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August 2024

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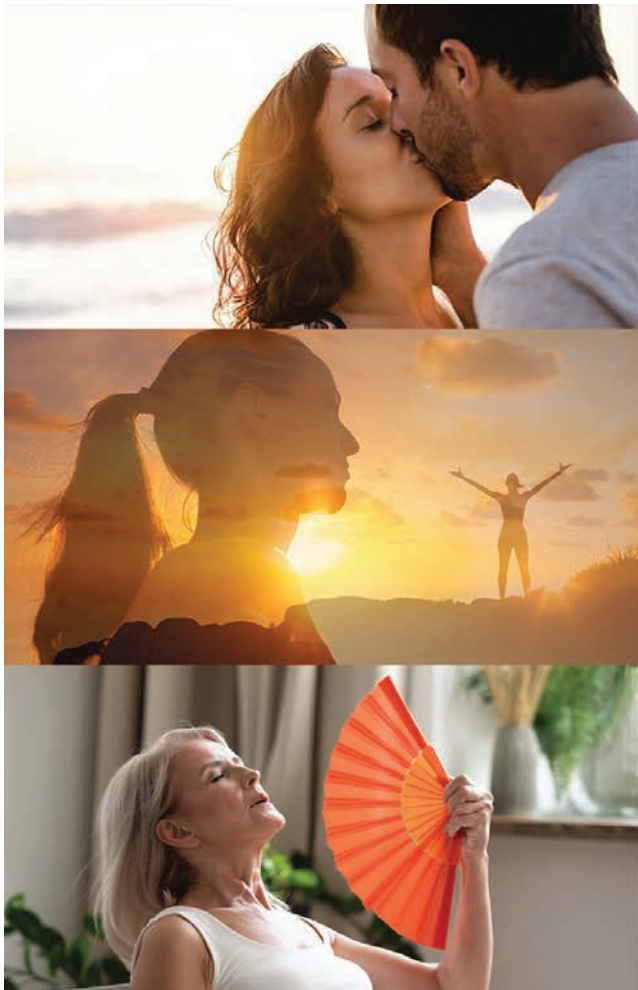
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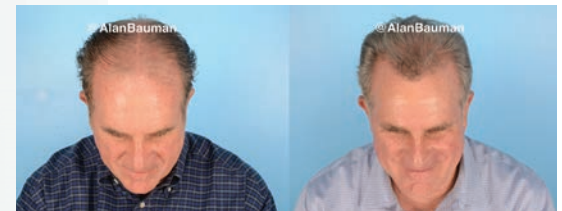


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TRUSTED LAW AMANDA ACHONG, ESQ

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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.

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ATTENTION SENIORS:

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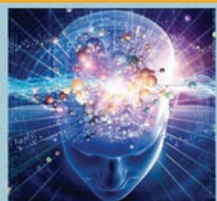


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CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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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

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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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How to Prepare Medically for Hurricane Emergencies



Dr. Madeline Camejo, MS, PharmD., Vice President and Chief Pharmacy Officer, and Dr. Angelica Berni, Director of Speciality Pharmacy at Baptist Health South Florida, share essential tips on how to prepare medically for hurricane emergencies on *Ask the Doc: No Appointment Needed*.

Learn how to stay safe during the hurricane season with expert advice. They cover crucial steps you can take to ensure you have all the necessary medications, supplies, and plans in place to protect your health and well-being during a hurricane.

Watch **ASK THE DOC: NO APPOINTMENT NEEDED** Monday to Friday, from 12:30PM to 1PM on the Health Channel or stream anytime at AllHealthTV.com



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New Sex Talk Programs in August

Host Dr. Lia Jiannine and Correspondent Derek Latta are back in the studio answering the questions you always wanted to ask in special *Sex Talk Town Halls*. Dr. Lia answers questions like how to know if the person you're speaking with online is real, what do you need to do to let your partner know you're "in the mood", and can building anticipation for "scheduled romance" make you enjoy that "togetherness" so much more. They also discuss the value of testosterone therapy, and even highlight some special foods that can add some spice to your time in the bedroom. Don't miss these new *Sex Talk* programs premiering in August.

Tuesdays & Thursdays at 10PM on Health Channel
Wednesdays at 11PM on WPBT
Sundays at 11PM on WXEL
or stream at AskDrLia.com



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Back-to-School Health Tips

As the new school year approaches, it's essential to prepare your child for a healthy and successful year ahead. From nutritious eating habits to maintaining good hygiene, these tips will help your child thrive both academically and physically.

