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Health & Wellness[®] MAGAZINE

February 2025

South Palm Beach Edition - Monthly

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**CAN PRODUCT LABELS
HELP PREVENT CANCER?**

**SKIP THE CHOCOLATES
BECAUSE THERE'S NOTHING
SWEETER THAN A FULL HEAD
OF HAIR**

**PHYSICAL THERAPY
FOR THE BRAIN**

ADVISE FOR SENIORS

**WHAT IS CAUSING ME TO FEEL SO SLOW,
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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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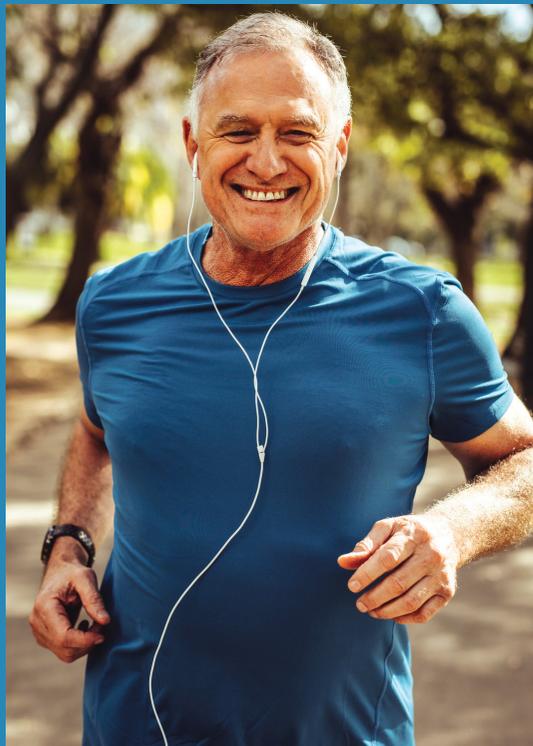
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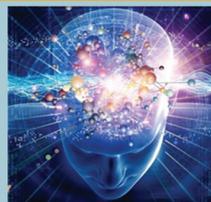
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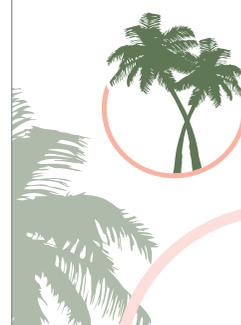


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contents

February 2025

- 6 Skip The Chocolates
Because There's Nothing Sweeter Than a Full Head of Hair
- 8 Physical Therapy for the Brain
- 9 Breaking Free from Nerve Pain:
Revolutionary Laser Therapy Offers New Hope
- 10 Pain Management for Facet Joint Pain:
Radiofrequency (RF) Ablation/Rhizotomy
- 11 Can Product Labels Help Prevent Cancer?
- 12 South Florida's Best Priced / Highest Reviewed Home Care
- 13 Advice For Seniors
- 14 About Accepting Death
- 15 Trusted Homecare Agency:
Serving Veterans with Free Supplemental Home Healthcare
- 16 What Is Causing Me to Feel So Slow, Low,
Foggy, and Unmotivated?
- 18 A New Cataract Surgery for Those with Macular Degeneration
- 19 Spiritual Wellness: All You Need Is Love!

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SKIP THE CHOCOLATES

Because There's Nothing Sweeter Than a Full Head of Hair

by Alan J. Bauman, MD, ABHRS

With love officially in the air, you don't have much time to get your secret admirer something for Valentine's Day. And while there's nothing wrong with a box of chocolates and a bouquet of roses, don't you think your special someone deserves something a little more, oh, I don't know, special? I might not be a relationship guru, but nothing screams "I love you" more than a gift that keeps on giving.



our FUE (Follicular Unit Extraction) Hair Transplant. Now, whether it's a typical Tuesday or a night out on the town with your better half, you'll be looking your best.

