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Health & Wellness[®] MAGAZINE

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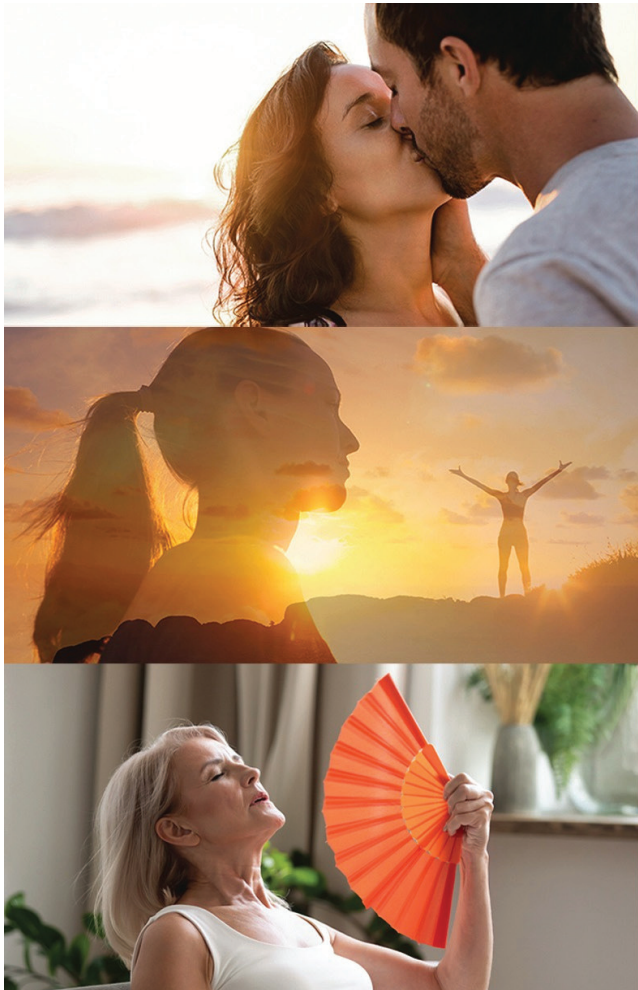
**SPRINGING INTO FULLER HAIR
RESTORE GROWTH WITH THE
SEASON AT BAUMAN MEDICAL**

**A LOOK AT CANCER TRENDS
IN THE U.S.**

**PLANNING FOR THE INHERITANCE
OF A DISABLED CHILD**

**TUBCUT CAN HELP ALLEVIATE
SLIP AND FALLS AND TROUBLE
GETTING IN AND OUT
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**LASER CATARACT SURGERY:
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SPRINGING INTO FULLER HAIR

Restore Growth with the Season at Bauman Medical

by Alan J. Bauman, MD, ABHRS

Now that the snowbirds soon begin to flock back up north, we can finally start to see a return to our warm spring days in South Florida. With the change in seasons imminent, I know myself and others are looking forward to springing into longer days. As the clocks move forward, March is the perfect time for your hair to spring forward, too.

When I think of spring, my mind immediately jumps to the blossoming of flowers. And with hair always on my mind, I can't help but liken a fully blooming garden to that of a flowing mane. After all, you can't flourish without a proper foundation and nutrients.

Think of your scalp like the soil in which you would plant some stunning hibiscus flowers. In order to reach full bloom, you need well-maintained quality soil; otherwise, they'll begin to shrivel. Here at Bauman Medical, our treatments and procedures aim to cultivate your scalp for hair follicles that blossom stronger than ever. Give your scalp the TLC it deserves, and you'll reap the benefits.

While tiling the soil is essential, sometimes you have to go above and beyond for better results. Adding proper nutrients strengthens the soil, leading to increased plant growth. In the case of hair, Bauman Medical offers a line of nutrient-packed supplements that tackle an array of concerns. For more information on these products, see the sidebar.

Before you can get planting, you have to make sure you have the correct tools for the job. So, instead of visiting your local hardware store, stop into our clinic at Bauman Medical for the following treatments:

TRICHOLOGICAL EVALUATION

It's always good to consult the experts for what tools are best for your next project. Bauman Medical's fantastic in-house certified trichologist and HairCoach™ Kimberly Jenkins, WTS, CHC will guide you to a bountiful harvest. In this comprehensive evaluation, Kimberly will probe



your scalp to address every aspect of scalp health. This includes examining your pH balance, hydration status, sebum production, and scalp elasticity. After this, you'll have a better course of action for which treatments will work best for the future of your scalp. Along with close-up images and lifestyle details, Kimberly will craft a specific plan just for you, earning her the title of "The Scalp Whisperer." The benefits of this evaluation are not just immediate, but long-term, as it sets the foundation for successful hair restoration.

