

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

Health & Wellness[®] MAGAZINE

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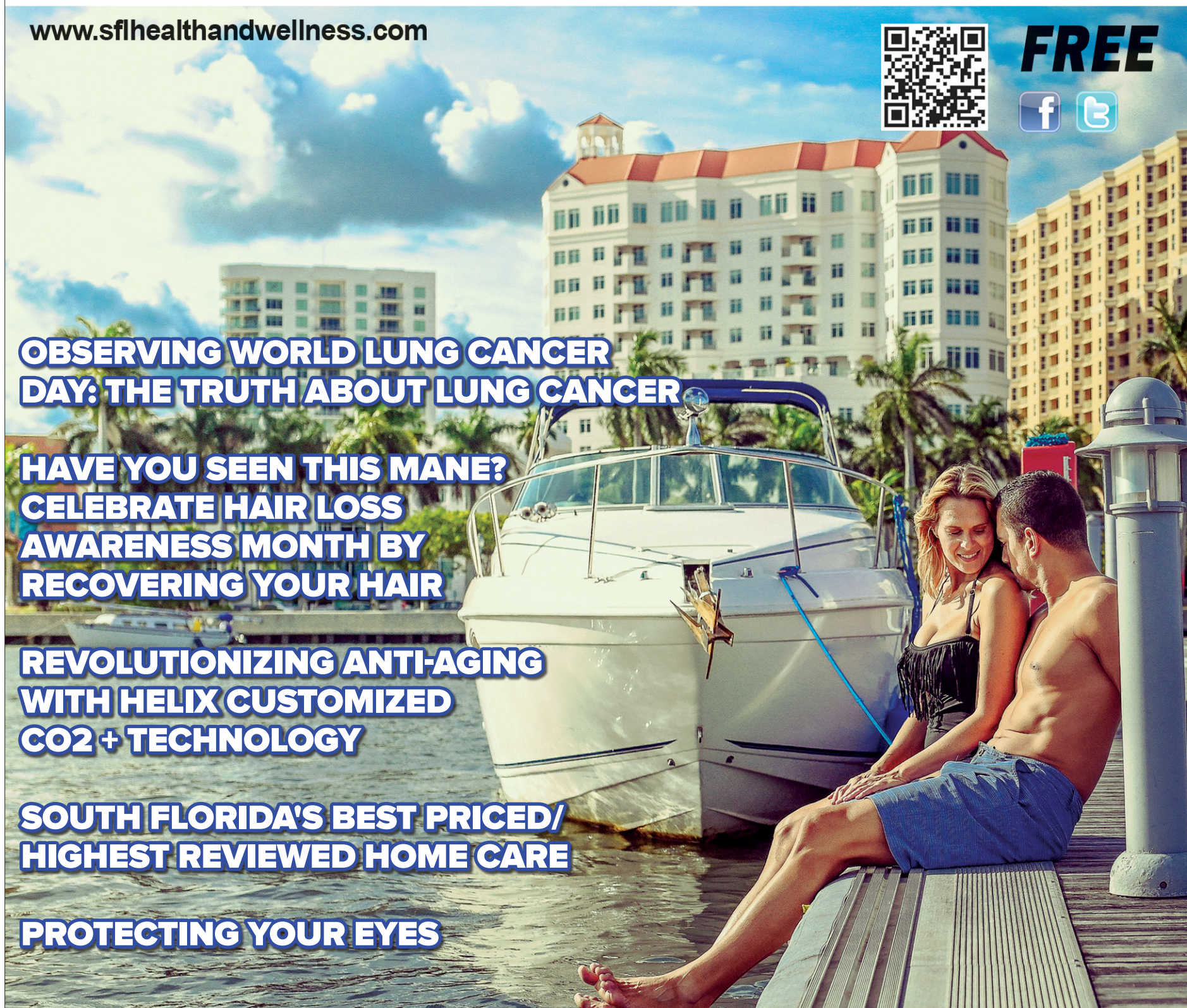
OBSERVING WORLD LUNG CANCER DAY: THE TRUTH ABOUT LUNG CANCER

HAVE YOU SEEN THIS MANE? CELEBRATE HAIR LOSS AWARENESS MONTH BY RECOVERING YOUR HAIR

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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:

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- 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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OBSERVING WORLD LUNG CANCER DAY: The Truth About Lung Cancer

Lung cancer is the leading cause of cancer deaths in the United States, claiming more lives each year than colon, breast and prostate cancer combined.

