

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

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

November 2024

South Palm Beach Edition - Monthly

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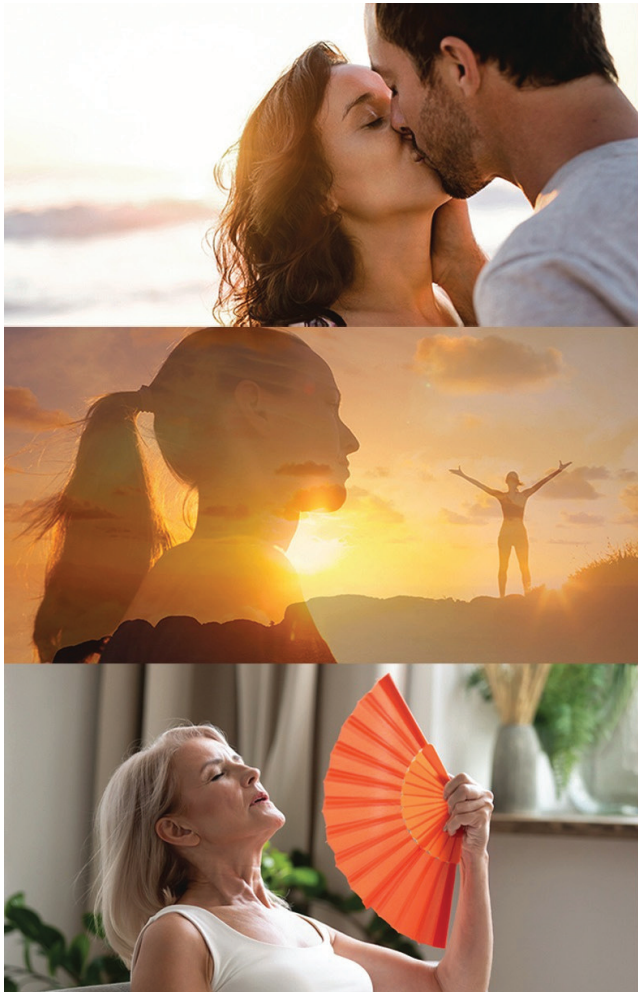
**DIABETES DEMYSTIFIED:  
EXPLORING TYPE 1, TYPE 2,  
AND GESTATIONAL DIABETES**

**ADVISE FOR SENIORS**

**HOW DOCTORS  
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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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**Health & Wellness** MAGAZINE



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# THANKS... For *GIVING* Back My Hair

## Make the Pilgrimage Down to Bauman Medical This November

by Alan J. Bauman, MD, ABHRS



**W**ith all of the Christmas decorations already on display at the store, we tend to neglect the season of thanks. While gift-giving is right around the corner, let's slow it down a bit and celebrate Thanksgiving the Bauman Medical way – by giving thanks to the state-of-the-art hair restoration treatments and diagnostic tools available to all our patients.

And let's face it, as much as we love coming together for a family gathering, Thanksgiving and beyond can be quite a stressful time. With hair loss already serving as a potential stressor in life, our team at Bauman Medical wants to limit as much tension in your life as possible, making us the place to be ahead of Turkey Day.

So before you put the bird in the oven and start mashing those potatoes, let's take a moment to share our thanks for the numerous methods that will have your hair looking as full as your belly this Thanksgiving.

### DIAGNOSTIC TOOLS

#### HairCheck

After you put the turkey in the oven, it's important to check on it periodically. This is similar to our intuitive HairCheck. With the HairCheck, we'll be able to determine your exact hair density quicker than your guests getting up for seconds. With these noninvasive standardized hair bundle measurements, we can compare your affected areas to the more permanent zones. HairCheck is the perfect way to ensure your treatment plan works where needed. It might not be the best in the kitchen, but I know the perfect recipe for effective hair restoration.

#### HairMetrix

When it comes to Thanksgiving, you can always expect a few interesting conversations to pop up at the dinner table. With AI becoming a huge trend, you can guarantee that it'll be a popular talking point, making HairMetrix a timely tool for your diagnostic evaluations and tracking. Our innovative AI-powered algorithm turns microscopic scalp photos into exact data on the state of your hair quality and quantity. As a result, HairMetrix helps us with precise diagnosis and create the perfect treatment plan for your specific needs. And no matter what stage of the treatment you're in, we continue to monitor your scalp, allowing us to adapt when needed for optimal results.



