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January 2025

South Palm Beach Edition - Monthly

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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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NEW YEAR'S HAIR-SOLUTIONS

Say Hello to a New You (and 'do) for 2025 with Bauman Medical

by Alan J. Bauman, MD, ABHRS



With another year in the books and the hustle and bustle of the holiday season complete, we can now take a breath to shift our focus toward self-improvement. As the calendar turns over to reveal the halfway point of the 2020s, now's the time for many to start working on their New Year's resolutions. You might be wondering, "What are Dr. Bauman's New Year's Resolutions?" Well, to your surprise, I don't have any. Instead, I'm focused on one thing — hair solutions.

It may be a new year, but here at Bauman Medical we have the same goal as always, and that's providing cutting-edge hair restoration techniques and products to turn back the clock on your scalp. While improving your diet and getting a steady workout routine are great goals for a new you, we're keen on providing you with a "new 'do." As you make your list for self-improvement in 2025, why not add to it with "improve my hair?" After all, with our help here at Bauman Medical, we'll do the heavy lifting while you can rest easy with excellent results.

How can we maximize your 2025? With our array of pioneering technology and procedures, this will be your easiest resolution yet, thanks to the following:

LOW-LEVEL LASER THERAPY

While some may opt for a new sense of fashion in the new year, I believe in sticking with the tried-and-true statement piece that is the Bauman TURBO LaserCap®. This innovative cap, unlike a regular winter cap, requires just five minutes of your day to cultivate effective hair growth. By next year, a lush head of hair will be the only statement piece you'll need to go out with. It's FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, making it a hassle-free solution for long-lasting results.

FUE HAIR TRANSPLANT

As the years go by, with it comes progressive advancements in the realm of hair transplants. Long

gone are the days of pluggy-looking and painful procedures thanks to procedures like the state-of-the-art Bauman FUE (Follicular Unit Extraction) Hair Transplant. How does it differ from traditional FUT strip harvesting? It's a simple process that only requires the harvest of individual grafts from as little as one hair follicle to see tremendous results. With a quicker, more comfortable recovery process, you'll be walking out of our clinic, not needing to worry about a linear scar for 2025 and beyond.

But it doesn't stop there, as we here at Bauman Medical believe in giving your scalp the premier treatment it deserves. Treat it like the life of a New Year's party with VIP|FUE™. What makes it a step up from the base-level procedure? Well, you get the added benefits of the initial process but without needing any trimming or shaving. This means you won't need to worry about a buzzcut look afterward, making this the most discreet hair transplant around. Just because it's a new year and a new you, that doesn't mean you have to put your scalp through the dramatics.

TED & EXOSOME THERAPY

I like to compare exosomes to family. No matter if you live two doors down or across the country, you still communicate with them. Exosomes act similarly, serving as the backbone for all things cellular communication. All across the body, exosomes are constantly chatting with your cells, all while containing key elements like nucleic acids, growth factors, and other proteins. How do we harness these chatty cell messages? By combining them with our TransEpidermal Delivery (TED), we apply a topical hair growth serum to your treatment zone along with ultrasonic waves and air pressure. In 30 minutes or less, you'll have increased scalp permeability and blood flow, both of which improve your scalp health and stimulate hair follicles.

PRP

While we may have gotten through the stressful times of the holidays, I understand that your start to 2025 is filled with goals and plans. That's why at Bauman Medical, our staple PRP treatment offers effective results without throwing a wrench in your busy schedule. It's a minimally invasive procedure that begins with us taking a small blood sample and isolating the platelets using our advanced technology. Once we've concentrated them, we are able to harness



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and After PRP by Dr. Alan Bauman

the growth factors within and carefully apply them to your scalp to promote natural hair growth. With next to no discomfort, you can take on the new year as confident as ever!