World Lung Cancer Day, observed on August 1, aims to educate the public about the disease, share strategies to reduce risk and provide support to those impacted.

Lung cancer basics

Lung cancer forms in the tissues of the lungs, most often in the cells that line air passages. When abnormal cells grow and multiply, they form tumors that can interfere with lung function and make breathing difficult.

There are two main types of lung cancer. Non-small cell lung cancer (NSCLC) is the most common type, accounting for about 85% of cases. Small cell lung cancer (SCLC) is less common but more aggressive. It tends to grow and spread more quickly than NSCLC.

The importance of early detection

In many cases, especially with early-stage lung cancer, a tumor may not be detected until it becomes large.

Symptoms to be alert for include:

- Coughing up blood or a cough that doesn't go away
- Recurrent episodes of pneumonia or bronchitis
- Wheezing or shortness of breath
- A high-pitched whistling-type sound when breathing in or out, or a hoarseness to your voice.

Because symptoms can be so vague, it's essential to pay close attention to any warning signs and contact your health care provider right away if you experience any. The chances of surviving lung cancer with a high quality of life are three times greater when it is detected early.

If you are a current smoker, if you have ever been a heavy smoker (for longer than 15 to 20 years) or if you have a family history of the disease, regular screenings are critical. Through the use of low-dose spiral computed tomography (CT) scans of the chest, which are quick and painless, lung cancer can often be detected in earlier stages. Check with your primary care provider to see if you could benefit from a CT lung scan or similar screening test.

Quitting smoking at any age reduces the risk of developing lung cancer and other chronic diseases. It also improves overall health and quality of life. On a positive note, effective public health campaigns and smoking cessation programs are resulting in dramatic decreases in smoking and reducing the incidence of lung cancer.

Myths and facts about lung cancer

While smoking and other inhaled tobacco usage are major risk factors, many people think that only people who smoke can get lung cancer. This is one of several common misconceptions that deserve a closer look.



Myth: Only smokers get lung cancer.

Fact: Non-smokers can and do develop lung cancer.

Approximately 85% of all lung cancers occur in people who smoke or are exposed to second-hand smoke. The carcinogens in tobacco and tobacco products can potentially damage nearly every organ in the body, increasing the risk of many types of cancer.

Other risk factors include exposure to asbestos, nickel, arsenic, chromium or other similar chemicals, some petroleum products or living in an area with high levels of air pollution. While not hereditary, lung cancer can run in families. Researchers have found that non-smokers who develop lung cancer experience different and unique genetic changes than smokers do.

Myth: Only older people are diagnosed with lung cancer.

Fact: Lung cancer can occur when you are younger.

Most people diagnosed with lung cancer are older adults, with the average age at diagnosis typically around 70. While the risk increases with age, a small percentage of cases are diagnosed in people under 45 due to smoking and other lifestyle choices, environmental exposures or genetics.

Myth: Only men get lung cancer.

Fact: Lung cancer affects men and women.

While lung cancer has been the leading cause of cancer deaths in men since the early 1950s, it has been the leading cause for women since 1987, surpassing deaths from breast cancer. According to the American Cancer Society, the chance that a man will develop lung cancer in his lifetime is about 1 in 16; for a woman, the risk is about 1 in 17.

Myth: Lung cancer is a death sentence.

Fact: More people are surviving the disease than ever before.

Many treatment advances for lung cancer have occurred in the past decade. The development of targeted therapies and immunotherapies, which boost the body's own immune system to fight cancer, are giving oncologists many more treatment options that are safer and more effective for patients.

Collectively, on this World Lung Cancer Day, it's clear that significant strides continue to offer more hope and better outcomes for those affected by the disease.

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

For the past 40 years, Florida Cancer Specialists & Research Institute 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.

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



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HAVE YOU SEEN THIS MANE?

Celebrate Hair Loss Awareness Month by Recovering Your Hair

by Alan J. Bauman, MD, ABHRS



When it comes to missing hair, there's no need to send out a search party. At Bauman Medical, my expert team and I are the only detectives you need to solve this mystery. Our latest advancements in diagnostic tools not only make hair loss less of a puzzle but also provide a profound sense of relief and comfort, knowing that we have the best tools to understand your unique situation.

