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Health & Wellness[®] MAGAZINE

October 2024

South Palm Beach Edition - Monthly

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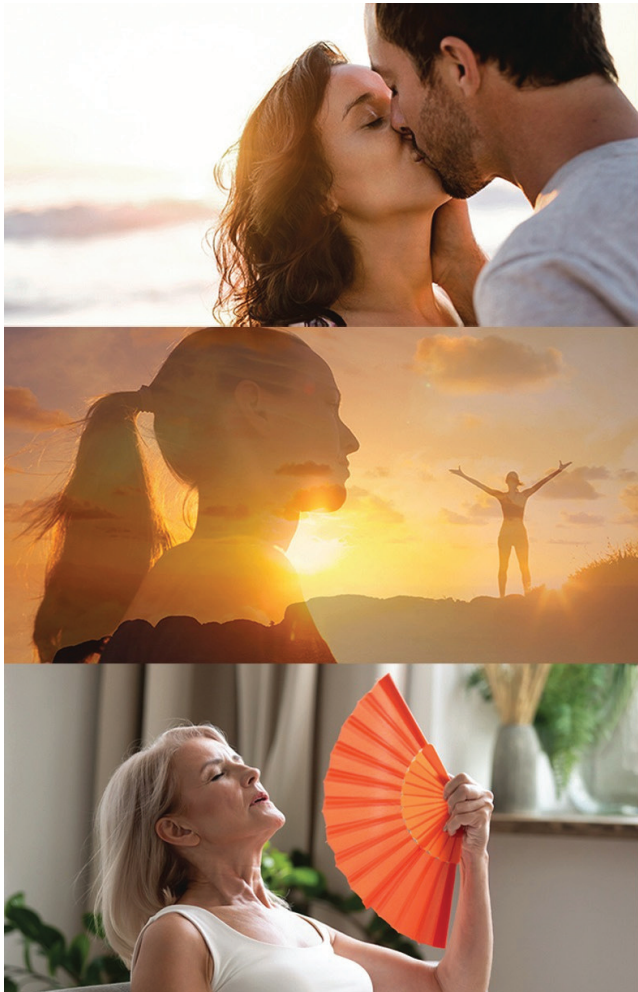
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NO TRICKS, ALL TREATS

Spook-Free Solutions for Scary Hair Loss

by Alan J. Bauman, MD, ABHRS



It's time to gather around the campfire and huddle close for a scary Halloween story sure to fill you with fear. This tale doesn't feature ghosts, ghouls, goblins, or any masked murders on the prowl. No, this story has a much more frightening villain – hair loss – one that you may already be well-acquainted with.

Sorry if your eyes are rolling, but I can't help it. Hair loss is a terrifying phenomenon that impacts roughly 80 million people in the United States alone. After all, the scariest stories are the ones based on actual events. What's even more frightening is the rise of snake oil treatments found on the Internet. With buzzwords like "quick results," these solutions put the "trick" into Trick-or-Treat.

When you choose Bauman Medical, you're not signing up for a spooky experience. We believe in treating our patients with comfort and care, leaving the tricks to the self-proclaimed gurus on social media. So, leave your costume at home and come as you are, ready to embark on a journey towards a rejuvenated head of hair.

While we won't be providing any sweets, I can confidently say you'll be in for quite a treat when opting for our various treatment options, including:

LOW-LEVEL LASER THERAPY CAPS

While some costumes aren't complete without a hat, your hair loss journey isn't complete without my trademarked Bauman TURBO LaserCap®. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, this laser cap only takes five minutes of daily use for effective hair growth results, paving the way for hair as wicked as the witch's brew at your next party.

PRP

When it comes to horror movies, you can always expect a bit of blood at some point. With PRP, we take a typically harrowing feature and turn it into our very own elixir. Choosing this option entails drawing a small blood sample from you, and we'll then synthesize a potent brew from the platelets found in the blood by separating them. Once the platelets are concentrated, we painlessly inject them into your scalp under local anesthesia. And the best part? PRP only takes an hour for results that last a year or more, giving you more time to go candy and costume shopping.

PDOGRO™

The state of hair restoration is one that is ever-changing. At Bauman Medical, staying stagnant isn't part of our plans, which is why we developed our PDOgro™ procedure. With this, we take our already established PRP and team it up with our delicate and absorbable polydioxanone threads. With this combination, we can cultivate an array of scalp functions that, in turn, lead to a massive boost in hair regrowth. FDA-cleared, these

threads activate your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity, all of which is completed in a secure outpatient procedure. PDOgro™ is a reliable and impactful option that activates hair regrowth without any need for recovery or aftercare. And with our team with you every step of the way, you'll have the best of Bauman Medical leading you to a flowing mane.

