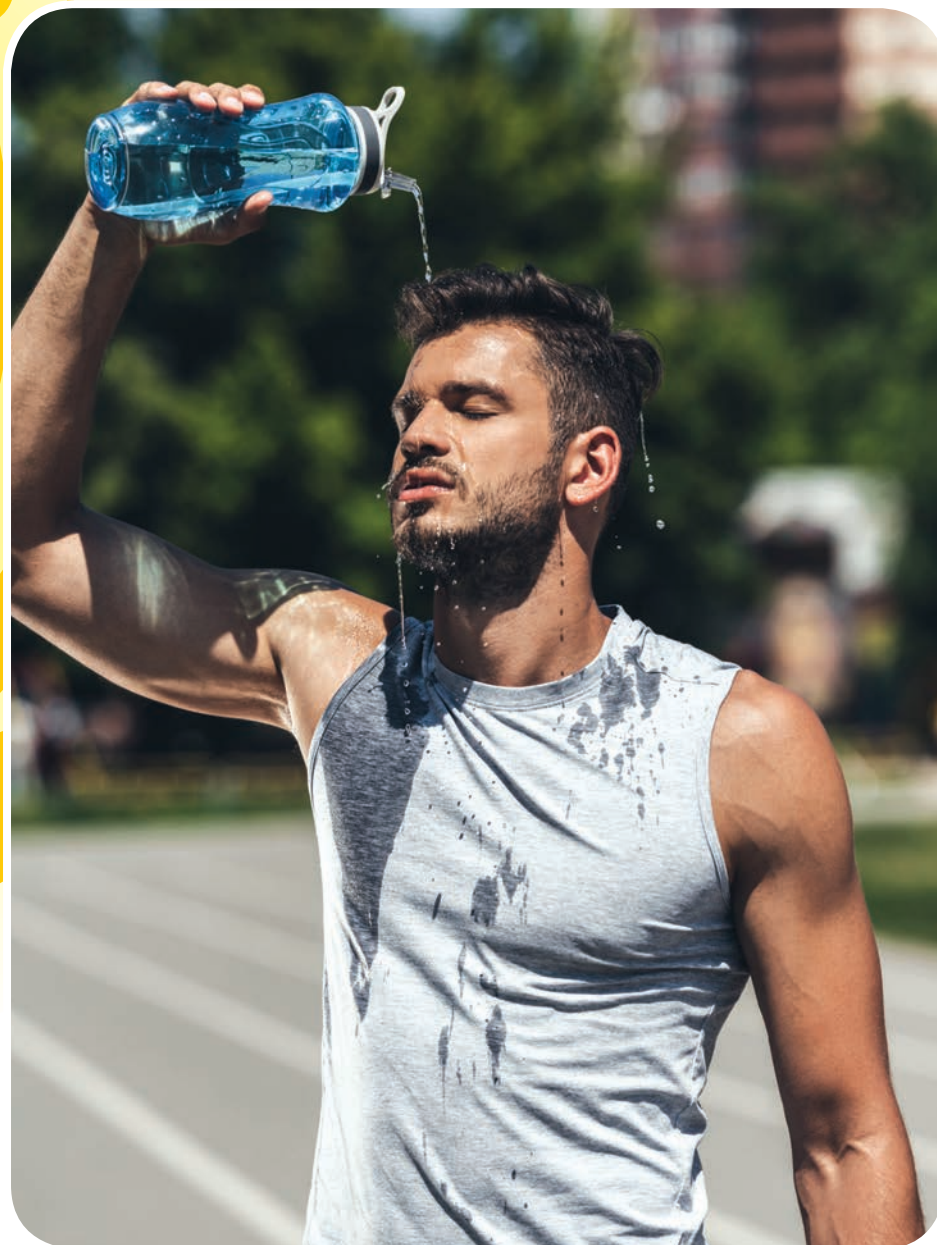
Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

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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