August is Hair Loss Awareness Month; there's no better time to bring attention to a shared experience for over 80 million Americans. With many already going through their fair share of stresses, the added weight of a thinned-out crown or receding hairline only creates extra physical and emotional tolls.

There's no need to pull out the magnifying glass and start looking for clues. Every day, I spend time with men and women well into the later phases of hair loss. With plenty of explanations as to why they don't have that head of hair they had 15 years ago, I go to my state-of-the-art sleuths to get to the bottom of their cases.

OUR CUTTING-EDGE DIAGNOSTIC TOOLS

Modern problems require modern solutions, which is where our myriad of diagnostic tools come into play. Here's a quick rundown of each tool we use ahead of the treatment plans I then develop to show you how we gather clues to solve the mystery.

HAIRMETRIX

Thanks to AI, we take a quick snapshot of your scalp to gather information about your exact hair quantity and quality. The HairMetrix tool uses advanced AI-powered algorithms to analyze this data, allowing us to make a precise diagnosis and craft a treatment plan specific to your hair loss needs. We can also monitor how you're reacting to the blueprint, ensuring the best possible results for your hair restoration journey.

HAIRCHECK

With HairCheck, we examine your Hair Mass Index in specific areas of the scalp to determine your exact hair volume and how it compares to normal. It can also measure your hair breakage percentage—a common culprit for hair loss and thinning. Getting a baseline and monitoring changes over time lets us know what treatments are working, where they are working, and how well they are working.

TRICHOLOGICAL EVALUATION

In this comprehensive evaluation, our fantastic in-house certified trichologist and HairCoach™ Kimberly Jenkins, WTS, CHC, will probe your scalp to address every aspect of scalp health. She will examine the pH balance, hydration status, sebum production, and elasticity of your scalp. This thorough look will shine a light on what works best for your scalp's future. Coupled with close-up images and lifestyle details, she'll curate a custom plan based on your specific situation. Soon, you'll know why they call her "The Scalp Whisperer!"

TRICHOTEST™

After taking a quick cheek swab, we can analyze your DNA and obtain information about your lifestyle. Your

DNA reveals the metabolic pathways that factor into your personal hair loss case. This info helps determine which treatment option is optimal for you, and our algorithm efficiently and effectively configures the best course of action, completely unique to you.

POLARIZED TRICHOLOGICAL MICROSCOPY

It's time to get up close and personal with your individual hair fibers and scalp. With a simple, painless hair pluck, this technology uses polarized light viewed through a microscope to evaluate hair shaft irregularities and hair growth patterns while also diagnosing certain scalp conditions that can lead to hair loss.

TREATMENTS

Now that you know the investigators, let me introduce you to the problem-solvers. At Bauman Medical, we believe in creating meticulously personalized treatment plans for each patient. No matter what you're experiencing, we're confident we'll close the case with a solution tailored to you, making you feel valued and understood.

LOW-LEVEL LASERCAPS

There is no need to throw on your thinking cap to figure out how to restore your hair. Instead, opt for my trademark Bauman Turbo LaserCap®. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, you'll reap what you sow in just five minutes of use — a bountiful head of hair that will have you ditching the hats to show off your flow.

PRP (PLATELET-RICH PLASMA)

For PRP, I'm going to need your assistance. Give me an hour of your time along with a small blood sample, and in return, I'll give you back a luscious head of hair. Sound like a fair trade? Great! Thanks to your sample, our experts are able to harness the platelets within to separate and concentrate them from the blood. They'll then pleasantly apply it back into your scalp without any pain. And since I don't want to take up too much of your time, one PRP treatment covers you for a year or more.

PDOgro™

Taking PRP to the next level, our state-of-the-art PDOgro™ combines PRP with our thin and absorbable polydioxanone threads. This procedure vitalizes a variety of scalp functions, such as endogenous collagen production, elastin, hyaluronic acid, new blood vessel



Before and 6 months after FUE Hair Transplant with Exosomes by Dr. Alan Bauman

formation, and fibroblast activity. This FDA-cleared synthetic absorbable material cultivates hair regrowth significantly when coupled with PRP. The non-surgical application of PDO threads into the scalp is a completely safe and comfortable outpatient procedure with no downtime or aftercare.