EXOSOME THERAPY

While couple's costumes are always in style, here at Bauman Medical, our pairing of TransEpidermal Delivery (TED for short) and exosomes will bring your hairstyle back in no time. You may have heard the buzz around exosomes, a blossoming trend in regenerative medicine, but you probably don't know how essential they are in cellular communication. Like humans, cells chat with other cells located closely or throughout different parts of the body. This connection is accomplished thanks in part to exosomes, thanks to their nucleic acids, growth factors, and other proteins found within them. You may not win the best costume award at your next Halloween party, but a full head of hair is a solid consolation prize.

TRICHOTEST

We've all had nightmares about having an impromptu pop quiz that we aren't prepared for. Thankfully, our TrichoTest doesn't require any preparation from you. All that's needed is a quick swab of your cheek, and we'll be able to curate the perfect treatment protocol specific to you. With access to your DNA, we can analyze it and examine the metabolic pathways that may impact your hair loss, along with how you'll respond to specific hair loss medications, so you can save time and money. Thanks to our algorithm, no more nightmares about pop quizzes and hair loss.

HAIRMETRIX

While the rise of the machines in the Terminator franchise made for scary thoughts of the future, our use of AI at Bauman Medical lends us promising insight into diagnostic evaluations and tracking. Thanks to HairMetrix, we can turn microscopic scalp photos into precise data on your overall hair quality and quantity thanks to our advanced AI-powered algorithm. HairMetrix allows us to diagnose more accurately and create a treatment plan that aligns with your specific needs. All this time, we will monitor your scalp to see how it reacts to said plan, allowing us to adapt when needed to give you the best results possible.



Before and after
PDOgro™ by
Dr. Alan Bauman



Before and after
FUE Hair Transplant
by Dr. Alan Bauman

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHR 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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HAIRCHECK

There is no need to check yourself in the mirror to ensure your hair looks strong. Instead, our HairCheck device allows us to determine your exact hair volume faster than you can say "trick or treat." With these noninvasive standardized hair bundle measurements, our team at Bauman Medical can compare affected areas to more permanent zones. To ensure your treatment is working where needed, the HairCheck gets the job done long before noticeable results.

HAIR TRANSPLANTS

Save yourself the extra expenses of buying a wig for your costume this year. Instead, treat yourself to the state-of-the-art Bauman FUE (follicular unit extraction) transplant that'll last you for all the Halloweens to come. You might be thinking about a tortuous and painful procedure straight out of an 80s slasher flick, but we've taken giant leaps in the hair restoration process. With FUE, we harvest grafts with as little as one hair follicle directly from your scalp. FUE differs heavily from the traditional FUT strip harvesting method. With some assistance from our specialized mechanical instruments, your FUE procedure will be done less invasively and without any pain whatsoever. And no need to fret about scars, as FUE leaves no traces. Save those blemishes for your Freddy Krueger costume.

HAIR FOLLICLE STEM CELL BANKING

No two cases will be the same when it comes to hair restoration. You've probably noticed the theme of curating specific plans by now, but what if we took a step further? With Hair Follicle Stem Cell Banking, you

yourself can help with your next treatment plan. In this procedure, we collect stem cells directly from your hair follicles, which are kept cryopreserved in a tissue bank for future use. You shouldn't wait, though, as there's nothing more frightening than running out of donor follicles for potential treatment.

So where's the treat in all this? At this point, Hair Follicle Stem Cell Banking can be used to make an autologous topical treatment that is applied directly to your scalp. But that's just the present. We're looking to continue furthering this innovative solution toward using your stem cells for hair follicle cloning once this technology becomes available.

But why stop there? While Bauman Medical's aim is hair restoration, stem cell banking has the potential to help with skin rejuvenation, orthopedic treatments, and even organ repair and replacement. Quite a treat, right?

LEARN MORE

This Halloween, there's no need to fear losing your hair. At Bauman Medical, we're all about giving our patients all the treats without the unnecessary tricks. Ditch those snake oil scams online and opt for our 100% effective and reputable diagnostic and regenerative options. To get started, be sure to contact us at Bauman Medical. Call 561-220-3480 or point your camera at the QR code below to schedule a private one-on-one in-person or virtual evaluation at www.baumanmedical.com.