PDOgro™

Much like how we look to improve in the new year, Bauman Medical is always looking for ways to improve upon our hair restoration solutions. Case in point: our PDOgro™ procedure. By taking the already effective PRP and coupling it with our delicate and absorbable polydioxanone threads, we're able to stimulate various scalp functions, all of which spark substantial hair regrowth. This FDA-cleared synthetic absorbable material serves as a catalyst for your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. What does this all mean? When activated, we'll be able to bolster hair

regrowth for a year or more through a safe and serene outpatient procedure. And through each step of the way, you can rest easy knowing that our Bauman Medical team is fully committed to your journey.

LEARN MORE

For 2025, don't limit yourself to just resolutions; aim for hair solutions courtesy of Bauman Medical. A new year means a new you, and what better way to start a new leaf than with a head of hair reminiscent of your younger days? From myself and the rest of the Bauman Medical team, we hope everyone has a safe and happy New Year! 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**.



About Dr. Alan J. Bauman



**Alan J. Bauman, MD, ABHRS, IAHRS
Hair Loss Expert**

With over 28 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 35,000 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 9th 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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Breakthrough Laser Treatment Brings Hope to Spinal Stenosis Sufferers



I put my faith in Dr. Costello and his laser treatments cured me! My back was hurting so badly, doctors here in the Bahamas told me I needed a surgery to "repair" two herniated discs.

In an era where age-related lumbar spinal stenosis has reached epidemic proportions, a revolutionary treatment is offering hope to those suffering from this debilitating condition. J. A Costello, DC, DABCO is one of South Florida's leading experts in laser therapy, is bringing this groundbreaking treatment directly to patients' homes in Palm Beach County.

Understanding the Epidemic of Spinal Stenosis

As our population ages, lumbar spinal stenosis—caused by soft tissue and disc degeneration—has become increasingly prevalent. The condition creates unrelenting pain in the legs, buttocks, thighs, and along the sciatic nerves, often leading to immobilization. While many patients are routinely directed toward invasive surgical solutions, Dr. Costello offers a safer, more effective alternative.

Revolutionary Stealth, Micro, Pulsed Laser Therapy

Dr. Costello's innovative approach utilizes Stealth Micro Pulsed Laser Therapy, an FDA-cleared treatment that has successfully helped numerous patients without a single reported side effect. This advanced technology works at the cellular level, stimulating the body's natural healing processes to provide remarkable long term results.

The Science Behind the Success

The treatment, classified as "actinotherapy," creates chemical and metabolic changes in human tissue, accelerating the healing potential of every cell it contacts. **This sophisticated approach delivers multiple therapeutic benefits:**

- Decreases pain and inflammation of nerve endings
- Accelerates nerve regeneration
- Reduces swollen and enlarged soft tissues, including discs and ligaments
- Improves proprioception (balance awareness)
- Eliminates numbness and tingling
- Achieves results without pain, invasion, or side effects

Expert Care from a Pioneer in Laser Medicine

Dr. Costello brings over four decades of specialized experience to every treatment. As a board-certified chiropractic orthopedist trained by experts from the Texas Back Institute, he has developed exclusive proprietary treatment protocols unavailable anywhere else in the world. His unique combination of orthopedic expertise and advanced laser technology has attracted patients from across the globe.

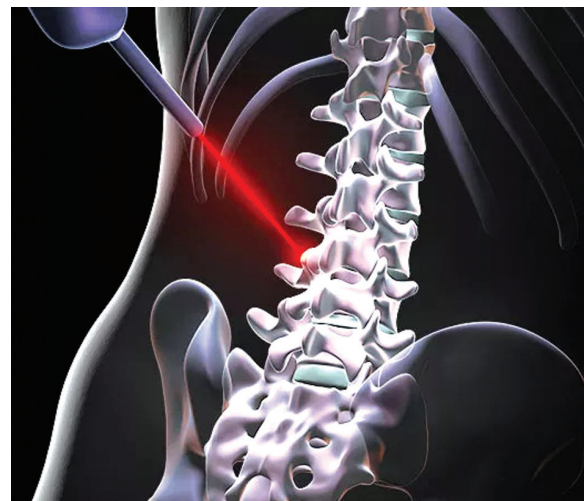
The Comfort of Concierge Treatment

What sets Dr. Costello's practice apart is not just his expertise, but his commitment to patient comfort.