TED

With our TransEpidermal Delivery (or TED, to simplify it), we've broken massive ground on a game-changing growth serum administer. This serum is essential for the scalp, as it helps provide amino acids, dynamic growth factors, and advanced peptides that offer immense benefits, such as increased blood flow, stronger hair fibers, decreased shedding, and stimulated hair follicles. Non-invasive, TED is a fantastic solution for having your scalp firing on all cylinders, ensuring your comfort and ease.



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 with Dave Asprey, Founder of the Bulletproof brand and considered the "Father of Biohacking".

another locally and across vast differences thanks to exosomes.

Exosomes bolster hair growth because they contain nucleic acids, growth factors, and other proteins.

HAIR FOLLICLE STEM CELL BANKING

Because no two cases are the same, I'm a firm believer in creating a plan that is best suited for you. And what better way to help yourself than by using your own cells? With Hair Follicle Stem Cell Banking, we can now collect stem cells directly from your hair follicles. We keep these cells cryopreserved in the bank to be used for future treatments, such as topical solutions for your scalp or maybe sometime soon, hair follicle cloning!

At Bauman Medical, we're always striving for innovative ways to mitigate and manage hair loss. With Hair Follicle Stem Cell Banking, we are expanding hair loss treatment possibilities and beyond. These cells have the potential to serve as the spark for hair regeneration, offering a promising solution for those seeking to restore their hair.

And while hair is what we do best, Hair Follicle Stem Cell Banking goes beyond scalps to our whole body. I'm talking skin rejuvenation, orthopedic treatments, and even perhaps organ repair and replacement — all thanks to you and your cells. Talk about a personalized plan.

LEARN MORE

Keeping up with the state of your hair no longer needs to be a worry. This Hair Loss Awareness Month, don't just recognize that your hair is missing; instead, get it back. Make the most of August and beyond by finding the hair loss treatment plan best for you. And while you're at it, be sure to stock up on gift e-cards available on the Bauman Medical website, good for any treatments or products, either in-office or online.

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



How is it non-invasive? What's so groundbreaking is that with TED, we're able to harness sound waves and air pressure to apply the serum. No needles, all comfort.

TED W/EXOSOMES

There's no better one-two punch than our combo of TED and exosomes. The latest buzz in the realm of regenerative medicine, the impact exosomes have on cellular communication, cannot be emphasized enough. Think of them as your phone's cellular (no pun intended) provider. Cells are able to talk to one

About Dr. Alan J. Bauman



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

With over 27 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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TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare

When it comes to healthcare, veterans deserve the best care possible. For veterans seeking in-home healthcare services, there is a valuable resource available to them through the Trusted Homecare Agency. This trusted organization specializes in providing free home healthcare options to veterans, offering a range of services that cater to their unique needs. **Did you know there is a program available to veterans which offers up to 21 hours per week of home healthcare for free?** These include a range of home healthcare services including:

SKILLED NURSING CARE:

Trusted Homecare Agency offers skilled nursing care to veterans who require medical attention within the comfort of their own homes. This includes wound care, medication management, and assistance with chronic conditions. Skilled nurses are highly trained and experienced in dealing with veterans' specific health concerns, providing personalized care that ensures their well-being.

BENEFITS:

- Reduced hospitalization: Skilled nursing care can help prevent unnecessary hospitalizations by providing timely and effective medical interventions.
- Enhanced comfort and convenience: Veterans can receive medical care without the need to travel to a healthcare facility, ensuring greater comfort and less stress.

HOME HEALTH AIDES:

Veterans can also benefit from the assistance of home health aides provided by Trusted Homecare Agency. These caregivers help with activities of daily living, such as bathing, dressing, meal preparation, and light housekeeping. Home health aides offer companionship and emotional support to veterans, ensuring they maintain a good quality of life.

BENEFITS:

- Improved quality of life: Veterans can maintain their independence and dignity while receiving essential assistance with daily tasks.
- Reduced caregiver burden: Family members of veterans can find relief knowing their loved ones are in capable hands.