You might wonder, "How does this differ from the traditional FUT strip harvesting?" Well, this simple process starts with the harvesting of individual grafts from as little as one hair follicle. That's right, all it takes is one for impeccable results. And with a revamped recovery process with a faster timetable and added comfortability, you'll want to make reservations for date night right after leaving our clinic.

But those who want to go above and beyond to give their scalp the love it deserves, give yourself the gift of VIP|FUETM. How can something so fantastic get any better? With the VIP procedure, we can skip the trimming and shaving, leaving you with your normal do and no buzz cut. Talk about discreteness, as no other hair transplant comes close to the VIP|FUETM. So, at your next dinner event, be sure to raise a glass to FUE, a procedure you'll grow to love more and more each year.

That's where our team at Bauman Medical comes in to help. With our various treatments and products, you'll fall back in love with a full head of hair in no time. Our treatments are not just about restoring hair, they are about restoring confidence and hope. While a lovely truffle is oh-so-sweet, I bet looking in the mirror and seeing some lovely flowing locks is a bit sweeter.

Make 2025 the year you start falling back in love with your hair. You're probably thinking, "How can I do that?" Leave it to me and my Bauman Medical team to get you two back on speaking terms this February with the following options:

LOW-LEVEL LASER THERAPY

Getting your significant other an article of clothing seems like a great gift idea on the surface, but who

knows, maybe they already have something like it, or worse, it ends up in a pile of never-worn attire. You know what will be worn? A state-of-the-art Bauman TURBO LaserCap®! With just five minutes of daily use, your loved one will cultivate robust hair growth in no time. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the LaserCap will bring tremendous results quicker than you can say "I love you."

FUE HAIR TRANSPLANT

We've all had our fair share of bad hair days, especially before a date night. The thought of a hair transplant might have you thinking of pluggy-looking, painful procedures that leave you with a buzz cut and scars. Thankfully, the advancements made at Bauman Medical ensure all the pros without the cons with

TED & EXOSOME THERAPY

Valentine's Day is more than just loving your partner. It's also a time to tell your family how you feel about them. When I think of family, my mind drifts to the immense potential of exosomes (I know, what a way of thinking). And much like us with our families, exosomes are able to communicate near and far. So when you call to talk to your parents this V-Day, your exosomes, the backbone for all things cellular, do the same. Think of exosomes as a large group chat, communicating all across your body with cells, all the while containing key elements like nucleic acids, growth factors, and other proteins. So, what do exosomes have to do with our work at Bauman Medical? Well, you aren't the only one with a partner to celebrate with this February. We couple exosomes



Before and 6 months after using the Bauman TURBO LaserCap



Before and 6 months after PDOgro™ by Dr. Alan Bauman

with our TransEpidermal Delivery (TED), as we apply a topical hair growth serum to the treatment zone along with ultrasonic waves and air pressure. In about half an hour, say hello to increased scalp permeability and blood flow, two major factors in improving your scalp's health, as well as stimulating hair follicles.

PRP

The clock's ticking, and your special date is nearing. Our team at Bauman Medical understands that you have a busy schedule, making our staple PRP treatment an excellent and effective choice without giving up too much of your time. Give us an hour and we'll give you back years! We start this procedure by taking a small blood sample and then isolating the platelets with help from our advanced technology. After concentrating them, we now have the ability to utilize the growth factors found within, which are then applied to your scalp to promote natural hair growth. We'll give your

scalp the TLC it deserves, as this minimally invasive procedure offers next to no discomfort.

PDOgro™

While I love our PRP and other procedures present at Bauman Medical, there's one thing I love more: finding ways to improve them. Anytime we can make an advancement in our hair restoration solutions, it's like falling back in love. And there's no better example of furthering an already fantastic option than with our PDOgro™ procedure. If you love PRP, you're going to want to hear this. A true power couple, PDOgro™ combines PRP with our special polydioxanone threads. These delicate and absorbable materials help stimulate an array of scalp functions — functions that are integral in 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. In Layman's terms? Say hello to a year or more of blossoming hair regrowth

through a safe and tranquil outpatient procedure. And no matter how far along you are, rest easy knowing that the Bauman Medical team will be there from start to finish.