Every 30 minute in home treatment session is:

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- Tailored to your specific condition
- Designed for optimal therapeutic results

Beyond Spinal Stenosis



While particularly effective for spinal stenosis, this revolutionary treatment also successfully addresses:

- Arthritis
- Back pain
- Disc herniations
- Headaches
- Knee and hip pain
- Neck pain
- Peripheral nerve disorders
- Neuropathy
- Sciatica
- Shingles
- TMJ dysfunctions

A Better Path to Healing

"Our treatment protocols actually heal human tissue," explains Dr. Costello. "They can achieve results when other treatments fail." This approach represents a significant advancement over traditional treatments, offering hope to those who have been disappointed by conventional medical approaches or are seeking to avoid invasive surgery.

The Future of Pain Management is Here

As Chief of Laser Medicine for Diowave Laser Systems and developer of the Stealth Laser™ system, Dr. Costello continues to pioneer advancements in laser medicine. His in-home treatment model combines cutting-edge technology with personalized care, offering Palm Beach County residents a safer, more effective path to recovery.

Don't let spinal stenosis control your life any longer. Experience the revolutionary treatment that's helping patients reclaim their mobility and comfort, all from the convenience of home.



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UNLOCKING SUCCESS IN REGENERATIVE MEDICINE: The Critical Role of Ultrasound Guidance in Platelet-Rich Plasma (PRP) Treatments

Platelet-rich plasma (PRP) therapy has become a game-changer in regenerative medicine, offering a natural, non-invasive treatment option to accelerate healing and reduce pain for various musculoskeletal conditions. However, the success of PRP treatments heavily relies on one crucial factor: precision. Enter ultrasound guidance—an advanced imaging technique that enhances the accuracy, safety, and efficacy of PRP treatments. Here's why integrating ultrasound guidance into PRP therapy is not just a luxury but a necessity.

The Foundation of PRP Therapy

PRP therapy works by harnessing the body's healing potential. A sample of the patient's blood is processed to concentrate platelets, which are rich in growth factors and can recognize damaged tissue. These growth factors stimulate tissue repair and enhance recovery, showing benefits in pain and function in conditions such as knee arthritis, rotator cuff tears, as well as the spinal pain conditions.

However, the effectiveness of PRP depends on delivering the concentrated platelets precisely to the injured area. This is where ultrasound guidance comes into play.

The Challenge of Blind Injections

Traditionally, injections were administered using palpation techniques or anatomical landmarks, often referred to as "blind injections." While experienced practitioners can achieve decent results with this method, it leaves much to chance, particularly when targeting deep or hard-to-locate structures.

Blind injections pose several risks, including:

- **Inaccurate Delivery:** Without visual confirmation, the PRP may miss the intended target, diluting its therapeutic potential.
- **Increased Pain:** Misplaced injections can cause unnecessary pain or discomfort for the patient.
- **Complications:** Inadvertently injecting nearby structures such as nerves

Given these limitations, a precise approach is imperative to maximize the benefits of PRP therapy.

Ultrasound Guidance: Redefining Precision

Ultrasound guidance transforms PRP treatments into a precise, visualized procedure. Using real-time imaging, clinicians can visualize the target tissue, surrounding structures, and the needle's trajectory. This approach significantly enhances the accuracy of PRP delivery, ensuring optimal results.

Key Advantages of Ultrasound Guidance

- **Enhanced Accuracy** With ultrasound, clinicians can locate the exact site of injury or degeneration, whether it's a small tendon tear or a specific joint capsule. This ensures that the PRP is deposited precisely where it is needed, maximizing its effects.