Before and 6 months after using the Bauman TURBO LaserCap





Before and after FUE Hair Transplant by Dr. Alan Bauman

## 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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### Trichotest

Much like how we're bound to unbutton our jeans after stuffing ourselves to the brim, the TrichoTest unzips your other "genes." After a quick swab of your cheek, our team can find the best treatment protocol for your needs. Since Trichotest analyzes your unique DNA, we now can analyze and examine your metabolic pathways. These pathways could be the culprit behind your hair loss while also offering insight into how you'll respond to certain hair loss medications, saving you time and money. So don't be afraid to unzip your genes a little bit before turkey day.

### HAIR RESTORATION

#### FUE

When it comes to hair transplants, we can all be thankful for the advancements from the days of pluggy-looking and painful results. The only thing sweeter than a slice of pumpkin pie is the state-of-the-art Bauman FUE (Follicular Unit Extraction) Hair Transplant. With these developments, we can leave the carving for the turkey and, instead, simply harvest grafts with as little as one hair follicle from your scalp. FUE is a much different process compared to the traditional FUT strip harvesting method, delivering you a quicker, more comfortable recovery. And thanks to a little help from our specialized mechanical instrument, you'll walk out of our clinic to Thanksgiving dinner with no linear scar to worry about.

And for those who want to take it a step further, you can opt for the VIP|FUE method and be thankful for not needing to shave the donor area and change your hairstyle ahead of the procedure. You want to talk about discreet? VIP|FUE is the way to go.

#### TED & Exosome Therapy

Keeping the thanks going, anytime you can avoid needles for a procedure, thanks are in order. With our pairing of TransEpidermal Delivery (TED) and Exosomes, we can express gratitude, all while bringing back your hair in no time. A trending topic in the realm of regenerative

medicine, Exosomes are the backbone for all things involving cellular communication. Just like we chat at the dinner table, cells also communicate both closely or throughout different parts of the body. With the nucleic acids, growth factors, and other proteins found within Exosomes, our cells are able to connect like a family, thanks to our Exosomes.

Coupled with TED, we apply a specialized topical hair growth serum in the treatment zone, which is met with ultrasonic waves and air pressure. In less than half an hour, you'll be thankful for increased scalp permeability and blood flow, which leads to optimized scalp health and stimulated hair follicles.

#### Bauman TURBO Laser Cap

With the weather beginning to cool down, you might be rummaging through your closet looking for a beanie. Instead of that, to keep you warm, why not opt for the Award-winning Bauman TURBO LaserCap® for a cozy head of hair? FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, this laser cap takes less time for effective hair growth than it does to open a can of cranberry sauce. Spend five minutes resting on the couch with this cap on, and you'll be donning a thicker head of hair come next Thanksgiving.

### LEARN MORE

It doesn't need to be Thanksgiving to be thankful for all the modern advancements in hair restoration and diagnostic tools. From myself and the wonderful staff at Bauman Medical, I'm thankful to deliver results that will make you feel as confident as ever. To learn more and get started, be sure to contact Bauman Medical today. 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](http://www.baumanmedical.com).







## Diabetes Demystified: Exploring Type 1, Type 2, and Gestational Diabetes

Dive into the world of diabetes, featuring **Dr. Kamljit Kaur**, Primary Care Physician at **KKaurMD**. Dr. Kaur breaks down the key differences between Type 1, Type 2, and Gestational Diabetes, exploring their symptoms, causes, and effective management strategies.

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## Prescription for Change: Exploring Medicare's New Benefits and Lower Drug Costs Town Hall

**It's Medicare Open Enrollment time!** Now through December 7th, you have the opportunity to explore different Medicare plans to ensure you're receiving the benefits you want at a price that fits your budget. This year, new government regulations may lower the cost of certain prescription drugs. In our special Town Hall, **Prescription for Change: Exploring Medicare's New Benefits and Lower Drug Costs**, experts will answer your questions on how to switch to a more affordable plan or find one that better suits your needs.

**Don't miss Prescription for Change on Monday, November 4, at 7PM, broadcast LIVE on the Health Channel and AllHealthGo's Facebook and YouTube pages.**

## Join Us Out in the Community

### NAMIWalks Palm Beach County

**Saturday, November 2 from 8AM – 11AM**  
at Eric Call Pavilion at John Prince Park  
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### PRIME Expo

**Sunday, November 10 from 8AM – 1:30PM**  
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## COMPETITIVE PRICING

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

## 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.

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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**

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[floridabesthomecare.com](http://floridabesthomecare.com)



# Talk Turkey and Your Family's Health History This Thanksgiving

**T**hanksgiving is traditionally a time to gather with loved ones, express gratitude and enjoy a festive meal. This year, November 28 is also designated as National Family Health History Day. The U.S. surgeon general encourages families to take advantage of this time together to talk about health issues that may run in the family.