PHYSICAL AND OCCUPATIONAL THERAPY:

Trusted Homecare Agency offers veterans access to physical and occupational therapy services within the confines of their homes. These therapies are designed to help veterans regain mobility, strength, and independence, especially after injuries or surgeries.

BENEFITS:

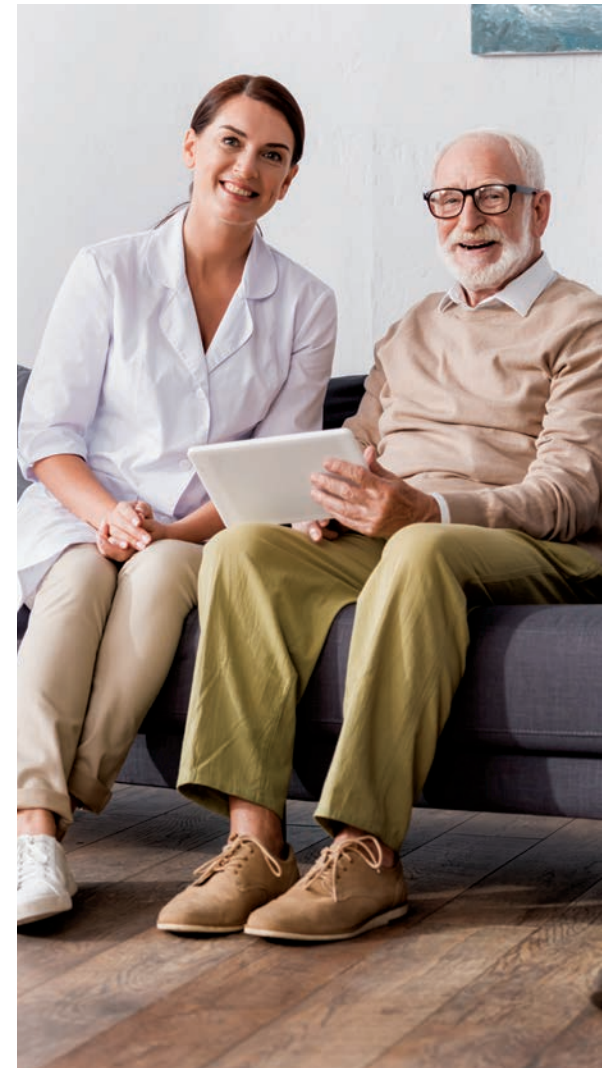
- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

PALLIATIVE CARE:

For veterans facing serious illnesses or end-of-life care, Trusted Homecare Agency provides palliative care services. This specialized care focuses on improving the quality of life by addressing physical, emotional, and spiritual.

BENEFITS:

- Enhanced comfort: Veterans can experience symptom relief and pain management, making their final days more comfortable.
- Emotional and spiritual support: Palliative care offers emotional and spiritual assistance, ensuring that veterans and their families find solace during challenging times.



Trusted Homecare Agency is dedicated to serving veterans by providing them with a range of free in-home healthcare options. These services not only cater to veterans' unique healthcare needs but also offer numerous benefits, including improved comfort, reduced hospitalization, and enhanced quality of life. With a team of skilled nurses, home health aides, and therapy professionals, veterans can receive the care they deserve without leaving their homes.

Trusted Homecare Agency's commitment to the well-being of veterans ensures that they receive the care and support they need to maintain their independence, improve their health, and live fulfilling lives. By availing themselves of these free in-home healthcare services, veterans can rest assured that their healthcare needs are in capable and caring hands, helping them lead healthier, happier lives.

If you are a veteran & utilizing home health services but need more hours, there is a program that offers up to 21 hours per week of care for free. This is not aide & attendance or cash in hand. This program is a benefit for the veteran to help ease the financial strain of home healthcare costs. To find out more about this free program call us today **561-998-6039**.

Do you use
the VA medical
at least once a year?

Are you using Homecare
now but need more
hours? Is the cost
too high?

Are you in need of
home healthcare?

REVOLUTIONIZING ANTI-AGING WITH HELIX CUSTOMIZED CO₂ + 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 CO₂+ technology, heralded as a game-changer in the field of anti-aging skincare.