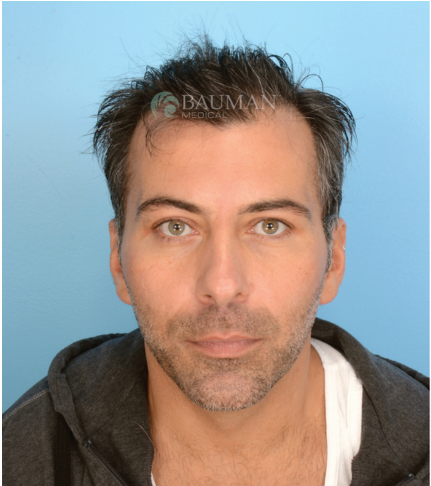
PRP PLATELET-RICH PLASMA

When tending to your soil, it's vital to avoid overtiling. Sometimes, less is better. That's also the case for our fan-favorite PRP treatment. This minimally invasive procedure starts with us taking a small blood sample and isolating the platelets within using our advanced technology. We then concentrate them to utilize the growth factors found within, which are then applied back to your scalp to help promote natural hair growth. In about an hour of time, you'll have a properly cultivated

scalp ready to start growing. We take every precaution to ensure your comfort and safety during this procedure, from topical anesthesia, to the sterile environment, to the expertise of our medical staff.

PDOGRO™

While certain gardening techniques never go out of style, there's nothing wrong with trying to improve upon the tried and true. PRP remains a staple at Bauman Medical, but whenever we can, we're attempting to further even the best of our procedures—case in point: our PDOgro™ procedure. Think of PDOgro™ as the compost you add to your garden that further enriches your plants. By combining PRP with our special polydioxanone threads, an incredibly delicate and absorbable material, you'll be stimulating various essential scalp functions when it comes to growing your hair back. This FDA-cleared synthetic absorbable material cultivates your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. All of this leads to a



Before and after FUE Hair Transplant by Dr. Alan Bauman



LOW-LEVEL LASER THERAPY

When dealing with the harsh Florida sun, you best be going outdoors donning a sun hat. And while you wait for your plants to grow, be sure to throw on the state-of-the-art Bauman TURBO LaserCap® to grow, too. Because why waste time when you can maximize hair regrowth with five minutes of daily use? FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the LaserCap will continue the growth pattern when you step back inside this spring.



Before and after FUE Hair Transplant by Dr. Alan Bauman



FUE HAIR TRANSPLANTS

When your plants begin to wither, and all options have been exhausted, sometimes you have to start fresh. At Bauman Medical, we can plant the seeds for growth come the next harvest. While hair transplants still carry a stigma of pluggy-looking, pain-riddled procedures, you can rest easy thanks to the advancements made by Bauman Medical with our comfortable and natural-looking FUE (Follicular Unit

bloom of hair like you’ve never seen. With over a year or more of hair regrowth, your garden will be jealous of the year-round blossoming your scalp will experience. And the best part? PDOgro™ is performed through our safe and serene outpatient procedure, with Bauman Medical being with you every step of the way, regardless of your progress.

TED TRANSEPIDERMAL DELIVERY

Again, sometimes less is more. That’s especially the case with our TransEpidermal Delivery, or TED, as we like to refer to it. Save the significant hardware for the garden by opting for this revolutionary growth serum administer. Just like proper nutrients and compost are essential for flowers, the serum within TED is about as integral as it gets. Why, you might ask? It offers amino acids, dynamic growth factors, and advanced peptides that benefit the scalp. You’ll soon blossom thanks to increased blood flow, stronger hair fibers, decreased shedding and stimulated hair follicles. Non-invasive thanks in part to our ability to harness sound waves and air pressure, you can get all the comfort and impacts of a procedure without the poking and prodding, as TED requires no needles and no anesthesia.

Extraction) Hair Transplant. It doesn’t matter what season we’re in; this crop is sure to grow.

We’ve come a long way from the traditional strip harvesting method, with the process starting with the harvesting of individual grafts. These can be as small as one hair follicle for massive results. Coupled with a quicker recovery process and additional comfort, you can tend to your garden upon leaving our clinic. But it doesn’t stop there, as the VIP|FUE™ method furthers an already phenomenal treatment by skipping the trimming and shaving portion, making it seem like you didn’t even have a procedure to the public eye. It’s the most discreet hair transplant available today.