- 1) Keep your child vaccinated and up-to-date with checkups.
- 2) Set a consistent bedtime to allow for 9 to 11 hours of sleep.
- 3) Encourage regular handwashing.
- 4) Pack a balanced lunch with a variety of food groups – lean proteins, whole grains, fruits, and vegetables.
- 5) Consider backpack safety to avoid back and muscle problems.
- 6) Reduce screen time on weeknights and before bed.

For more tips, visit AllHealthTV.com

LIVING MINUTE

Can Video Games Help Children Develop Better Memory Skills?

Studies show playing video games can improve memory skills, but more research is needed to determine the impact on socialization skills of spending increased screen time playing games.

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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**



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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.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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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4801 S Congress Ave, Ste 400
Palm Springs, FL 33461-4746

Palm Beach Gardens

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

Wellington North

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

West Palm Beach

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

For more information, visit

FLCancer.com.

SOUTH FLORIDA'S BEST PRICED/HIGHEST REVIEWED HOME CARE

Florida Best Home Care LLC stands out as the premier home care company in South Florida, providing unparalleled service and value to both clients and caregivers. With a commitment to offering the best prices (AS LOW AS \$18/HR!) exceptional caregiver referrals, and a transparent approach, we set ourselves apart from the competition in a number of significant ways. We are open 24/7 and always answer the phone. We know all of our customers and their caregivers well, and you will be treated like family from the day you sign up or switch to us.



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.

EXCEPTIONAL CAREGIVER STANDARDS

At Florida Best Home Care LLC, we understand that the quality of care provided is directly related to the quality of the caregivers. That's why we go above and beyond to refer the best caregivers in the industry. Our rigorous screening process includes checking at least two professional references to ensure each caregiver's reliability and past performance. Additionally, all caregivers referred undergo FBI Level 2 background checks, ensuring that they have no criminal history and are safe to work in clients' homes. This thorough vetting process guarantees that our clients receive care from trustworthy and qualified professionals. We guarantee 100% satisfaction with our services, and if you are not happy we will replace the caregiver and charge you NO FEE.

TRANSPARENCY

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.

EXPERTISE IN LONG-TERM CARE INSURANCE

Florida Best Home Care LLC is also renowned for our expertise in handling long-term care insurance. We accept all forms of long-term care insurance, making it easier for clients to access the services they need without the hassle of navigating complex insurance policies. Our team is well-versed in the nuances of long-term care insurance and can guide clients through the process, ensuring they receive the maximum benefits available. Our reputation

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.



Florida Best Home Care

561-765-0697

floridabesthomecare@gmail.com

floridabesthomecare.com

HEARING LOSS AND DEPRESSION

WHAT'S THE CONNECTION?



“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

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.



Hearing Healthcare That You Can Trust

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With A Heart

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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.

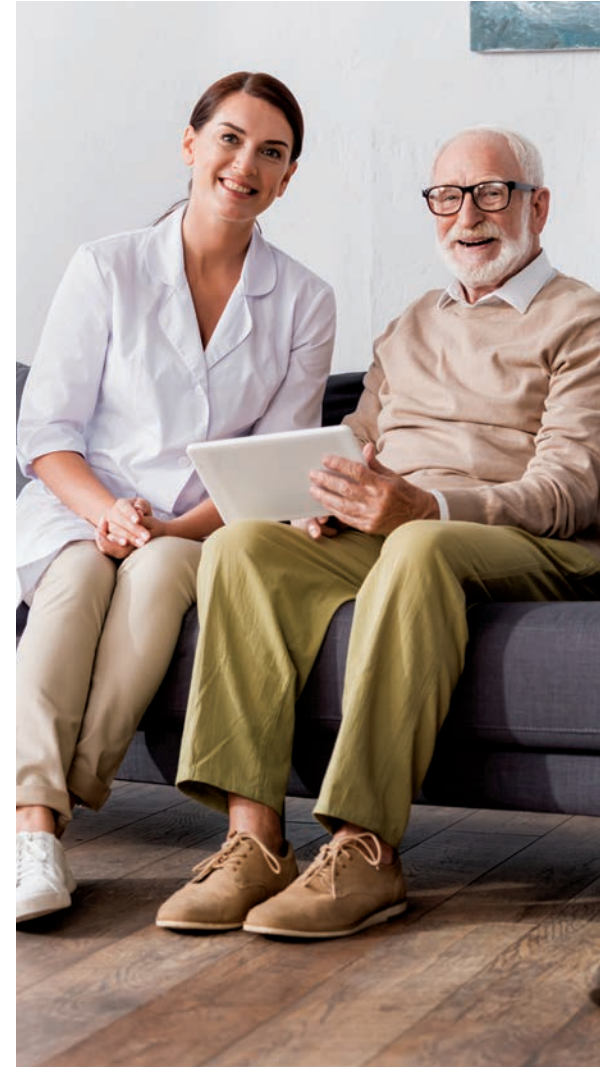
Humankind is part of the ongoing community of nature, on a world scale, subject to the same cycle of birth and death which governs all other creatures and, like them, totally dependent on other life. Sometimes we tend to forget this. Birth and death are as natural for us as for the myriad of creatures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