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Breaking Down Narcissism

Dr. Rachna Buxani-Mirpuri, Licensed Mental Health Counselor at Buxani Counseling Care,

delves into the complex dynamics of narcissism on *Ask the Doc: No Appointment Needed*. Dr. Buxani sheds light on the signs and symptoms of narcissistic personality disorder, helping viewers gain a clearer understanding of this often misunderstood condition.

Watch *ASK THE DOC: No Appointment Needed* Monday through Friday from 12:30PM to 1PM on the Health Channel, or stream anytime at AllHealthTV.com.



Dr. Rachna Buxani-Mirpuri



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7 Key Risk Factors for Breast Cancer: What You Need to Know

Dr. Lauren Carcas, Medical Oncologist at Miami Cancer Institute, provides crucial insights into both unchangeable and modifiable lifestyle risks associated with breast cancer:

- **AGE:** While breast cancer is typically postmenopausal, it's increasingly being diagnosed in younger women, who often have more aggressive tumors.
- **RACE AND ETHNICITY:** Women of Caribbean, African descent, and Ashkenazi Jewish heritage face higher risks due to potential genetic predispositions, such as BRCA mutations.
- **BREAST DENSITY:** Dense breast tissue, more common in younger women, can make mammograms harder to interpret, complicating early detection.
- **WEIGHT:** Obesity increases breast cancer risk as fat cells produce estrogen, which fuels the most common hormone-related breast cancers.
- **RADIATION EXPOSURE:** Previous radiation treatments, particularly for chest tumors, elevate the risk of developing breast cancer.
- **HORMONE REPLACEMENT THERAPY:** Postmenopausal hormone therapy may reduce cardiovascular risk but increases the risk of breast cancer, highlighting the importance of regular screenings.
- **SMOKING & ALCOHOL:** Smoking raises the overall cancer risk, and even moderate alcohol consumption significantly increases breast cancer risk due to the carcinogenic chemical acetaldehyde.

Schedule your breast cancer screening and discuss your risk factors with your doctor. Learn more about breast cancer at AllHealthTV.com.



Breakthroughs in Breast Cancer Town Hall

While breast cancer is extremely common, much of its cause remains shrouded in mystery. Heredity and family history play a role in some cases, but researchers are uncovering evidence that suggests another potential culprit: estrogen. Estrogen has long been known to fuel the growth of breast cancer, but new research indicates it may play an even larger role. In this town hall, we will explore the latest findings and examine some of the most effective strategies for preventing and treating breast cancer.

Watch this Town Hall and stay-up-to-date with future town halls at: AllHealthTV.com/TownHall

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Testing a Breast Cancer Vaccine

Triple-Negative Breast Cancer is an extremely aggressive and deadly form of breast cancer. However, researchers at the Cleveland Clinic are making strides in clinical trials with a vaccine that may prevent this cancer from developing. Watch and explore the *Living Minute* library at:

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World Mental Health Day

World Mental Health Day is observed on October 10 each year. The day aims to educate, reduce stigma and advocate for better mental health services and policies worldwide.

The topic of mental health is of critical importance for the more than 18 million Americans with cancer and their loved ones.

Support for psychological, mental and emotional health during and beyond cancer treatment is essential.

It is not uncommon for patients dealing with cancer or chronic illness to experience emotional and psychological distress. A cancer diagnosis or unexpected health issue can increase feelings of stress, anxiety, depression or grief.

Treatments, which can become intense and span many months or years, can negatively impact a person's mood, routine and ability to work or limit participation in activities and relationships. Patients may experience:

- Loss of interest
- Depressed mood
- Fatigue
- Changes in appetite
- Anxiety and worry
- Difficulty concentrating and sleeping
- Irritability
- Fear

Talking with trained and licensed mental health professionals during this journey can help to address and remedy these issues. Research shows that having access to behavioral health services helps to improve patient treatment outcomes and overall quality of life.

Community oncology practices typically incorporate behavioral health and wellness services as part of routine care. If not offered proactively, patients are encouraged to request access to a therapist whenever needed. Therapy services can be provided in person or virtually via video or telephone, and many services can be billed to insurance. Services are confidential, voluntary and driven by the patient's unique needs and goals.

Support groups are another option that patients may benefit from. They are a valuable resource for connecting with others who can relate to their experience. Virtual or in-person support groups are often free of charge and moderated by a trained professional or expert.