- **Improved Safety** Real-time imaging allows practitioners to avoid critical structures such as nerves, arteries, and veins, minimizing the risk of complications. This is especially crucial for delicate areas like the spine or wrist.
- **Better Outcomes** By ensuring accurate delivery of PRP, ultrasound guidance enhances the treatment's effectiveness. Studies show that image-guided injections consistently outperform blind injections in terms of pain relief, functional improvement, and patient satisfaction.
- **Reduced Patient Discomfort** Precise needle placement reduces the number of attempts and tissue trauma, making the procedure more comfortable for the patient. This also contributes to quicker recovery times.
- **Customization and Flexibility** Ultrasound enables real-time adjustments during the procedure. Doctors can assess tissue response and modify their approach as needed, tailoring the treatment to each patient's unique anatomy and condition.

Clinical Applications of Ultrasound-Guided PRP Treatments

The versatility of ultrasound guidance makes it applicable across a wide range of conditions, including:

- **Tendon Injuries:** Conditions like tennis elbow, Achilles tendinitis, and rotator cuff injuries benefit from precise PRP delivery to the damaged tendon fibers.
- **Joint Osteoarthritis:** Injections into the joint space, such as the knee or hip, are more effective when guided by ultrasound, ensuring accurate placement within the joint capsule.
- **Ligament Tears:** Partial ligament tears, such as those in the ankle or knee, require targeted PRP delivery to stimulate repair and strengthen the structure.
- **Muscle Tears:** Ultrasound helps identify the exact location of muscle damage, allowing plasma to be injected directly into the affected area.

- **Nerve Entrapments:** In complex cases like carpal tunnel syndrome, ultrasound ensures that PRP is delivered precisely to the area of nerve compression.

Patient Experience and Confidence

For patients, the use of ultrasound guidance provides an added layer of confidence. Seeing the real-time imaging during the procedure reassures them that the treatment is both precise and personalized. Moreover, the reduced discomfort and improved outcomes associated with ultrasound-guided injections enhance overall patient satisfaction.

The Evidence Speaks for Itself

Scientific studies consistently highlight the superiority of ultrasound-guided injections over blind techniques. For instance:

- A study published in *The American Journal of Sports Medicine* found that ultrasound-guided PRP injections for rotator cuff tendinopathy resulted in significantly better pain relief and functional improvement compared to blind injections.
- Research in *Arthroscopy: The Journal of Arthroscopic & Related Surgery* demonstrated that ultrasound guidance improved the accuracy of intra-articular injections by up to 95%.

These findings underscore the importance of ultrasound as an indispensable tool in PRP therapy.

Conclusion: A Gold Standard in PRP Therapy

Ultrasound guidance has revolutionized the way PRP injections are performed, setting a new standard in regenerative medicine. Its ability to enhance accuracy, safety, and patient outcomes makes it an essential component of modern PRP therapy.

If you're considering PRP therapy, ensure that your provider is an expert in the use of ultrasound guidance—it's the key to unlocking the full potential of regenerative medicine. Your health deserves nothing less than precision, safety, and success.



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Lower back pain is more than just a discomfort—it's a life-altering condition that affects millions of people worldwide. Whether you're struggling with persistent pain or watching a loved one suffer, understanding the latest treatment options can be a beacon of hope.

The Hidden Culprit: Sacroiliac Joint Pain

Many people experiencing lower back pain aren't aware that the sacroiliac (SI) joint could be the root of their problem. Located where the spine meets the pelvis, this critical joint connects the sacrum to ilium and plays a crucial role as weight bearing joints in body movement and stability. Approximately 25% in adult patients with chronic low back pain may suffer from this pain. Pain is located middle to lower back, usually both sided, may radiate to buttocks below. Women are more likely to suffer from SI joint pain because of their anatomy, and with pregnancy history.

What Causes SI Joint Pain?