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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?

CAN NEUROFEEDBACK HELP MY CHILD LEARN?

By Renee Chillcott, LMHC

Trying to figure out how to ensure that your child is successful in school today is not an easy task. Figuring out why your smart, loving and caring child is not successful in school, is 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 wanting to learn 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 are struggling to learn. 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 teaches and guides 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 is called “regulating” and this modified 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 lave 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.

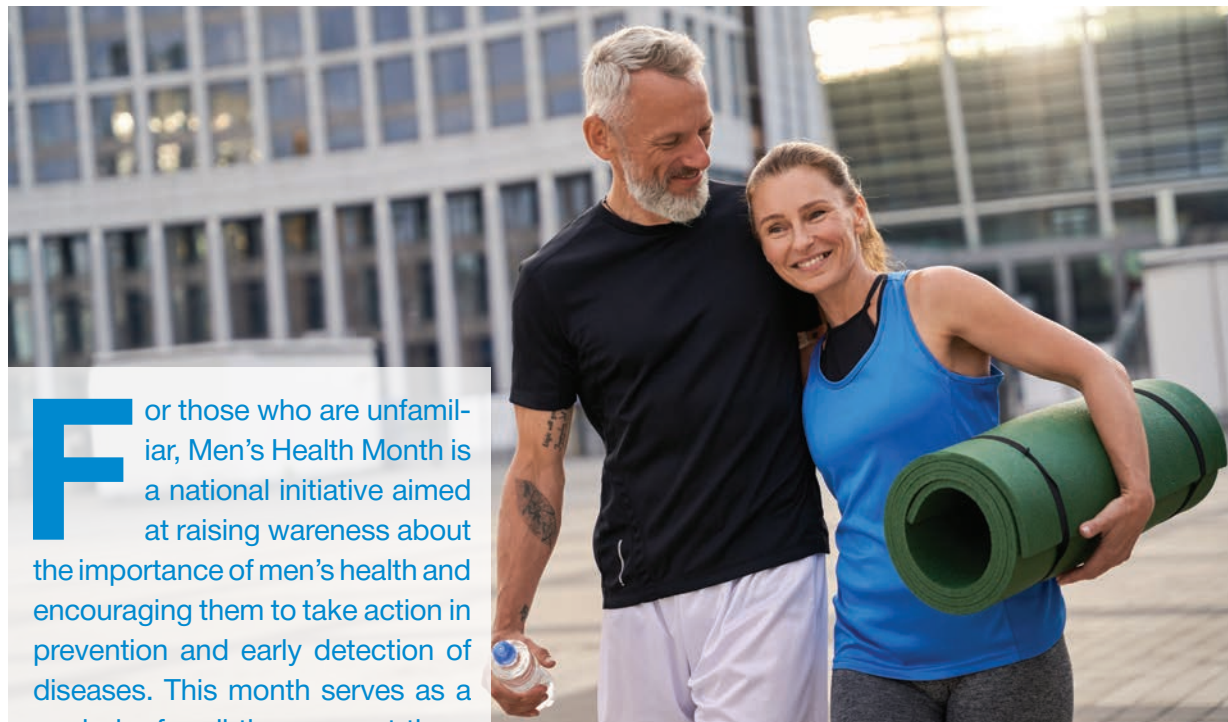


**5458 Town Center Road, Suite 13
Boca Raton, FL 33486
(561) 206-2706**

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.

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

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

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

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

TAKE CHARGE OF YOUR HEALTH, EVERY WAY POSSIBLE:

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

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



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By Paul Echavarria

Everything you need to know: Accessible Bathtubs vs Accessible Showers

People with mobility issues must have an accessible bathtub or shower to use at their homes. Accessible bathtubs and showers are each designed to accommodate people who have mobility impairments or other disabilities but there are differences between the two. In this article, you will learn about the features of accessible bathtubs and accessible showers and the differences between the two.