LEARN MORE

It’s always important to stay with the times, especially when it springs forward. This season, don’t let your hair stay behind — give it the boost it needs to jump forward with you! To start tending to your garden of a scalp, be sure to contact our team at Bauman Medical today.

Call **561-220-3480** or point your camera at the QR code below to schedule a private one-on-one in-person or virtual consultation 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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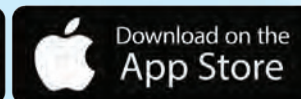
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A. Cüneyt Özaktay, M.D.
Pain Medicine Diplomate
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DO BACK SURGERIES WORK?

Back surgeries may not work for several reasons. Often, these procedures are to fix the spine rather than restore function. At certain cases, the pain may not go away, either. The reason for this is that pain may be coming from a different part of the spine than being fixed. Sometimes, well-intentioned surgeries may even inadvertently destabilize the spine. However, if a patient experiences significant symptoms such as bowel or bladder incontinence, foot drop (loss of control in the leg or foot), or severe pain clearly linked to structural issues like a severely displaced disc, a surgical evaluation may be warranted. In the absence of what are called “Red Flags,” patients can often avoid the outcomes associated with “Failed Back Surgery Syndrome.”

Unfortunately, some patients find themselves in a similar pain after the back surgery and may choose to undergo additional surgeries. Numerous studies worldwide have shown that repeated surgeries may yield less than desired results, primarily due to challenges in accurately identifying pain generators.

There is no one-size-fits-all approach to treatment. The potential for relief from chronic pain lies in a thorough understanding of the underlying issues, which can be complex. It is essential to consult with the experts and ask the appropriate questions. When dealing with back problems, obtaining the highest quality care is crucial. The key is to find a knowledgeable and experienced physician, such as those at the Interventional Pain & Wellness Center, where specialists are “double or triple” board certified with more than 40 years of combined experience.

The Interventional Pain & Wellness Center has 3 locations, one is located on Jog Rd and Lake Ida (see the addresses below). We first identify the pain source. This requires obtaining detailed history of pain and thorough physical examination. Then, we set up diagnostic tests to properly pinpoint the exact regions of the spine which require specific treatment. Without these diagnostic tests, the wrong diagnoses can be made and then ineffective treatment with surgery becomes likely. The imaging studies, like simple X-Rays, show the bone and joints and their relationships with surrounding structures. An MRI or CT-Scan is better for soft tissues, like intervertebral discs, ligaments, and cysts if exist. In these images, we can identify the problems relating to the patient’s pain. We can test the nerves with various means, like “Nerve Conduction Studies.”

The trouble is that many findings on scans or tests may not have any relationship with what hurts. If you take 100 people off the street and give them MRI’s or CT-Scans, 33% of them, even if they had no back pain whatsoever, would have something wrong in their spine. Data also points out that less the 5% of all patients who experience back pain will EVER require surgery but, however, a much higher percentage of patients wind up with an operation. Statistics show also that by two years after a patient’s first surgery, about 8% of patients have had another operation and by 10 years after, the rate jumps to 20%, an analysis of Washington State hospital data found.



Here’s the real problem... Patients tend to think of back surgery as the only cure or consider it the treatment that will work successfully. Sometimes, in our desperation to get our lives back, it may seem like a good idea to jump over those less invasive procedures.

In our experience, it is rather that a patient we see in our office will require surgery for pain. We also see many patients in pain who have already had 1 or more back surgeries. If the surgery fails to help patients overcome their pain and now their spines are more complicated.

If a doctor recommends an operation, you may get a second opinion. Surgeons do understand that you need to be comfortable with any decision and prior to having surgery other opinions are needed. For a truly useful second look, our physicians can also fully evaluate this situation and determine what all other options exist.

There have been many instances when patients were scheduled for one type of surgery and something totally different may also be causing their pain. Specifically, issues with sacroiliac joints, hips and other regions of the body can mimic pain which would also NOT require surgery. We always try to help a patient fully understand what is causing them a pain issue. This is usually pinpointed easily, diagnosed properly and then treated successfully without the need for any type of surgery.

Avoiding surgery is our number one goal to help to treat a growing older and active community. Our **Interventional Pain Specialist Medical Doctors, A.C. Ozaktay, Kush Tripathi, or Marc Cohen** are located **Delray Beach, Coconut Creek and Pompano**, and are all board certified, tremendous amount of knowledge, skills and experience.