UNDERSTANDING HELIX CUSTOMIZED CO₂+

Helix CO₂+ technology combines the power of fractional CO₂ laser treatment with customizable parameters tailored to individual skin types and concerns. Unlike traditional CO₂ lasers, which were known for their intensity and downtime, Helix CO₂+ 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 CO₂+ 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 CO₂+ 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 CO₂+. 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 CO₂+ system allow for tailored treatments that optimize results while prioritizing client comfort and safety.

EMBRACING INNOVATION

Helix CO₂+ 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 CO₂+ 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 CO₂+ 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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5 Vaccines Recommended for Adults Age 65 and Older

As we begin to wind down on summer, it's the perfect time to schedule your seasonal flu vaccine and make sure you're up to date on other vaccines that help to protect you against respiratory illnesses, such as COVID-19 or pneumonia. These conditions tend to be more common during the fall and winter months, so you want to be sure you take the necessary preventative measures ahead of time.

August is National Immunization Awareness Month (NIAM), an annual observance that highlights the importance of vaccination for people of all ages, especially those 65 and older. During NIAM, take a moment to ensure you're current on all recommended vaccines for your age group.

Recommended Vaccines for Older Adults

Vaccines are an important preventative measure that helps to protect yourself and those around you. As we get older, our immune system undergoes dramatic age-related changes. It becomes slower to respond and is much more easily compromised if and when exposed to disease, resulting in slower recovery from injuries, infection, and illness. This is because your body produces fewer immune cells, including white blood cells, with age.

For this very reason, it is vital that you are current on all recommended vaccines. There are five vaccines adults age 65 and older should consider to prevent certain diseases:

Influenza (Flu)

The flu shot is recommended for everyone six months or older. They usually become available in September, so you're protected during the critical months, typically fall and winter, when influenza is usually common and highly contagious. Influenza is a respiratory virus. For adults over the age of 65, a high-dose flu vaccine is available, which helps create a strong immune response.

Pneumonia

The CDC recommends pneumococcal vaccination for all adults 65 years or older. The pneumonia vaccine is considered a one-time vaccine that offers protection against over 15 types of pneumococcal bacteria that commonly cause severe infections in adults. The vaccine is 60 to 70 percent effective in preventing serious disease complications and is expected to last throughout your lifetime.

Shingles

Older adults should receive two doses of the shingles vaccine, two to six months apart, to help protect against the viral infection. Shingles is a reactivation of chickenpox that develops on the body as a painful rash with blisters. The shingles vaccine is the only way to protect yourself against shingles and postherpetic neuralgia (PHN), the most common complication of shingles.

Tetanus, Diphtheria, and Pertussis

The Tdap vaccine can prevent tetanus, diphtheria, and pertussis. Tetanus enters the body through cuts and wounds, and diphtheria and pertussis spread from person to person. These three diseases can lead to very serious health problems and can even become life-threatening.

Tetanus causes stiffening in the muscles and can result in difficulty swallowing or breathing. Diphtheria can also cause trouble breathing, in addition to heart failure and paralysis. Pertussis, also known as whooping cough, can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Adults should receive a booster Tdap vaccine every 10 years.

COVID-19

The older population remains more vulnerable to severe symptoms from COVID-19. There are currently several vaccines available to protect yourself from the virus, including updated booster shots to address new variants. Some vaccines require two doses, while others are single-dose options. You are considered fully vaccinated two weeks after completing the required doses.



Maintain Your Health With Vaccines

Take a proactive role in your health and get the necessary vaccines to ensure your safety. Vaccines are a small price to pay for *Better Health*. It's important to discuss your vaccine options with your healthcare provider. At VIPcare, we offer all recommended vaccines for adults 65 and older. Your health and safety are important to us. Learn more about vaccines and what preventative measures you can take by scheduling an appointment with a VIPcare provider today! Call **727-263-3786**



Roy Bassett, M.D.