Major Differences

Keep in mind that handicap-accessible tubs and showers are each designed to be as accommodating as possible for people who suffer from disabilities or mobility impairments. They do, however, have different features and benefits that may be suitable for a variety of different preferences and needs.

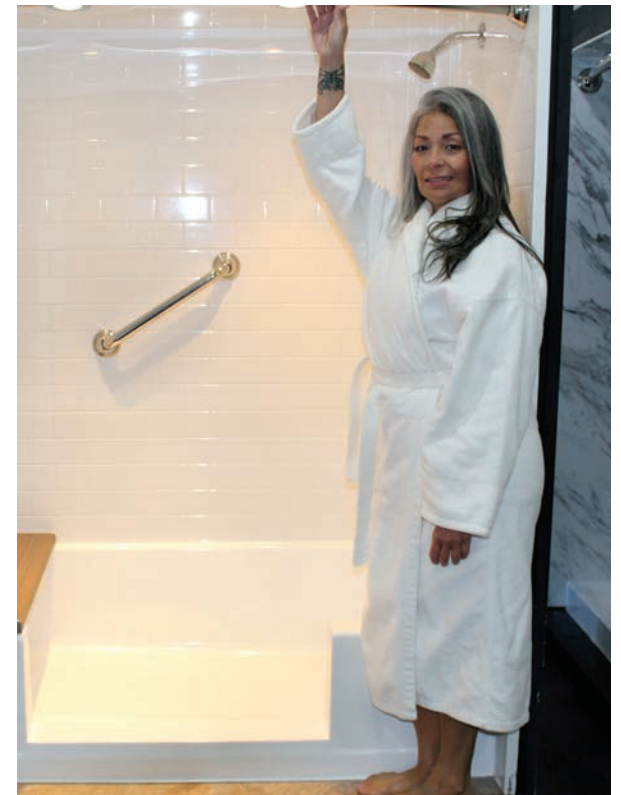
Accessible bathtubs are created to have features such as grab bars, lower thresholds, and nonslip surfaces to make getting into and out of them much easier for people with mobility issues. They are also much safer than regular bathtubs and some even have built-in seats as well as adjustable jets to provide therapeutic benefits for people who need them.

On the other hand, accessible showers normally also have a lower threshold entry and exit, non-slip services, and guardrails. They are created to make the showering experience for people with mobility issues much easier and even people with mobility aids, such as walkers or wheelchairs, can access these types of showers much easier than a bathtub. Some of these showers even come with seats or built-in benches for added convenience.

Consider Your Needs

The decision between installing an accessible bathtub or an accessible shower will depend upon the person's specific preferences and needs. For instance, if a person loves to soak in the bathtub but has mobility issues, an accessible bathtub with all its different features may be more beneficial. A person who requires a walker or wheelchair to get around may very well appreciate an accessible shower much more than a bathtub.

Each person must consult with their doctor, health care provider, or occupational therapist to decide which option is more suitable for their needs. It is important, also, that the person checks to ensure that the bathtub or shower they choose meets all safety requirements and accessibility standards.



How Can We Make Your Life Easier?

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

Our accessible bathtub and shower experts can assist you with all of your bathing accessibility needs. With every TubCut install, we provide the safest and most convenient ways for people to take a bath, even when they struggle with a disability or mobility impairment.

Contact us today for all of your accessible bathtub and shower needs. **877-882-2887, www.tubcut.com.**