Because the SI joint acts like a shock absorber, the pain coming from this joint can stem from various reasons:

- Traumatic injuries (accidents, sports related; football, gymnastics, even golfing)
- Arthritis (ankylosing spondylitis, post-traumatic or mechanical arthritis)
- Pregnancy-related changes (increased or decreased mobility, before or after)
- Repetitive stress (work related, i.e., taxi or truck drivers)
- Uneven leg length (due to hip or knee surgeries)
- Previous lower back surgeries

Even though SI joint pain is so common, it is not easily identified making it a significant yet often overlooked source of discomfort. Diagnosing SI joint pain requires a complete history and physical examination of the spine, pelvic girdle, lower extremities and hips as well as a review of other systems to exclude possible mimicking painful conditions. Diagnostic images, like X-Rays, bone scans, CT Scans, and MRIs are useful along with the physical examination to identify the source of the SI joint pain.

SI Joint Injections:

A Targeted Approach to Pain Management

If SI joint pain is suspected by the physical evaluation, history and the images, initial treatment should consist of

FINDING RELIEF: Understanding Lower Back Pain and Sacroiliac Joint Injections

a nonsteroidal anti-inflammatory drug (NSAID) and referral to a physical therapist combined with an exercise program to strengthen the pelvic girdle and lengthen tight muscle.

All 3 Board Certified Interventional Pain and Wellness Center Physicians offer sophisticated solutions in identifying and treating this pain—a minimally invasive procedure designed to diagnose and treat lower back pain effectively.

SI Joint injection is key to diagnose source of the pain.

How SI Joint Injections Work

These precision treatments involve:

- Guided injection of a combination of local anesthetic and/or anti-inflammatory corticosteroid
- Direct placement into the SI joint using advanced imaging techniques
- Reduction of inflammation
- Interruption of pain signals
- Diagnostic confirmation of pain source

The Procedure: What Patients Can Expect

The typically outpatient procedure involves:

1. Preparation (sterility) and local anesthesia
2. Precise needle placement using fluoroscopic guidance
3. Medication delivery into the joint with imaging confirmation
4. Brief observation afterwards and going home

Most patients experience minimal discomfort during the procedure, with many reporting significant pain relief within hours to days.

Benefits of SI Joint Injections

- Immediate and long-lasting pain relief
- Improved mobility
- Reduced reliance on oral pain medications
- Minimally invasive alternative to surgery
- Helps identify precise pain sources

Clinical Evidence

Multiple studies have demonstrated the effectiveness of SI joint injections:

- A 2018 study in the Pain Physician Journal showed that 68% of patients experienced significant pain reduction
- Long-term follow-up research indicates sustained relief for many patients

Who is a Good Candidate?

Ideal candidates for SI joint injections typically include individuals who:

- Have chronic lower back pain lasting more than 3-6 months

- Have not responded to conservative treatments
- Experience pain specifically in the SI joint area
- Have confirmed SI joint dysfunction through diagnostic imaging

Important Considerations

While SI joint injections offer promising results, they are not a universal solution. A comprehensive evaluation by pain management specialists is crucial to determine the most appropriate treatment plan.

Taking the Next Step

Living with chronic lower back pain doesn't have to be your reality. Modern medical interventions like SI joint injections offer hope and potential relief for those struggling with persistent discomfort. Depending the pain presentation, location and duration of pain relief, our physicians offer further recommendations. These may be a repeat injection with stronger medications or state-of-art minimally invasive (outpatient) SI fixation procedure, complimented with physical or chiropractic treatments. Consult with our Pain Management Specialist to explore whether SI joint injections might be the right solution for your unique situation. Your journey to reclaiming a pain-free life could be just one consultation away.



Dr. Özakıtay has been practicing Pain Medicine in South Florida, since 2008. He completed his medical school in 1988 from the University of Istanbul, Cerrahpasa Medical School. He received his degree in Anesthesiology at Wayne State University, Detroit Medical School in Michigan and completed a Fellowship in Pain Medicine at Dartmouth-Hitchcock Medical Center, New Hampshire.

Dr. Özakıtay has been involved in world renowned "Pain Research," published over 50 articles, manuscripts on peer-reviewed international journals, since 1988. Dr. Özakıtay also has been honored with invited lectures, awards and certifications for his achievements in USA and internationally, including the Board Certification in Anesthesiology and Pain Medicine abroad.