LEARN MORE

While chocolates are sweet for a second, hair restoration is sweet for a lifetime. So before going to the store for your last minute shopping, save yourself the trip and opt for a Bauman Medical gift e-Card. This convenient option gives your partner the freedom to choose the procedure or treatment plan best fit for them. Give them the gift of hair, something you both will fall in love with. 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, IAHR
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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PHYSICAL THERAPY FOR THE BRAIN



Have you noticed you have difficulty hearing your family and friends in a noisy restaurant? Do you seem to have difficulty understanding certain people? Do you have difficulty concentrating in noisy situations? Even if you have hearing aids, you may need help over and above the hearing aids. You may physically hear what is being said but the brain is not interpreting that signal properly.

Auditory training is a way to fill in the gaps for both hearing aid users and non-hearing aid users. Non-hearing aid users may experience something called “Hidden Hearing loss.”

Hidden hearing loss is a fairly new disorder, so research is minimal.

Hidden hearing loss affects one’s ability to understand speech, especially in noisy environments. These situations are also difficult when a person has a typical hearing loss and wears hearing aids. But, unlike typical hearing loss, hidden hearing loss doesn’t show up on standard hearing tests, making it challenging to diagnose and manage. It impacts both social interactions and overall quality of life, making it essential to recognize and address.

One test that is useful to determine if a person has hidden hearing loss is a test called Speech in Noise (SIN). This test measures how much difficulty a person has understanding speech in noisy situations. If a person tests normally otherwise but the speech in noise test

indicates an impairment in noise, then the diagnosis might be hidden hearing loss.

HOW CAN I HELP MYSELF BEYOND HEARING AIDS?

In previous articles, we’ve discussed accessories, now we’re going to discuss brain training.

There is help available in the form of Auditory Training (also called Aural Rehabilitation). Essentially this is physical therapy for the brain. There is a new app-based program designed to help a person improve their understanding in noise. The goal of the program is to improve the listener’s ability to understand conversations in noise, keep up with fast talkers, boost your ability to remember and recall important information and overall improve your confidence when in challenging environments.

In-person Auditory training has existed for many years, called LACE (Listening and Communication Enhancement). This was a time-consuming and expensive commitment as insurance does not cover the program. Although it is a proven method for improving

people’s experiences with their hearing aids, it just wasn’t practical. A new app developed by Neurotone called LACE AI Pro brings this therapy into your pocket. We are excited to offer this program to our clients and to the public at large; you do not need to be a patient with our practice to sign up for this program.

LACE AI is based on over 20 years of research. The methods used in the program are backed by scientific studies and are shown to be extremely effective when done consistently. This means you can trust that LACE AI is a proven way to help you hear better and keep your mind sharp.

Using games and listening exercises specifically designed to improve a patient’s ability to understand speech in quiet and in noise. For about 15 minutes a day, you can sharpen your listening skills, and develop strategies for complex and challenging situations. LACE AI is offering a 7-day, no obligation trial to anyone interested. If you like the program and wish to continue with the program, you will have the option to purchase a lifelong membership with a 1-time payment.

LACE AI pro is appropriate for many situations:

- Hidden hearing loss
- People with hearing loss but have not pursued amplification yet
- New hearing aid users
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LACE AI pro cannot cure hearing loss of any kind and cannot prevent dementia or Alzheimer’s. This program is designed to exercise your auditory system and cognitive system but is not able to cure or prevent a disease process.

LACE AI pro is only available through an authorized provider

Hearing Healthcare That You Can Trust

BREAKING FREE FROM NERVE PAIN: REVOLUTIONARY LASER THERAPY OFFERS NEW HOPE

In a world where over 25 million Americans live with chronic pain daily, innovative treatments are emerging that promise relief without the drawbacks of traditional medications or surgery. Among these breakthrough therapies, micro-pulsed laser therapy stands out as a beacon of hope for those suffering from debilitating nerve pain and neuropathy.