Cancer can be emotionally challenging for family members and other loved ones, too.

Many people report that being a caregiver is more difficult emotionally than being the one with cancer. As one patient described, "At least I (the patient) am doing something about the disease by having chemo, getting radiation, going to appointments, etc. My husband can only watch, and he feels powerless."



Certain relationships in families can enhance the stress and loneliness a cancer patient may feel. Here are some common beliefs and action steps that can improve the dynamics for loved ones living with cancer:

We must be positive all the time.

Some families refuse to allow themselves or the patient to utter any so-called negative words or thoughts regarding an illness. They believe that the power of only positive thinking somehow enhances survival odds. But this notion is fantasy, not reasonable or realistic, and can lead to massive disappointment. The truth is, there will be difficult times on the cancer journey for every member of a family. Not being allowed to talk about these scary and sad truths is unhelpful and dishonest and can lead to burying negative emotions. While striving for a positive attitude is helpful in these circumstances, open communication is always recommended. It is okay not to be okay.

Let's pretend.

Some family members and patients will not show any evidence that they feel fear, sadness or anger – preferring to stuff the powerful emotions deep down. Patients and family members sometimes believe that sharing their honest feelings and thoughts will "make it worse" for the other. The cancer becomes the elephant in the room that everyone pretends not to see.

You must have treatment no matter what.

Some families insist that the patient get as much treatment as possible, as quickly as possible and for as long as possible – sometimes despite the patient's doubts or reluctance about the side effects. Some families coerce a patient to continue treatment against their wishes to satisfy their desire to "do something!" Patients are entitled to self-determination when choosing their treatment or not to take treatment.

Families can overcome these and other challenges if they are educated, willing to change and motivated to grow.

No one has to go through cancer alone. Help is available.

Mental health services are available to help educate and support cancer patients and their loved ones.

The following are helpful resources for patients and caregivers to find support: Cancer Support Community (CancerSupportCommunity.org), Family Caregiver Alliance® (Caregiver.org) and Can Care (CanCare.org).

Consider working with a licensed behavioral health therapist who has expertise in oncology or grief and loss to help navigate a cancer journey. It's likely a new experience for many, so there is a lot to learn – and it's never too early or too late to reach out.

Collectively, on World Mental Health Day and every day, significant strides continue to offer more hope and better outcomes for those affected by cancer.

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

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

THE TUBCUT® ADDS CONVENIENCE AND PROTECTION FOR ALL AGES

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

For most homeowners, there's usually an endless list of modifications and renovations that we need to make as both we and our homes age. And if you're like most people, you put off projects that have more to do with your own safety or comfort.

But chances are, you or someone you know has had to deal with everyday aches and pains, arthritis, bad knees, foot or ankle problems, a handicap or overall mobility problems, aging in place, acting as a caregiver, or general worries about slip and falls in the bathtub.

You've probably already heard that there are ways to make your bathtub more accessible, but pushed the thought to the back of your mind because you're worried about how long your bathroom is going to be out of commission, the cost of the project, and even if having your bathtub modified is actually going to serve its intended purpose.

WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.

If a person has difficulty lifting his or her legs over a traditional tub wall, then a portion of that tub wall can actually be cut and removed, then refinished. The cutout reduces the lift required to step or swing one's legs into the tub, and instead turns it into a walk-in shower. The modification can be done in less than one day. Even better? The cut portion of the tub can be

saved, and the project can be reversed if you want to sell your home and not lose value.

"We can do this without disturbing the plumbing or making a big deal of construction. We're in and out of there in half a day, and then the customer is using their shower and their bathroom again by the next morning," says Paul Echavarria, owner of One Day Bath for the past two decades. "We also have no problem with doing a complete reversal for this project, and once that's complete, you would never know what that tub looked like before. It's seamless and waterproof. The whole entire tub gets resurfaced so that when we're done, the tub looks brand new again."

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



Since the original TubcuT® was first offered on the market, there have been a number of national companies offering what looks like an identical product and service. One Day Bath, however, points out that with TubcuT®, the user chooses how wide the opening is and where it starts and ends. This allows the panels to structurally become part of the tub through a strong bonding process. The panels are also made of a durable material that is easy to clean, and your tub's color can be matched perfectly to the panel's edge for a seamless look and watertight construction. Competitors use plastic caps or one-piece inserts, and their products are typically attached to the tub with caulk only and don't have any of the versatility of the TubcuT®.