His greatest achievement has been the receipt of "Internationally Recognized Outstanding Researcher by the U.S. Immigration and Naturalization Service" status as a USA citizen. Over the years, he has been noted lecturer in various meetings, schools, and societies.

Dr. Özakıtay has been a member of numerous organizations including the American Society of Regional Anesthesia and Pain Medicine. He has been on Editorial Boards of various Medical Journals including highly respected "Spine" journal.

Dr. Özakıtay is also known to be a great clinician, interventionalist and a surgeon in Pain Medicine. His unique understanding of pain from basics-to-complex presentations enables him to treat multiple pain conditions effectively.

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Vaccines, the Next Level of Cancer Treatment

While not every person in the world will be diagnosed with cancer in their lifetime, nearly everyone has or will be impacted by the disease. Given its far-reaching impacts, many have wished for the discovery of a game-changing vaccine that would eradicate cancer once and for all.

While the likelihood of a single miracle shot is not on the near-term horizon, vaccines have enormous potential to transform cancer treatment and improve patient outcomes.

According to Manish Patel, MD, director of drug development at Florida Cancer Specialists & Research Institute LLC (FCS), advancements in cancer vaccine research are trending upward. “It’s an exciting, fast-paced field,” he said.

Therapeutic vaccines are a form of immunotherapy that help the body recognize, destroy and prevent the spread or return of cancer cells. Dr. Patel describes them as “next level” and especially promising for the treatment of melanoma and cancers of the breast, lung, stomach and bladder.

“Vaccines can be used by themselves or in combination with other therapies for patients with certain types of immunosensitive cancers whose treatment involves regulating the immune system in various ways,” he said.

For example, a newly diagnosed patient with early-stage cancer may receive standard therapy, such as chemotherapy, along with a tumor vaccine, followed by surgery and possibly more tumor vaccines. Vaccines can be given again after the initial treatment to boost the immune system in particular ways and reduce the risk of spread or recurrence.

Dr. Patel, who oversees the three FCS drug development units that conduct research on new cancer treatments when they are first developed — prior to FDA approval — can attest to the impressive results in therapeutic vaccine development.

Dr. Patel served as principal investigator in a Phase 1 clinical trial (mRNA-4157) to assess the safety and responsiveness of an investigational mRNA cancer treatment used in combination with pembrolizumab (Keytruda®) in patients with locally advanced or metastatic cancers. That study became the first of its kind to demonstrate notable effectiveness. Subsequently, a Phase 2b clinical trial was opened to include patients with high-risk melanoma and was shown to reduce the



risk of disease recurrence or death by 49%. Currently, there are openings in the trial for patients with early-stage non-small cell lung cancer and gastric cancer.

Cancer vaccines are considered a type of precision medicine, an approach that tailors cancer care to an individual’s unique genetic profile and tumor type. Vaccines are created in a lab where a patient’s tumor is analyzed using sophisticated next-generation sequencing. Producing an effective vaccine treatment is a complex process that takes time, often six to eight weeks.

As Dr. Patel explains, “Once samples of a patient’s cancer tissues, blood or other specimens are collected and sent to the laboratory, scientists are tasked with finding the specific antigen panel and then creating a custom vaccine that will trigger the immune system to target that patient’s specific gene panel.”

In addition to manufacturing obstacles, other logistics must be precise and planned with the treatment team and the patient’s schedule. “During that time, standard treatment can be started, with the knowledge that we’ll be able to add to it once the vaccine is manufactured,” said Dr. Patel.

Another possible roadblock is the cancer’s microenvironment — the complex ecosystem of cells, molecules and structures that surround a tumor cell and influence its behavior. “Tumors are smart and can find ways to evade the immune system,” notes Dr. Patel.