"Laser therapy is the most effective treatment for nerve pain," explains Dr. Joseph A. Costello, DC, DABCO, clinic director at Concierge Laser Medicine. "Because it promotes cell growth, it does more than just mask the pain – it heals at a cellular level and removes inflammation. The results are very impressive."

Neuropathy, characterized by symptoms such as burning sensations, numbness, tingling, and loss of balance, particularly affects diabetics and chemotherapy patients. Traditional medical approaches typically rely on antidepressants and anticonvulsants to manage symptoms, often leading to unwanted side effects and potential dependency issues.

Enter micro-pulsed laser therapy, a revolutionary treatment that works by harnessing the power of light to stimulate the body's natural healing processes. During treatment, specific laser light penetrates the skin's layers, reaching damaged nerve cells and promoting healing from within. The therapy increases blood flow through vasodilation and new capillary growth while simultaneously reducing nerve inflammation and pain.

The science behind this groundbreaking treatment is fascinating. Similar to how plants utilize light for photosynthesis, human cells can use specific wavelengths of light to regenerate and heal. The laser therapy excites light-sensitive elements within cells, accelerating their metabolic rate and promoting

faster, more complete healing. This process not only blocks pain signals to the brain but also decreases nerve sensitivity, while stimulating nerve regeneration.

The transformation can be dramatic, as illustrated by patient Mrs Greenawalt's experience. After suffering from severe neuropathy for nearly 15 years, she found relief through Dr. Costello's laser therapy protocol. "By the fourth treatment, I really began to feel an improvement," Greenawalt shares. "And by the time I got to the 16th treatment, the pain was completely gone. I was amazed! It was the best I'd felt in years!"

Unlike traditional treatments, laser therapy is non-invasive and free from side effects. Patients often report feeling improvement after several treatments, with results building over time through a series of treatments. The therapy can address a wide range of conditions beyond neuropathy, including arthritis, back pain, sciatica and spinal stenosis.

Dr. Costello emphasizes the importance of proper administration, personally performing each treatment. "Our treatment protocols actually heal human tissue," he notes. "They can achieve results when other treatments fail."

For those suffering from chronic nerve pain, this revolutionary therapy offers a promising alternative to surgery and medication. As more patients discover the benefits of laser therapy, it continues to establish itself as a leading treatment option in the field of pain management, providing hope for a pain-free future.



When surgery fails, or you are not a candidate, Laser Therapy is the best option you haven't tried yet!

After several treatments, I am completely pain free and already back to boxing and running. I am very grateful and excited I could avoid the surgery.

Dina M. | Daytona Beach
(Torn ACL & Meniscus)



JOSEPH A. COSTELLO
CHIROPRACTIC ORTHOPEDIST - SINCE 1985
CHIEF OF LASER MEDICINE
DIOWAVE LASER SYSTEMS - FAU
RESEARCH PARK, BOCA RATON

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PAIN MANAGEMENT FOR FACET JOINT PAIN: RADIOFREQUENCY (RF) ABLATION/RHIZOTOMY

Neck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can easily be treated by a qualified Interventional Pain Management Specialists, like Dr. Tripathi and his partners. Dr. Tripathi and his team are board certified medical specialist whose brand new state-of-the-art facility is located conveniently in the heart of Delray Beach, FL. Patients also come from all over the country to see the team at International Pain & Wellness Center due to their expertise in spine pain, joint pain (knee, hip, shoulder, wrist and ankle) and their treatment options. Spine pain from arthritis of the neck, mid back and low back are the most common pain syndrome they see among their patients and they want to spread awareness how this issue can be treated.

Before a RF rhizotomy is performed, the pain generating facet joint nerves have been identified by means of a diagnostic injection, such as a facet joint or medial branch nerve block. Other tests may include MRI. Since the medial branch nerves do not control neck or low back muscles, it is not harmful to disrupt or turn off their ability to send signals to the brain conceived as pain.