BEFORE



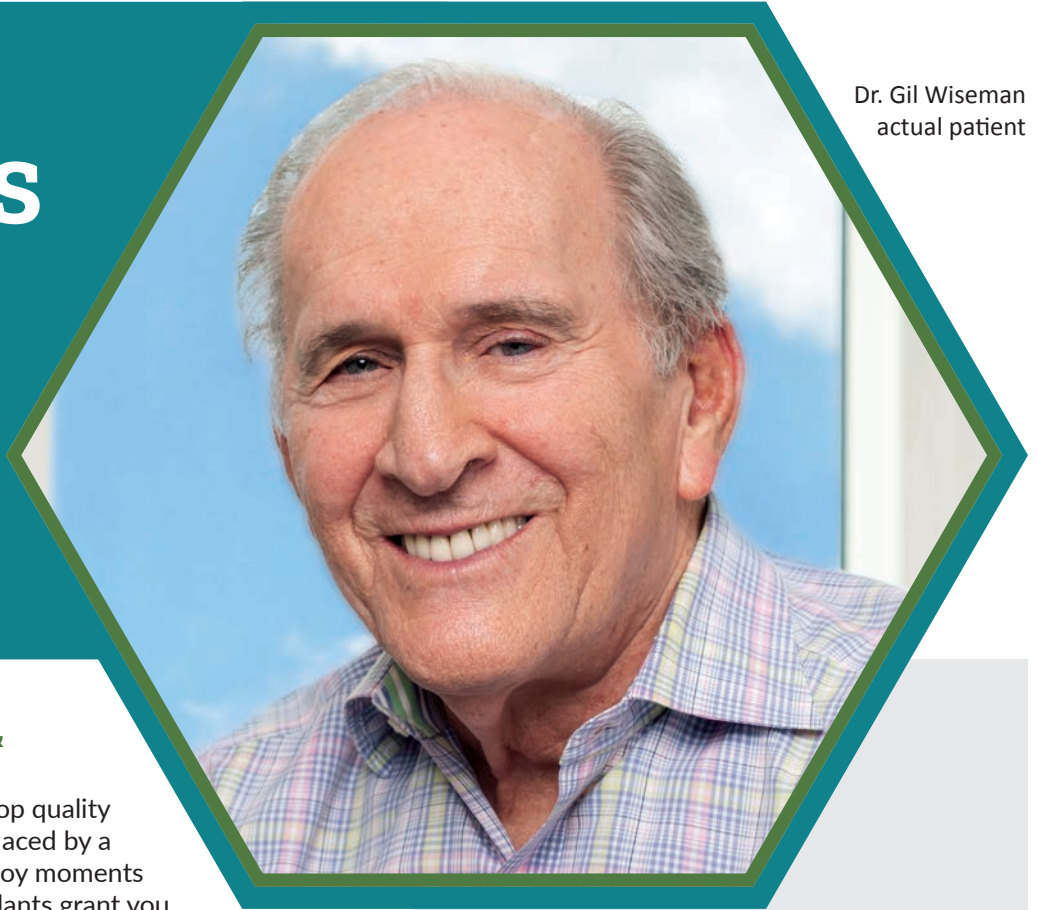
AFTER

VA APPROVED

Real Deal Dental Implants

Dental implants are a hot topic. By age 45 most of us are missing at least one tooth. If you need one or more dental implants, you know there is a lot of information to sift through.

Looking online you might see offers, even bargains for dental implants. Don't be fooled. Dental implants come with risk. To ensure your dental implants last a lifetime, you need an experienced dental implant surgeon who uses only top-quality materials.



Dr. Gil Wiseman
actual patient

Buyer Beware: Low Quality Dental Implants on Market

In recent years, the U.S. market has seen infiltration of clone implants from China, Eastern European and South American countries. Clone implants pose risks because:

- Clone implants are not specifically designed for your mouth.
- Some contain mixed metals that can cause adverse reactions.
- Higher rates of failure which can be painful and costly.

Dental Implants Done Right

Dental implants are an investment in your health and appearance.

Dental Implant Specialist Dr. Lee R. Cohen uses surgical-grade, titanium dental implants made by leading manufacturers. It's one reason why his patients have a 97% success rate.

- Look and feel totally natural.
- Precision placed with guided surgery.
- Biocompatible to bond with your body.

Big Benefits & Better Living

When you have top quality dental implants placed by a specialist, you enjoy moments more. Dental implants grant you the freedom to eat what you like, share conversations without worry, and smile for photos again.

Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills.

Every visit begins with a conversation about you. Your unique needs, concerns, and desires for care matter to us.

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

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

We Care a Lot

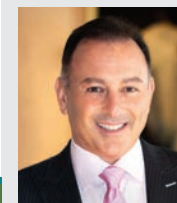
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

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

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

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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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Pinhole Technique

LANAP Gum Rejuvenation

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



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

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

The Truth About Your Mattress.

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

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



What does the Bed MadeEZ do?

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

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

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

Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

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

Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

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

Easy to Order, Fast Shipping!

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

Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

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



Find out more at
www.ckisolutions.com

Email
customerservice@ckisolutions.com

Phone
561-249-2219

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.

561-630-7120 | www.goldmaneye.com

Spiritual Wellness

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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