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Goodbye Gum Grafts

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

Hello Pinhole

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

The benefits of the Pinhole Technique are many:

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

How Pinhole Works

Gum recession is a common dental problem that requires care.

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

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



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Karen, actual patient

Better for Your Teeth

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

Trained Specialist

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

We Care a Lot

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

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

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

Welcome to Great Care

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

About Dr. Lee R. Cohen

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

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





About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

If we were to walk across the fields in summertime to some undisturbed spot and mark off a piece of ground say four feet square then examine this little area minutely, we would find an astonishing variety of life. There would be many species of plants; possibly a mouse's nest, and other small creatures. Then resorting to a microscope, we would observe an incredible host of microorganisms functioning in association with the larger life forms.

In that little square of ground we would have seen an interdependent community of life in which

birth and death were continuously taking place and in which diverse life forms were sheltering and nourishing one another. Written in the rocks beneath was a story of a similar process going back through eons of time.

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



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TRUSTS ARE NOT JUST FOR THE WEALTHY

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



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

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

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

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

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

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

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

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

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

Amanda Achong, Esq. is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate from Thomas M. Cooley Law School. Before opening her own legal practice, she practiced law under numerous well-established firms. Her experience has given her the expertise to be assertive in court and detail-oriented in her client work. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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I BUMPED MY HEAD...

HOW DO I PUT AN ICE PACK ON MY BRAIN?

By Renee Chillcott, LMHC

Concussions are getting more and more attention these days and as the focus on NFL football players experiencing residual effects of concussions many years later is making headlines, youth sports officials are taking action. More knowledge is being given to referees and parents about the risk and symptoms and more physicians and ER's are screening and testing for concussions as well. But what is the treatment?



First, what is a concussion? As seen in countless Saturday morning cartoons, a concussion is most often caused by a sudden, direct blow or bump to the head. The brain is made of soft tissue. It is cushioned by spinal fluid and encased in the protective shell of the skull. When a person sustains a concussion, the impact can jolt the brain. Sometimes, it literally causes it to move around in the head. Traumatic brain injuries can cause bruising, damage to the blood vessels, and injury to the nerves. The result? The brain doesn't function normally. If a concussion has occurred, vision may be disturbed, equilibrium may be lost, or unconsciousness may occur, but doesn't have to. In short, the brain is confused. That's why cartoon characters often saw stars.

What activities/injuries can cause a concussion?

- Fights • Falls • Playground injuries
- Car Accidents/Whiplash
- Bike Accidents/Skateboarding/Roller Skating
- Any sport or activity such as football, boxing, hockey, soccer, skiing, or snowboarding
- Even water sports can cause concussions, and more...

Who is most at risk?

- Infants • Kids • Teens • Adults • Elderly

According to the Mayo Clinic, the treatment for a concussion is rest, and if a headache occurs, a pain reliever is recommended. But what if one has been evaluated, diagnosed, and rested, but still having symptoms?

HERE'S AN EXAMPLE OF WHAT WE SEE IN OUR OFFICE: *Jessica is a 12-year-old who, while at soccer practice one day, struck the ball with her head the wrong way, which resulted in a convulsion. Mom and Dad promptly took her to be evaluated where she was scanned, examined, and diagnosed with a concussion. She instantly had a headache after striking the ball, and she was told to rest and take pain relievers. The headache persisted, and she was set up on hospital home-bound*

(home school for medical reasons) for the remainder of her school year. The headache was relentless, and it made sleep difficult. Mom and Dad tried everything, and they took her everywhere. She went to the top-notch hospitals and saw the leading neurologists. The solution was a cocktail of medications prescribed so that she could sleep and function, although they did very little to reduce the pain. The headache continued, non-stop for almost 12 months before she walked into my office.

From our point of view, a concussion is like a bruised muscle or sprained joint: upon initial impact or injury, there's swelling. The body does this to promote healing. Just like a sprained wrist, this swelling is uncomfortable. So, if a wrist is sprained, does one just rest and see if the swelling goes down? According to the Mayo clinic, in addition to rest, elevation of the area, and taking anti-inflammatory medications, it is also recommended to add ice therapy. Cold therapy closes capillaries and reduces blood flow (swelling), as well as relieves discomfort. But, how does one apply an ice pack to the brain?