RF ablation is a precisely targeted injection that works by creating energy to destroy a facet joint's medial branch nerve. Relief from pain and related symptoms may last a year or longer. However, the medial branch nerve root regenerates (grows back) and facet joint pain may come back in years time. Results vary from patient to patient. For example, if there is instability at the segment where the RF neurotomy is performed, pain relief and its duration is less.

BASIC FACET JOINT ANATOMY

Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint is innervated by a medial branch nerve. The

medial branch nerves control sensation to the facet joint. These nerves DO NOT control sensations or muscles in your arms or legs and therefore are safe to treat.

What to Expect During and After the Procedure The procedure is performed in a sterile setting similar to an outpatient procedure suite.

Your injection site is cleaned and draped. Skin numbing medication is injected and given time to take effect.

Dr. Tripathi uses fluoroscopic guidance (real time x-ray) to guide the needle electrode beside the medial branch nerve. Through the electrode, mild electrical current (radiofrequency) stimulates the medial branch nerve. As the electrode is energized, the nerve is changed so the patient's arthritic spine pain will improve. After the procedure, the patient is moved to the recovery area where our medical staff continues to monitor you if needed.

You may be discharged home following your RF ablation. Our medical staff provides you with written aftercare and home instructions.

Benefits of radiofrequency ablation include:

- Pain relief for up to 2 years
 - Significant and longer lasting pain relief compared to steroid injections
 - Low complication and morbidity rates
 - Appreciable pain relief compared to surgery:
- Nearly half of back pain sufferers are not helped by surgery
- Greater range of motion
 - Lower or no use of analgesics (pain meds)
 - Improved quality of life
 - No significant recovery time

Dr. Tripathi explains, "This procedure is so valuable to help people of all ages virtually eliminate their arthritic spine pain. It is great for neck and lumbar spine. It has saved people from requiring spine surgery. It is simple to perform and provides life changing relief."



Kush H Tripathi, M.D.

Interventional Pain & Wellness Center is a beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Interventional Pain & Wellness Center's main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life! Reach out to us today and let our expert team help you live pain free (954) 633-2397

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Can Product Labels Help Prevent Cancer?

Smoking, excess body weight and alcohol consumption are the leading risk factors for cancer—and the most preventable, according to the American Cancer Society. While this information is well known to health care professionals, the U.S. Surgeon General recently recommended that warning labels be placed on alcohol products to help make more Americans aware of the relationship between alcohol consumption and increased cancer risk.

A Closer Look

Faye Yin, MD, medical oncologist and hematologist with Florida Cancer Specialists & Research Institute (FCS), notes that alcohol is a contributing factor associated with approximately 100,000 cancer cases and 20,000 cancer deaths every year, playing a role in breast, liver, colorectal, mouth, throat, esophagus and voice box cancer cases. “This is a serious health concern that needs to be addressed,” says Dr. Yin.

“Ethanol is the ‘alcohol’ portion in beverages, found in beer, wine and liquor spirits,” explains FCS Clinical Oncology Dietitian Rhone Levin, MEd, RDN, CSO, LDN, FAND. “When the body breaks down ethanol, there is production of a compound called acetaldehyde, a known cancer-causing agent that can directly damage DNA and encourage the development of cancer cells.”

Carrying extra body weight can also increase the risk for many of the most common cancer types, as well as cardiovascular disease, type II diabetes and other diseases.

Excess body weight, particularly visceral fat around the organs, can cause chronic inflammation, which can ultimately damage DNA and promote tumor development. Essentially, the more fat cells present, the higher the potential for abnormal cell division and cancer growth.

How can warning labels help?

In 1965, the Federal Trade Commission required that warning labels be placed on cigarette packages to educate consumers about the health risks of smoking. Research studies have shown that warning labels, especially those with graphic images, have helped to increase awareness and alter behaviors.

Similarly, Levin notes that nutrition labeling, which became mandatory in the U.S. in 1990, helps people understand how a food or beverage may impact their health and can lead to better choices. “For example, knowing what portion constitutes a serving of food or beverage is valuable information in managing diet quality,” she said.