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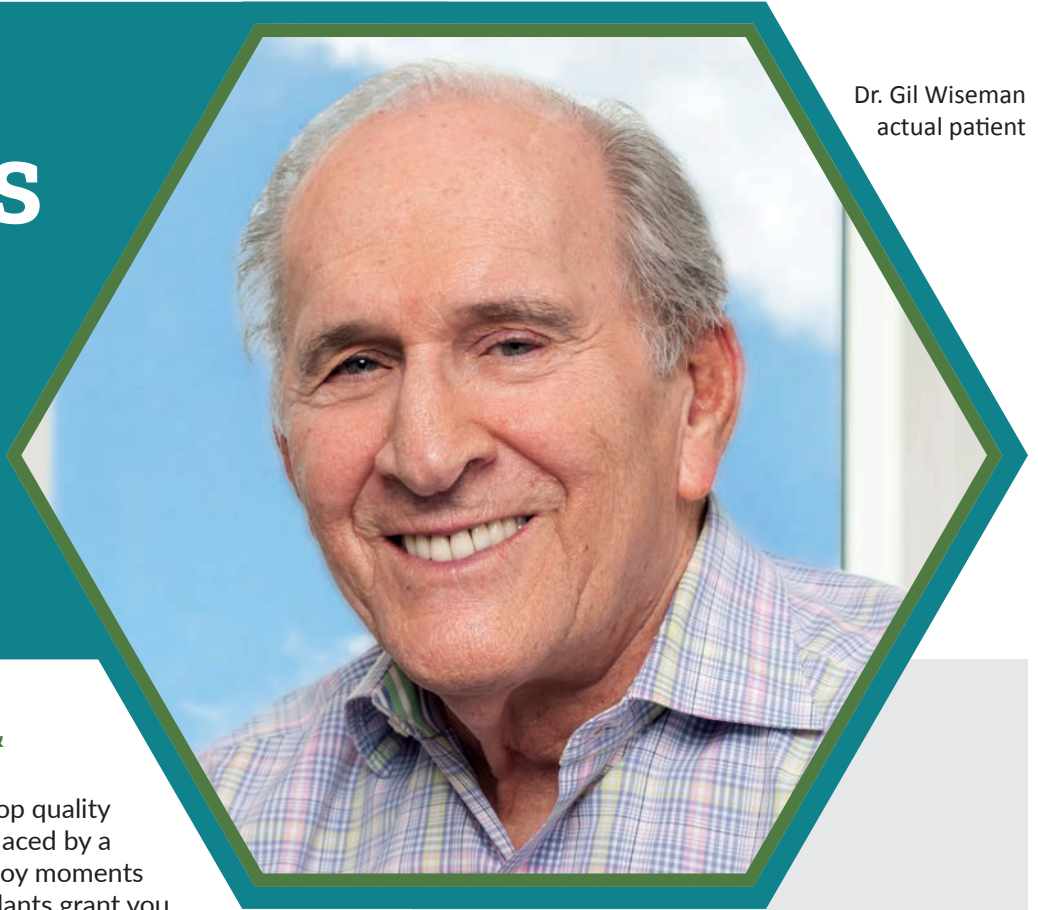
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Dr. Gil Wiseman
actual patient

Buyer Beware: Low Quality Dental Implants on Market

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Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.

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.

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- 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; Management

- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



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HEARING LOSS AND DEPRESSION

WHAT'S THE CONNECTION?

Hearing loss can negatively affect mental health in a variety of ways. When people struggle to hear, communication becomes challenging. This can lead to issues like loneliness, sorrow and social isolation.

Audiologist Debra Shadoff, AuD, director of Audiology with a Heart, Palm Springs FL, sees it in patients all the time. At an appointment, a woman once told him that she feels left out of family and friend gatherings because she just couldn't understand the conversation.

"We had a long conversation about how lonely and upsetting it is when everyone is having a good time and you can't participate." Dr. Shadoff stated.

The good news? Hearing aids or other treatments often improve not just the hearing loss, but the depression, too.

WHAT THE RESEARCH SHOWS

It's well established that people over 65 with hearing loss are more likely to have depression than others of the same age without hearing loss¹.

The numbers vary, but the total prevalence of depression among older people with hearing loss is roughly 1 in 5^{2,3}.

These risks are higher if the hearing loss is severe, or when there is dual sensory impairment, such as vision and hearing loss.

WHY IS DEPRESSION MORE COMMON?

Researchers don't know precisely why, but they theorize that it is linked to the struggles with communication and resulting social isolation that can occur. Additionally, some of it may be related to changes in the brain as we get older.

Either way, people with hearing loss have greater difficulty following the flow of conversation. Responses that reference the discussion from a few minutes ago can make people appear disoriented. Also, frequently asking people to repeat themselves may frustrate others, causing the person to shut down.