Despite the challenges and roadblocks, clinical researchers are increasingly optimistic and committed to the discovery of breakthroughs that enhance medical knowledge and contribute to positive patient outcomes. Dr. Patel reports that the pace of vaccine research has accelerated in the past 10 years and that the data is becoming more mature.

Therapeutic vaccines are being looked at for all cancers, with new platforms and technologies in constant development to help speed up development.

“Immunotherapy clinical trials continue to uncover critical new information about the body’s response to immunotherapy,” said Dr. Patel. “While cancer vaccine research worldwide is at an early stage, each discovery achieved is bringing us closer to improving treatment effectiveness and extending lives for people with cancer.”

FCS operates one of the largest clinical research programs in the country, providing access to more than 300 early- and late-phase clinical trials at any given time at clinic locations throughout Florida.

To learn more about clinical trial research at FCS, visit:

FLCancer.com/ClinicalTrialParticipation



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

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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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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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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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ANYONE CAN SUFFER FROM ANXIETY & DEPRESSION NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

It's human nature to seek out the reasons why we feel anxious and depressed. Very often we look at external factors for the root cause; the economy, COVID, being unhappy in a job, unhappy with a living situation, or conflict with family or significant others tend to be our "go to". We may also look at our past experiences, upbringing, or past trauma, to explain this unrelenting uneasy feeling we have inside.

The truth is that anxiety and depression are patterns of neuron firing in the brain that can be present from birth and life situations can exacerbate it to the point of dysfunction. Brain neural patterns don't necessarily dictate how we will behave, however, trying to change the environment, situation or behavior won't alter the patterns. Therefore, you can't talk someone out of their mood. Anxiety and depression are also not reserved for adults and can cause dysfunction and issues in life regardless of age. Adults are unable to "change" their way out of anxiety and depression and for children and young adults, you can't change their routines or discipline them from their feelings.

In babies and infants, anxiety neural patterns in the brain may present as:

- Colic
- Tantrums
- Fussiness
- Sensitive
- Not a good sleeper

As a child gets older into the toddler years it may present as:

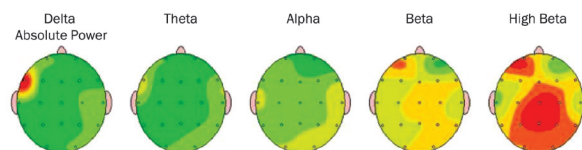
- Terrible two's, three's, and four's
- Tantrums
- A spirited child
- Picky or sensitive
- Cranky, fussy, and not a good sleeper or napper
- Difficulty with separation

I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing mood disorders in young children is very difficult and not usually done unless symptoms are severe. In most cases, symptoms manifest at an older age when they are abnormal for the age or stage of development. And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

"She didn't study for her test and that is why she's refusing to go to school today". "He's unmotivated to do anything except play video games and that is why his stomach hurts all of the time and he sleeps all day". "She just has too many activities scheduled and that's why she's overwhelmed". "He has too much homework and is up all night studying which explains why he doesn't sleep well".

The reality of the situation is that neither your child's personality nor their hectic schedule is the culprit. It's their brain, or rather, the neural patterns in their brain, that is not allowing them to handle the workload at school, pressure with friends, feeling good, making good food choices, having a normal sleep schedule, and so on. And to make it even harder to diagnose or differentiate, anxiety and depression patterns can look different but produce the same results.

Here is an example of brain patterns from a QEEG. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others.



Very often, we contribute mood symptoms such as anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional or physical trauma. It's a pattern in the brain that they are born with.

As a child reaches school age, anxiety and depression may look like:

- Worrying about performance, grades
- Worrying about parents or loved ones dying
- More separation anxiety
- Fear of getting sick (vomiting is most popular)
- Fear of getting sick at school
- Social anxiety, difficulty with friends
- Feeling overwhelmed
- Nightmares or unable to sleep/fall asleep alone
- Sleep walking, talking or restless sleep
- Fatigue
- Refusal to go to school or meltdowns when going to school
- Frequent trips to the clinic
- Vocal or motor tics
- Loss of appetite or poor diet



- Somatic symptoms such as stomachaches, headaches, diarrhea, or digestive problems
- Poor grades usually due to missing school or falling behind

As they reach the teenage and adult years, the problem can become more apparent and more severe: Continued worry and difficulty handling traumatic events

- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression, suicidal or homicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)
- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes, suspensions or expulsions
- Poor conduct: lying, stealing, violence
- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.