Knowing one's family medical history can help in the prevention and early detection of hereditary diseases. By sharing and recording this information, individuals can better understand their potential risks for certain diseases, including cancer, heart disease, diabetes and other conditions that have genetic components.

## Genetics and cancer risk

About 5 to 10 percent of cancers are linked to mutations in specific genes that we inherit from our birth parents. In fact, the five most common types of cancer diagnosed in the U.S. are known to have a genetic component. These are melanoma (a form of skin cancer), breast, colorectal, prostate and lung cancers.

Consider skin cancer, for example. People with a first-degree relative who has been diagnosed with melanoma or other types of skin cancer have a 50 percent higher chance of developing it than someone without a family history. A first-degree relative includes your biological parents, siblings and children, who share about 50 percent of your DNA.

Breast cancer is the second most common cancer in American women, representing approximately 30 percent of all new cancer diagnoses among women each year. And although it's rare, men get breast cancer, too.

Mutations that occur in the BRCA1 and BRCA2 genes can significantly increase the risk of breast as well as ovarian cancer. People with a strong family history of breast cancer, especially if it occurs at a young age or in multiple relatives, may carry one of these genetic mutations.

While having a genetic mutation does not guarantee that a person will develop cancer, it does increase the risk.

Genetic counseling and genetic DNA testing are a proactive approach to understanding your health risks and may be recommended for individuals with a family history associated with known genetic mutations.

If someone knows they have inherited a harmful genetic change, they can take steps to reduce their risk of developing cancer or to detect cancer early. Genetic testing can also be appropriate for people who have been diagnosed with cancer. The information may be important for selecting treatment.

Anyone who is concerned that they may have inherited a harmful genetic change should talk with their health care provider.



Genetic counseling will include a discussion of the implications of testing so that someone can give informed consent to the process. Before having testing, people should discuss both the benefits and the possible downsides of genetic testing.

## The importance of lifestyle factors

It's important to remember, however, that the majority of cancers arise due to a combination of factors, including environmental exposures (such as smoking or radiation) and spontaneous genetic mutations that occur during a person's life.

## There are ways to reduce cancer risk:

- Protect your skin from harmful UV rays from the sun and other sources.
- Don't smoke. The carcinogens in tobacco can damage nearly every organ in the body, increasing risk for cancer and other diseases.
- Maintain a diet high in fruits, vegetables, beans and whole grains and low in red meat, processed foods and sugar.
- Limit alcohol consumption.
- Aim for at least 30 minutes of physical activity daily to help control your weight and avoid obesity and give a healthy boost to your immune system.
- Stay current with screenings. Generally, when cancer is detected in its early stages, treatment is less extensive, outcomes are improved and recovery is faster. Screenings are safe, effective and vital. Talk with your primary health care provider to make the best personal decisions about your health status, the benefits and any risks of testing, and how often you should be screened.

## What's your family health portrait?

The U.S. Department of Health and Human Services offers tools like the "My Family Health Portrait," which helps families collect and organize their health information and learn more about the risk for conditions that can run in families.

This holiday season, be sure to pass the pie, along with some details of your family's health history.

## WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

About Florida Cancer Specialists & Research Institute, LLC: ([FLCancer.com](http://FLCancer.com))

For the past 40 years, 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 therapies, 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 and radiation oncology 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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# Advice *For* Seniors



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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](http://www.tubcut.com).