THE GOOD NEWS? TREATING HEARING LOSS CAN BENEFIT MENTAL HEALTH

The good news is that if depression is either due to or exacerbated by hearing loss, treatment could have a positive impact on your mental health.

Hearing aids are the most common treatment for most types of hearing loss.

Along with making it easier to hear, research has shown that hearing aids can improve people's social, emotional and psychological quality of life.

Most people don't always recognize the psychological toll hearing loss takes – but once they spend a few weeks getting accustomed to wearing hearing aids, patients often wish they'd been fitted for them sooner.

HOW TO TALK ABOUT HEARING LOSS WITH A LOVED ONE

If you are concerned that a parent or other loved one is exhibiting signs of hearing loss and struggling with depression, you may not be sure how to start the conversation.



"Try not to force your parent into a decision. Most people become defensive and contrary when they are told they must do something and can resist just to be contrary.

One thing that can be helpful is to frame the conversation in terms of the benefits that come with treatment.

For example, you could mention how hearing aids can make it easier to join in on conversations with friends and family, or how wearing them can reduce their dependency on their partners. It's also helpful to point out that hearing aid technology has improved significantly, making them much more effective, especially with cell phones.

BOTTOM LINE

It's understandable that untreated hearing loss can take a toll on a person's mental health and increase depression. Grieving the loss of your hearing is normal and understandable. However, there are many steps you can take to help manage these issues. Hearing aids and other treatment options can help you stay socially active, engage with others and allow you to be fully present in the moments that matter most.

To make an appointment for a hearing evaluation, please call **561-366-7219**, text **561-559-7673**, e-mail us debrashadoff@audiologywithaheart.com or visit our website www.audiologywithaheart.com

Sources:

1. Hearing Loss and Depression in Older Adults: A Systematic Review and Meta-analysis, 2019
2. Hearing Impairment Associated With Depression in US Adults, National Health and Nutrition Examination Survey 2005-2010, published in 2014
3. Depression in elderly patients with hearing loss: current perspectives, 2019

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COMPETITIVE PRICING

One of the key reasons why Florida Best Home Care LLC is the best choice for home care services is unbeatable savings. With customers paying as low as \$18 per hour, we are making high-quality care accessible to a wider range of clients. We have the lowest fees in town. The average client using home health care agencies in South Florida is paying \$28/hr with the caregiver receiving an average of \$15/hr. Florida Best Home Care average caregiver rate is higher while our fees remain significantly lower. Our clients affordable rates are a testament to our commitment to providing excellent service without breaking the bank. Unlike other agencies that charge exorbitant fees, we believe that quality care should be available to everyone.

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Our commitment to transparency extends to our clients as well. We believe in being upfront about pricing and services, so there are no surprises or hidden fees. There are no contracts and you can stop whenever you want. There are no deposits and you will be billed every 2 weeks after services start. This open approach fosters trust and confidence, making us a trusted partner for families, hospitals, and doctors seeking home care solutions.

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as "the long-term care insurance experts of South Florida" is a testament to our dedication and proficiency in this area. If you have long term care insurance we are happy to go over your benefits and complete all of the paperwork and make sure that you not only get approved, but stay approved.

CONCLUSION

In summary, Florida Best Home Care LLC is the best home care company in South Florida due to our low fees, stringent caregiver referral process, commitment to transparency, and expertise in long-term care insurance. We are dedicated to providing high-quality care at affordable rates, ensuring that both our clients and the caregivers referred are satisfied. Our unique approach and unwavering commitment to excellence make us the top choice for home care services in the region. Whether you are in need of care for yourself or a loved one, Florida Best Home Care LLC is here to provide the compassionate, professional, and reliable care you deserve.



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Protecting Your Eyes

By David A. Goldman MD

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

For all eye injuries:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

If your eye has been cut or punctured:

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

If you get a particle or foreign material in your eye:

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

In case of a chemical burn to the eye:

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

To treat a blow to the eye:

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

To treat sand or small debris in the eye:

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

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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Four years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

1. DON'T HAVE ALL THE ANSWERS. It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

2. LISTEN. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

3. WRITE IT DOWN. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

4. DO IT. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

BREAKING THROUGH



These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers



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