Every patient is evaluated by our doctors themselves, and a comprehensive treatment plan is always tailored for everyone. Patients are NOT seen by PA’s (physician assistants) or NP’s (nurse practitioners). You will see the doctor on each visit. Our knowledge encompasses each region of the body which can cause pain. We spend time with our patients whatever takes as efficiently as possible. We aim to run on time and do not make patients wait hours in his office to see him. Please look forward to reviews (IPWCBROWARD.COM) about our doctors and the vast number of procedures we perform to help people with all types of pain. Our focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better daily and enjoy life!

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A Look at Cancer Trends in the U.S.

The American Cancer Society's recently released annual report of cancer trends provides a deep dive into cancer incidence, death rates and survival. The publication is a go-to resource and forms the basis for vital, ongoing research into the causes and risk factors of cancer as well as transformational treatment discoveries.

Report Summary

According to the report, just over 2 million new cancer cases will be diagnosed in the U.S. during 2025, averaging about 5,600 new cases daily. The projected number of cancer-related deaths for the year is 618,120.

On the bright side, cancer mortality (the number of deaths from cancer) continues to decline in both men and women, a result of reductions in smoking, better treatments and earlier detection for some cancers.

An Upward Trend Among Younger People

The report also shines the light on some concerning trends related to the most common cancers:

- Women ages 50 to 64, as well as those under 50, now have higher rates of cancer compared to men in the same age groups. Women under age 50 are 82% more likely to be diagnosed with cancer than men, a significant increase from 51% in 2002.
- The surge among women is largely due to higher incidences of breast and thyroid cancers, alongside rising cases of lung and cervical cancers.
- Rates for lung cancer among younger American women have surpassed those of males, particularly in cases of adenocarcinoma, a common subtype of lung cancer.
- The incidence of colorectal cancer among younger adults is rising as well.

What's Behind the Trends?

The reasons for the increases in several early-onset cancers in younger women and men are not fully understood, but several factors may contribute.

Delaying childbirth and reduced breastfeeding rates have been linked with increased breast cancer risk, as well as a rise in alcohol consumption, obesity and physical inactivity. Genetics can also play a role. Younger women diagnosed with breast cancer are more likely to carry BRCA1 or BRCA2 gene mutations, which significantly elevate risk.

While smoking remains the primary risk factor for lung cancer, the upward trend among younger women is not fully explained by smoking behaviors. Studies indicate that even in populations where smoking rates between young men and women are similar, women exhibit higher lung cancer rates. Nearly 20% of lung cancer diagnoses in women occur among non-smokers, which suggests that other factors contribute, but definitive causes have not yet been determined.



Researchers are also investigating various potential causes for the upward trend in colorectal cancers. Modern diets, exposure to environmental toxins and lifestyle factors are among the likely potential causes.

Racial & Ethnic Disparities Persist

Large and persistent disparities also exist between different racial and ethnic groups. Alaskan and American Indians experience the highest cancer mortality rates. The Black population has the second-highest mortality for prostate, breast and endometrial cancers (2x that of every other group), and Black women are 50% more likely to die of cervical cancer.

Across all races, some cancers have a strong genetic component and some appear to run in families, while age, overall health, lifestyle and environmental factors also contribute to cancer risk. Research has cited economic and social impacts as primary reasons for the higher impact of cancer among Black Americans — among them, limited access to quality health care, lower socioeconomic status and lack of health insurance, which can delay diagnosis and treatment.

Reducing Cancer Risk

One of the best ways all people can reduce cancer risk is by taking the time to prioritize health and well-being. Plan ahead and schedule appointments for recommended wellness checkups and cancer screenings.

A growing number of screening tests are effective at finding and even preventing cancer, often before signs or symptoms appear. When detected early, certain cancers are much easier to treat.

Preventive health care and screening tests are necessary even if you are feeling fine. Talk with your doctor about what is right for you, based on your own health, family health history and personal risk factors.

Hope Behind the Numbers

While it's easy to become overwhelmed by the numbers, it's important to focus on the dramatic, ongoing discoveries that continue to enhance our understanding of cancer and uncover lifesaving treatments that are providing hope and enabling people with the disease to enjoy life to the fullest.