Levin expects that warning labels on alcohol can be similarly helpful in heightening awareness about potential health risks, and Dr. Yin agrees.



Beyond labels — How to reduce your cancer risk

The Surgeon General’s call for warning labels has definitely brought the topic of preventable cancer risks to the forefront for a lot of people who may not have been aware of the risks. Ongoing research continues to expand our understanding of cancer-related processes in the body and offers exciting opportunities for breaking the link.

The increased risks associated with alcohol consumption are related to how much and how often a person drinks. The 2020-2025 U.S. Dietary Guidelines state that for adults who choose to drink alcohol, women should have one drink or less in a day and men should have two drinks or less in a day. Dr. Yin says the risk increases even at low levels of consumption (less than one drink in a day).

“There is no ‘safe’ level of consumption,” according to Levin. “That said, it makes sense to reduce the number of alcoholic beverages we consume at any one time and to reduce the frequency of consumption.”

Levin points to positive trends, such as the growing observance of “Dry January” and “Damp January,” when people purposefully decrease alcohol consumption. “Additionally, a growing number of restaurants and bars are creating a significant variety of ‘mocktails’ made with premium non-alcoholic ingredients,” she said.

When it comes to diet, the most impactful changes people can make to reduce the risk of cancer and other diseases are to include more plant portions on a regular basis. Levin says, “As you increase the portions of filling, high-fiber, low-calorie, dense vegetables and fruits, it is easier to eat smaller portions of the higher-calorie menu items. Cutting calories while feeling full is a great way to manage your weight.”

The American Institute for Cancer Research, which Levin cites as “the gold standard for reliable, evidence-based guidelines for cancer and all disease prevention,” offers a free online Cancer Health Check and a Healthy10 Challenge. To learn more about how the choices we make each day can help reduce our risk for cancer, visit www.aicr.org.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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

For more than 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 cancers 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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CONCLUSION

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



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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.

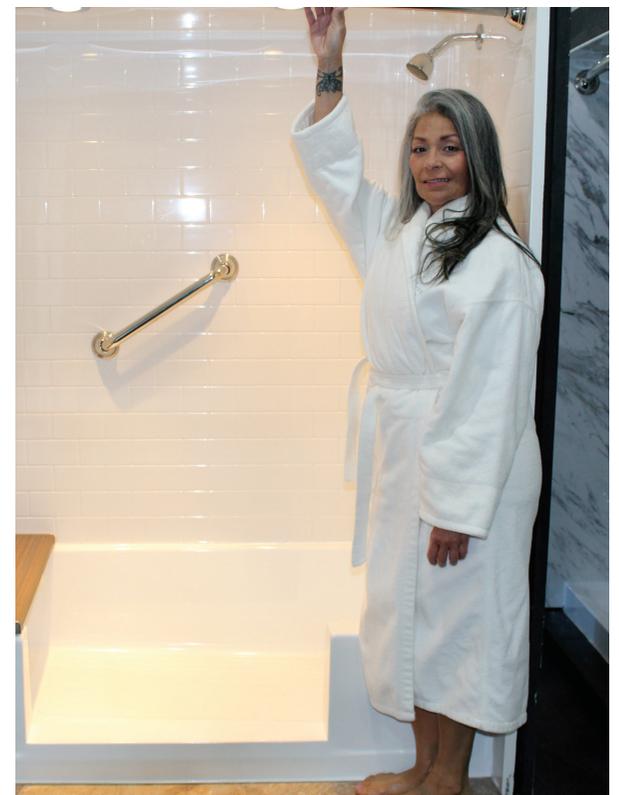
Accessible bathtubs are created to have features such as grab bars, lower thresholds, and nonslip surfaces to make getting into and out of them much easier for people with mobility issues. They are also much safer than regular bathtubs and some even have built-in seats as well as adjustable jets to provide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