Neurofeedback acts as an ice pack for the brain. Through neuron reorganization, blood flow is affected, and there's less chance of inflammation to persist over time. We also recommend natural anti-inflammatory supplements such as Turmeric and Omega-3's to reduce inflammation.

That brings us back to Jessica. The inflammation in her brain that was supposed to "go down" or reduce with rest and medication, had not reduced and was, instead, causing interference and pain. With just two Neurofeedback sessions, she was experiencing periods of time without a headache. This was the first time in 12 months. However, because the inflammation had remained for a prolonged period of time, it would take several more repetitive sessions before she would experience consistent relief from the headache as well as improved mental ability and restored school performance.

What are some of the signs of a concussion?

- confusion or feeling dazed
- clumsiness
- slurred speech
- nausea or vomiting
- headache
- balance problems or dizziness
- blurred vision
- sensitivity to light
- sensitivity to noise
- sluggishness
- ringing in ears
- behavior or personality changes
- concentration difficulties
- memory loss

Prevention is, of course, the best course of action when it comes to concussions. Wearing protective gear and being taught how to properly engage in head impact sports can help reduce the incidence of concussions. Neurofeedback immediately following an impact can also help prevent further injury to the brain or residual effects from the impact.

What are the signs that a concussion needs further treatment?

- continuation of the above symptoms
- decrease in school performance or a drop in grades
- difficulty with sleep or persistent change in sleep pattern
- no longer being good at something that once came naturally (ex: "I was a good speller, now I can't spell well at all.")
- difficulty with short term memory or odd behavior while performing easy tasks

In our experience, we have found that immediate Neurofeedback (after evaluation from a medical physician, if needed) for a concussion can significantly reduce the amount of treatment needed. One or two

sessions may be all that is needed to help reduce the swelling and prevent impairment. So, be sure to call your local Neurofeedback practitioner after any head injury or mild concussion.

WHAT IS NEUROFEEDBACK?

Neurofeedback has been studied and practiced since the late 60's. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band (on the therapist's screen) to encourage more balanced activity. This encouragement or "reward" happens through an auditory reinforcement of "beeps" and sometimes through visual reinforcement of changes on the client's screen.

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

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

Symptoms of these conditions, among others, can improve through neurofeedback training:

- Anxiety
- Sleep disorders
- Depression
- ADD/ADHD
- Sensory processing disorder
- Bipolar Disorder
- Seizure disorders
- Auditory/visual processing
- Chronic pain/Fibromyalgia
- Migraines/headaches
- Traumatic brain injuries
- Stroke
- Cognitive decline
- Peak performance
- Oppositional defiant disorder
- Rages/mood swings
- Attention/focus/concentration
- Reactive attachment disorder
- Autism/Asperger's
- Learning disabilities
- Obsessive Compulsive Disorder

WHAT IS AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

At our center, our goal is to teach you how to tune into your own functioning. With children, we also teach the

parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. Examples of those positive changes may be improvements in:

- Sleep patterns/quality of sleep
- Energy levels, calmer or more activated
- Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues
- Mood or emotions
- Motivation and organization
- Feelings of Well Being
- Obsessive behaviors or thoughts
- Memory/cognitions
- Anxiety patterns or trauma patterns
- Coping
- Regulation
- Learning, communicating, and/or performance

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

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

HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?

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

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP AND DO I NEED ONE?

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach

electrodes to the whole head, 19 spots, and then record the brain waves with his eyes open for 5 minutes and with his eyes closed for 10 minutes. This recording is then read and analyzed. We can provide you with a summary of significant findings and show the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, and how different parts are communicating. It can help us see what areas need to be addressed more efficiently than just training spot by spot or by looking at a surface or "quick" EEG.

We don't always need this data to make an improvement in symptoms, but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

DOES NEUROFEEDBACK HURT?

Neurofeedback is a non-invasive, non-medication, and most importantly a non-painful approach. Your experience will be very relaxing and positive. We gently teach your brain how to regulate more efficiently and do not force your brain into a brain state that is not comfortable.

HOW DO I GET STARTED?

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

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Research:

- <http://www.isnr.net/neurofeedback-info/mtbi.cfm>



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UNDERSTANDING DRY EYE AND BLEPHARITIS

Dry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women ≥ 50 years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having “dry eye”, experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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.



www.goldmaneye.com 561-630-7120

selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “*Let us make human beings in our image, to be like us... So God*

created human beings in his own image. In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very good*.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece*...” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made*.” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers



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