Reference: American Cancer Society. Cancer Facts & Figures 2025. Atlanta: American Cancer Society; 2025

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



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

EXCEPTIONAL CAREGIVER STANDARDS

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

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TRANSPARENCY

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

EXPERTISE IN LONG-TERM CARE INSURANCE

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

as "the long-term care insurance experts of South Florida" is a testament to our dedication and proficiency in this area. If you have long term care insurance we are happy to go over your benefits and complete all of the paperwork and make sure that you not only get approved, but stay approved.

CONCLUSION

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



Florida Best Home Care

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TubcuT® Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT® is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.

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.

The TubcuT® is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT® as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT® creates an opening that fits your needs. Unlike cap systems, The TubcuT® adapts to you and what your lifestyle requires. With TubcuT's® exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT® threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® Follows the same exact contour of your tub there, and there is no ledge on the



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27TH ANNUAL HONOR YOUR DOCTOR EVENT SET FOR APRIL 29

The Rotary Club Downtown Boca Raton Fund will present the 27th annual Honor Your Doctor luncheon on Tuesday, April 29 at Boca West Country Club. The Fund is the foundation arm of the Rotary Club Downtown Boca Raton.

The organization honors healthcare professionals including doctors, nurses, and caretakers in all related fields at the event with net proceeds providing scholarships to those pursuing medical careers. Last year, \$80,000 was distributed to students in our area.

Funds from HYD are primarily raised in four ways. These include donations and nominations made by patients and staff of their favorite doctors, nurses, and medical professionals as well as corporate and philanthropist sponsorships; ticket sales and “Call from the Heart.”

A special tribute to the late Helen Babione, founder of the Honor Your Doctor event, will highlight the luncheon.

Dr. Heidi Schaeffer will serve as Honorary Chair of this year’s Honor Your Doctor. Dr. Schaeffer has been a licensed physician in Florida since 2000 and currently serves on the faculty at the University of Miami School of Nursing and Health Studies and is a Clinical Affiliate Assistant Professor at Florida Atlantic University’s College of Medicine.

For almost 15 years, Dr. Schaeffer has committed her efforts to increasing awareness of Human Trafficking among fellow clinicians. She has received numerous awards in recognition of her efforts in this area.

“Thank you to the Rotary Club Downtown Boca Fund for recognizing the contributions of medical professionals,” said Dr. Schaeffer. “These clinicians work hard to keep our communities healthy. Congratulations to all the nominees, whose skills and compassion make a difference!” she added.

Jeff Weber, Chairman of the Rotary Club Downtown Boca Raton Fund commented, “Whether you want to honor your primary care physician, dentist, oncologist, healthcare aide, hospice worker, nurse or physical therapist, this is an exceptional opportunity to provide them with special recognition.”

The Rotary Club Downtown Boca Raton Fund is dedicated to impacting the Boca Raton community through Rotary International’s mission of Service Above Self.

Dedicated to making a difference in its community by enhancing the lives of others while embracing and promoting service, integrity, and fellowship the 501(c)(3) nonprofit also presents the Annual Boca Raton Mayors Ball and NOW (Nutrition On Weekends) program. The RCDBR is one of 46,000 Rotary clubs in more than two hundred countries connecting 1.2 million Rotarians around the globe.

The public is again encouraged to:

- Nominate their favorite doctor by visiting www.rotarydowntownbocaraton.org and donating \$60 per nomination or \$150 for three nominations and \$225 for five nominations. The physician receiving the most nominations will be named the “2025 Doctor of Distinction.”

There is no limit to how many doctors or medical professionals someone can nominate or how many times they can nominate an individual. Nominees with three or more nominations will be invited to attend the luncheon as a guest of the Rotary Club Downtown Boca Raton Fund and receive a special award.

- Purchase tickets for the HYD Luncheon for \$175 per person.
- Become a sponsor. Various opportunities are available.

For event and sponsorship information, contact Ashley Brown at ashley@TheEventCollectiveFL.com or Jeff Weber at 561.232.6555.

To purchase tickets or make nominations, visit www.RotaryDowntownBocaRaton.org



Rotary

Club Downtown Boca Raton

561.232.6555

RotaryDowntownBocaRaton.org

PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



Many families are not aware that once a disabled child (minor or adult), who is receiving government benefits, receives an inheritance all their government benefits will be stopped until the inheritance is spent down.

All parents worry about what will happen to their children after they die. Parents of adult children with a chronic disability have an additional concern: whether the child will have financial security.

Additionally, many families are not aware that with proper planning through a Third-Party Special Needs Trust the loss of government benefits can be avoided.