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BEFORE



AFTER

VA APPROVED



About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

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

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

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

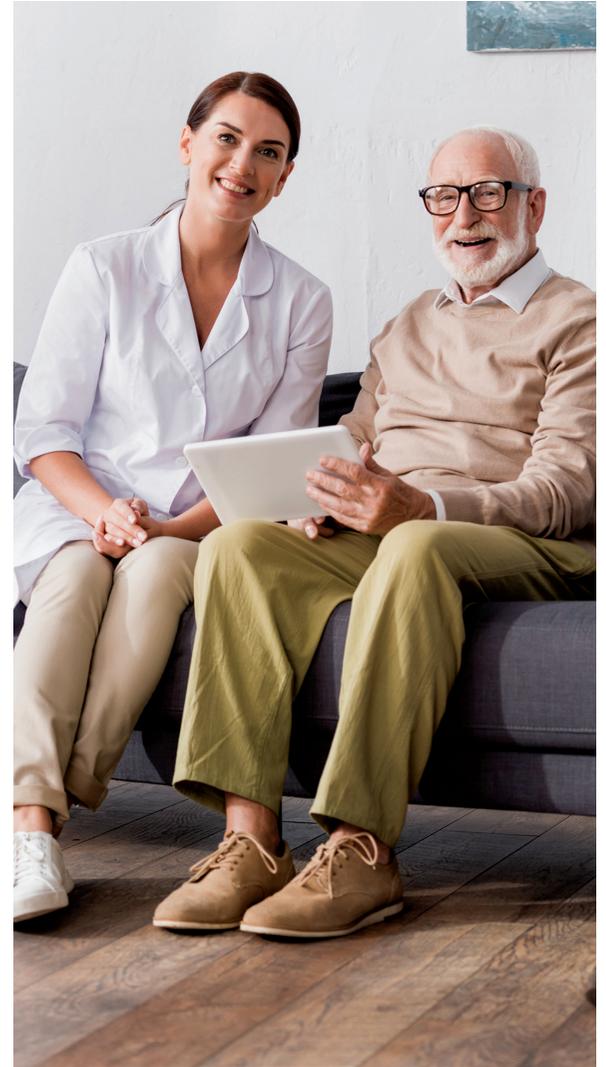
Humankind is part of the ongoing community of nature, on a world scale, subject to the same cycle of birth and death which governs all other creatures and, like them, totally dependent on other life. Sometimes we tend to forget this. Birth and death are as natural for us as for the myriad of creatures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



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TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare



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

SKILLED NURSING CARE:

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

BENEFITS:

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

HOME HEALTH AIDES:

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

BENEFITS:

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

PHYSICAL AND OCCUPATIONAL THERAPY:

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

BENEFITS:

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

PALLIATIVE CARE:

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

BENEFITS:

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

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

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

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

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

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

Are you in need of home healthcare?

What is causing me to feel so slow, low, foggy, and unmotivated?

By Renee Chillcott, LMHC

If you're describing how you feel as: slow, low, tired, lethargic, foggy, depressed, unmotivated, or just plain old "out of sorts" the answer to what is causing it can be just as confusing as the feeling itself. Finding the cause can send you on a virtual road trip searching for the diagnosis and eventually coming to a very general, seemingly simple answer of **inflammation**. The term inflammation can be general, it leaves you wondering where do I go from here? What does this mean? And What do I do about it? Well, we are here to break it down and help you move forward.



BUT FIRST, WHAT IS INFLAMMATION?

The term for opening of capillaries and increased flow of blood is called vasodilation. Capillaries open and an increase in blood flow occurs in the area. An area of injury may visibly swells up and we describe the area as "swollen" or "inflamed". In the case of body temperature, "when we are too hot, blood vessels supplying blood to the skin can swell or dilate (vasodilation). This allows more warm blood to flow near the surface of the skin, where the heat can be lost to the air." After healing or a reduction in body temperature, the capillaries return to normal through a process called vasoconstriction. This process is happening on an almost consistent basis during the months when temperatures can reach into the 80's to 100's, even in the evenings and early mornings. It also occurs when we eat certain foods, perform certain activities or have a certain imbalance in our body and brain.