According to *The Anxiety and Depression Association of America*, "Anxiety and depression are treatable, but 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 Child Mind Institute Children's Mental Health Report."

Many health professionals believe that anxiety and depression are a normal part of childhood and symptoms are not cause for alarm. Others believe that parenting and discipline need to be improved or implemented to treat the symptoms. In severe cases, medication is introduced as a treatment, but unfortunately, many children who suffer with symptoms, are medication resistant or not severe enough to medicate.

Adults can experience similar frustration when treating mood with medication. The diagnosis is a broad one and there may be very different neuron patterns causing anxiety and depression. This can cause treatment to be somewhat of a guessing game. Others struggle with side effects and dependency.

Neurofeedback can help. Neurofeedback can not only help reduce the symptoms specific to you, but it can “retrain” the neural patterns in the brain so that stress is better managed or controlled throughout your life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the dysregulated patterns in the brain.

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, 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.

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:

- 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

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP?

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist to be read and analyzed. 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 improvements 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.

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

Applied Psychophysiology and Biofeedback

A Symphony in the Brain: The Evolution of the New

Brain Wave Biofeedback (Curtain Up) Paperback – 31

May 2001 by Jim Robbins.

Healing Young Brains: The Neurofeedback Solution

Paperback – 15 May 2009 by Robert W. Hill, Eduardo

Castro.

HOW DO I GET STARTED?

Getting started is easy. Text message us today! Brain and Wellness Center, 5458 Town Center Road, Suite 13, Boca Raton, FL 33486. **(561) 206-2706** or e-mail us at info@bocabraincenter.com or visit our website at www.BocaBrainCenter.com.



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology/Mental Health Counseling from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At the Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.



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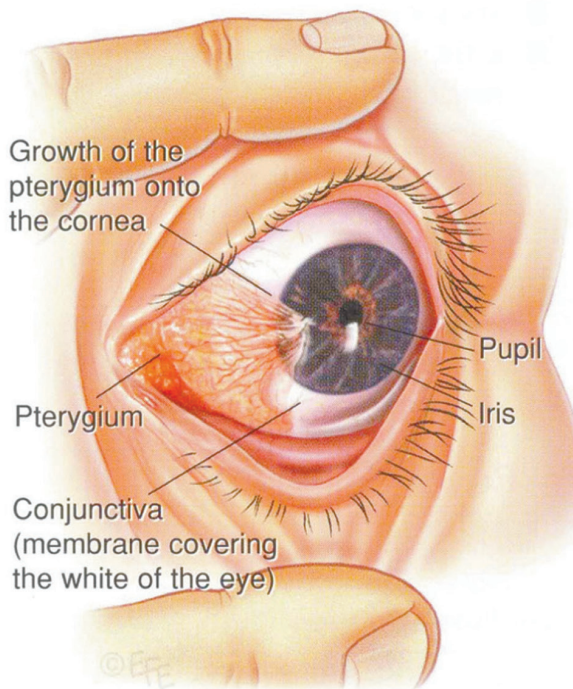
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

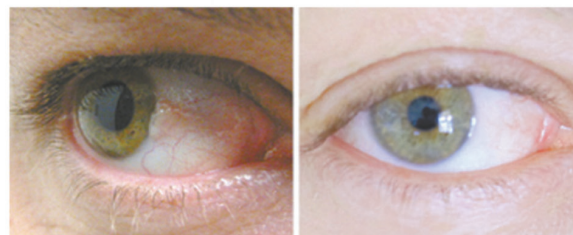
While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, microincisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

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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