The disabled child can utilize their inheritance to provide for their health, maintenance, education and support. The Trusted Law Office welcomes you to contact us at (561) 998-6039 to schedule a free consultation with us to discuss your specific planning needs.

How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?

Do you have a disabled child who will be inheriting from your estate?

Does this disabled child receive government benefits?



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ANYONE CAN SUFFER FROM ANXIETY & DEPRESSION

NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

We often seek external reasons for anxiety and depression—economic stress, job dissatisfaction, family conflicts, or past traumas. However, the root cause may be deeper: neural patterns in the brain that can be present from birth.

Anxiety and depression are not simply behavioral issues that can be resolved by changing environments or routines. These conditions are fundamentally brain neural patterns that persist regardless of external circumstances. Importantly, they aren't limited to adults and can significantly impact individuals of all ages.

SYMPTOMS ACROSS DIFFERENT LIFE STAGES

Infants and Toddlers

Early signs might include:

- Colic
- Fussiness
- Sleep difficulties
- Tantrums
- Sensitivity
- Separation anxiety

While these symptoms can be typical developmental behaviors, they may also indicate underlying neural patterns.

School-Age Children

Anxiety and depression can manifest as:

- Academic performance worries
- Fear of parental loss
- Social anxiety
- School refusal
- Sleep disturbances
- Somatic symptoms (stomachaches, headaches)
- Frequent illness
- Fatigue
- Poor academic performance

Teenagers and Adults

More severe symptoms can include:

- Social isolation
- Depression
- Suicidal thoughts
- Poor life decisions
- Self-medicating behaviors
- Academic or professional struggles
- Panic attacks
- Potential development of additional disorders (OCD, eating disorders, phobias)



THE CHALLENGING REALITY OF TREATMENT

According to the Anxiety and Depression Association of America, 80% of children with anxiety disorders and 60% of those with depression are not receiving treatment. Many healthcare professionals either consider these symptoms normal or recommend improved parenting and discipline.

Medication can be challenging, with many patients being either medication-resistant or experiencing significant side effects.

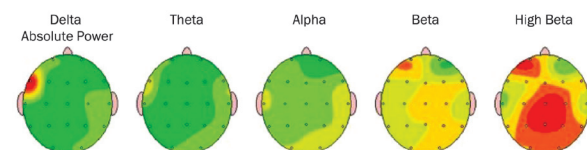
NEUROFEEDBACK: A PROMISING SOLUTION

Neurofeedback offers a innovative approach to addressing these neural patterns. It's a brain-training technique that:

- Allows real-time visualization of brain frequencies
- Provides visual and auditory feedback
- Helps the brain self-regulate without medication
- Potentially creates permanent corrections through neuroplasticity

HOW NEUROFEEDBACK WORKS

During a session, patients comfortably watch a screen while EEG equipment measures brain electrical activity. Therapists can identify and encourage more balanced brain wave patterns through targeted feedback.



Conditions Neurofeedback Can Help

- Anxiety
- Depression
- ADD/ADHD
- Sleep disorders
- Chronic pain
- Autism
- Cognitive challenges
- And many more

Potential Improvements

Patients might experience positive changes in:

- Sleep quality
- Energy levels
- Focus and concentration
- Emotional regulation
- Physical symptoms
- Motivation
- Overall well-being

UNDERSTANDING BRAIN MAPPING (QEEG)

A Quantitative EEG (brain map) provides comprehensive insights by:

- Attaching 19 electrodes to the head
- Recording brain waves with eyes open and closed
- Analyzing brain activity, connections, and symmetry
- Comparing results to peer databases

RESEARCH AND CREDIBILITY

Neurofeedback has been studied since the 1960s, with extensive research available through:

- Academic journals
- Professional organizations
- Specialized publications

HOW DO I GET STARTED?

Getting started is easy. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that in a telephone consultation. Call, email or text message us today! Brain and Wellness Center, 5458 Town Center Road, Suite 13, Boca Raton, FL 33486. E-mail us at info@bocabraincenter.com, or text us at (561) 206-2706 or visit our website at www.BocaBrainCenter.com.



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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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Laser Cataract Surgery: What you should know

By David A. Goldman MD

With every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femto-second laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes than Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



Does this mean there are no advantages to laser cataract surgery? Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

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

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

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, micro-incisional 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.

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Spiritual Wellness

Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”* (Romans 12:2)

Note what Paul says:

Act differently. *“...don’t copy the behavior and customs of this world...”* Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. *“...a new person by changing the way you think...”* There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. *“...let God transform you into a new person...”* Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*



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