If the capillaries do not close or do not close fast enough, and we can visually see or feel swelling, we help them along. We apply ice (constricting the capillaries) or take a medication that reduces inflammation (such as ibuprofen) or promotes vasoconstriction (such as caffeine).

But, what happens to our heads if our body temperature rises, we experience vasodilation, but then do not experience vasoconstriction? A headache occurs. This is the result of increased blood flow we can feel through pain receptors covering the brain or scalp.

What if there is increased blood flow in our actual brain? This part of our body does not have pain receptors. Our brain doesn't technically "feel" pain. The result of increased blood flow in the brain that does not constrict is what we call Brain Inflammation.

WHAT ARE SOME CAUSES OF VASODILATION OR INCREASED BLOOD FLOW IN THE BRAIN?

- Heat or increased body temperature
- Inflammatory foods such as Sugar, Soy, Gluten or Dairy
- Traumatic Brain/Head injuries
- Concussions
- Viruses such as Lyme
- Medications such as Antibiotics or Anesthesia
- Illness, Sinus irritation or colds/flu
- Dysregulation of the Central Nervous System

WHAT HAPPENS IF THERE IS INCREASED BLOOD FLOW (INFLAMMATION) IN A PART OF THE BODY THAT WE CANNOT SEE?

After vasodilation or increases in blood flow, the brain, just as with other parts of the body should enter a period of vasoconstriction where blood flow decreases. If this does not happen, the blood flow or swelling remains. Unlike swelling in a wrist or ankle, the swelling that remains in your brain is not easily observed. Our first indication that we have increased blood flow that is not constricting is from symptoms.

Some of the symptoms that result from Brain Inflammation are:

- Depression
- Anxiety or related disorders
- Brain Fog
- Fatigue/lethargy
- Trouble with memory
- Trouble with concentration
- Trouble with learning
- New allergies or sensitivities to food
- Headaches
- Irritability

- Increased pain
- Insomnia or sleep problems
- Low motivation or feeling slow

HOW DO I FIX BRAIN INFLAMMATION?

Because we cannot see increased blood flow in the brain without special equipment, it can be difficult to know it is happening. As mentioned earlier, there are not pain receptors in the brain so we don't have pain to indicate swelling or inflammation. Typically, we notice symptoms that do not seem to resolve as an indication that there's a problem that needs to be fixed. There are medications that can provide some relief. However, when we are prescribing medication based solely off of symptoms, you can easily end up on the wrong medication track and not receive relief. Natural anti-inflammatory supplements can also provide relief as well as an adjustment to diet or change in lifestyle. However we recommend an evaluation and EEG study to confirm the inflammation and then suggest the appropriate treatment options for your situation.

WHAT IS AN EEG STUDY?

An EEG study or QEEG (Quantitative EEG) is 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 be read and analyzed. We provide a summary of significant findings and the report shows the result 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 of the brain have increased blood flow by indicating what areas of the brain have excessive amounts of slower neuron activity (slow neurons promote more blood flow). Another study that can be helpful is the SPECT scan.

HOW CAN NEUROFEEDBACK HELP?

Once the areas of inflammation or dysregulation are identified, we use Neurofeedback or EEG Biofeedback to balance the neural patterns and reduce excessive slow activity. Teaching the brain to reduce these waves through proper regulation will help the brain to slow down increases in blood flow and return the brain to a more balanced and flexible state, thus relieving symptoms.

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 in a FREE telephone consultation. Call, email or message us today! Brain and Wellness Center, 5458 Town Center Rd, Suite 13, Boca Raton, FL 33486. **(561) 206-2706**, e-mail us at info@bocabraincenter.com, or text us at **(561) 206-2706** or visit our website at www.BocaBrainCenter.com.



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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A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit www.goldmaneye.com or call Dr. Goldman’s office at (561) 630-7120.





In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all

your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers



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