**BEFORE**



**AFTER**

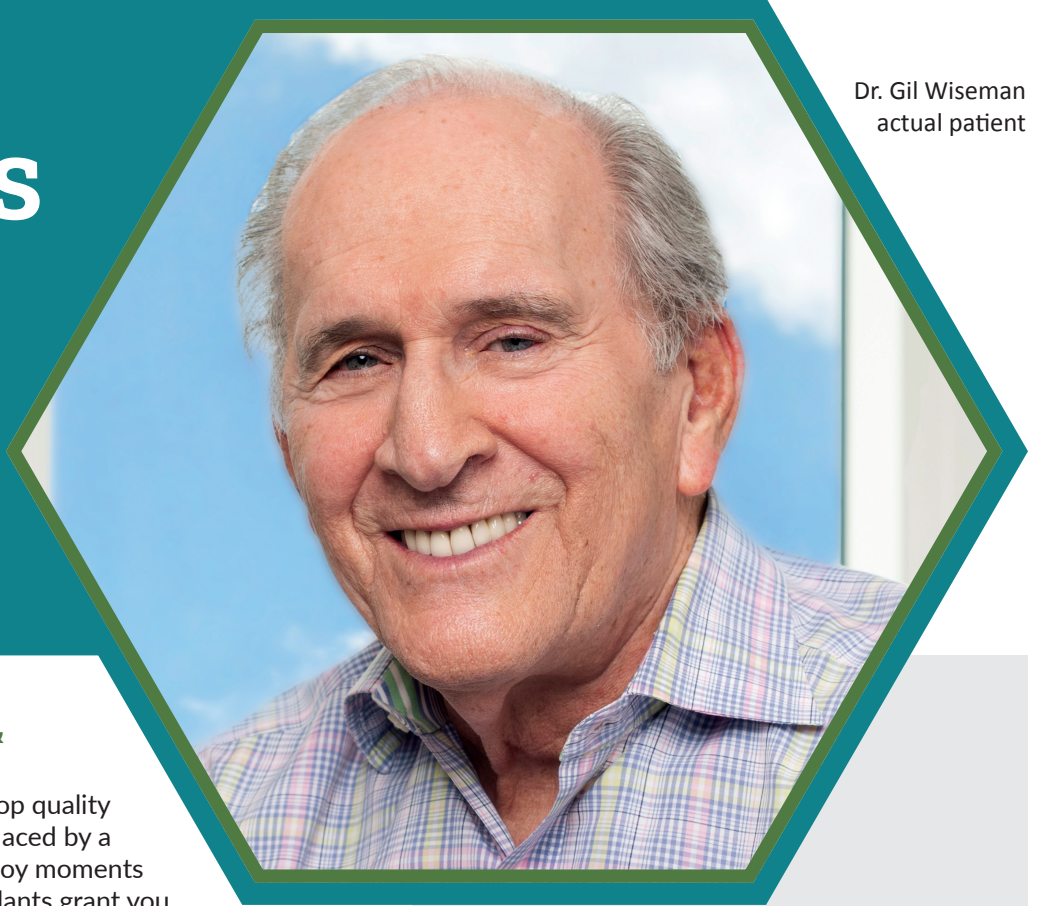
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# Real Deal Dental Implants

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.

## Welcome to Great Care

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



## About Dr. Lee R. Cohen

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

- NYU, Doctor of Dental Surgery; Management

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



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# 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.

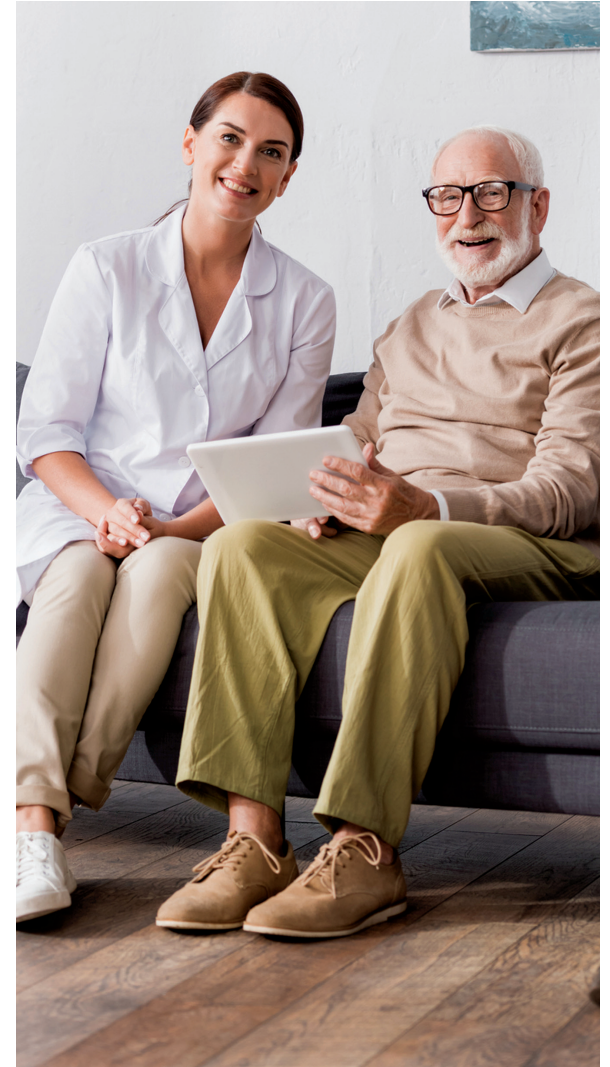


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# TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare



**W**hen 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?



# WHAT DOES NEUROFEEDBACK DO? AND CAN IT HELP ME?

By Renee Chillcott, LMHC

## IS IT BIOFEEDBACK?

Biofeedback is a very broad term that is used to describe a technique that allows you to learn information about your body. With Neurofeedback, we zero in on the neuron firing in the brain. So, Neurofeedback is a technique that allows you to learn information about your brain. Or more specifically, the neuron patterns in your brain. At times, Neurofeedback can be referred to as EEG Biofeedback or Brain Training.

Brain Training can teach your brain to be more balanced and more regulated. When this improved balance and regulation happens, you feel better and function better. Training your brain can help clients of all ages, as everyone can benefit from balancing and regulating their brain better.

## Do you suffer from any of these?

- 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

If you do suffer from any of the above, or anything not listed that is brain related, Neurofeedback can help. But what is it?

## 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 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 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.

## 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 is able to 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.

## WHY TRAIN YOUR BRAIN?

Mental clarity improves when you operate a calmer, more efficient brain. As you learn to slow down "inner chatter" or activate a "sleepy" brain, you become more effective at responding to stress and adapt more readily to different situations, both psychologically and physically. Parenting becomes less exhausting, appointments are more easily kept, decision-making improves, and mood swings and depression often lift.

Neurofeedback has also been shown to be of remarkable value with school-age children who experience focus and learning problems. Through brain training, children can learn to better concentrate on schoolwork, increase their frustration tolerance level, and are less prone to be overwhelmed with sensory



overload while seated in a noisy classroom. With their thoughts more organized, they can focus more clearly on what others say to them and can begin to develop friendships and learn effectively.

### 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 treatment – some people need more and some less.

### NEUROFEEDBACK AND MEDICATION

As your brain begins to work more efficiently, medications also work better. For those who cannot take or are only marginally responsive to medication, neurofeedback can offer an alternative or supportive role to drug therapy by stimulating or inhibiting brain activity at the same basic neurological level as medication. Eventually with training, many people find they can reduce the dosages or cease taking some prescription drugs, but only after careful consultation and planning with the prescribing physician. For this reason, neurofeedback practitioners advocate consistent communication between clients and their physicians during training and encourage discussion of their neurofeedback experience with therapists and doctors so accommodations can be made as training progresses.

### 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 sent to Advanced Psychological Services in North Carolina to be read and analyzed. They are able to not only give us a summary of significant findings, but the report also shows 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, 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 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.

### IS THERE ENOUGH RESEARCH?

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 Journal*  
*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  
*Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication)* by Michael P. Cohen

### 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 the intake or in a FREE scheduled telephone consultation. Call, email or message us today! Brain and Wellness Center, 5458 Town Center Road, Suite 13, Boca Raton, FL 33486. Text us at **(561) 206-2706** or e-mail us at [info@bocabraincenter.com](mailto:info@bocabraincenter.com). You may also visit our website at [www.BocaBrainCenter.com](http://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.



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# How Doctors Choose Surgeons

By David A. Goldman MD

**W**hen it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a “renowned” surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



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, micro-incipisional 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](http://www.goldmaneye.com)



# Developing Discipline



**H**ere’s a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here’s a follow-up question: **WHY ARE YOU NOT DOING IT?**

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, “A person without self-control is like a house with its doors and windows knocked out.” Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, “People who accept discipline are on the pathway to life, but those who ignore correction will go astray.” NLT

Here are three “Disciplines of Being Disciplined”.

**1. Persistence – “Never Give Up”**

Prov. 12:24 “Work hard and become a leader; be lazy and become a slave.” Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.

**2. Advance Decision Making – “Say No Now”**

Prov. 13:16 says, “A wise man thinks ahead, a fool doesn’t and even brags about it.” Be prepared in advance to make the right choices. Don’t wait until it’s too late.

**3. Delayed Gratification – “Putting Pain before Pleasure”**

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, “No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way.” Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood



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