

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

Health & Wellness[®] MAGAZINE

April 2025

South Palm Beach Edition - Monthly



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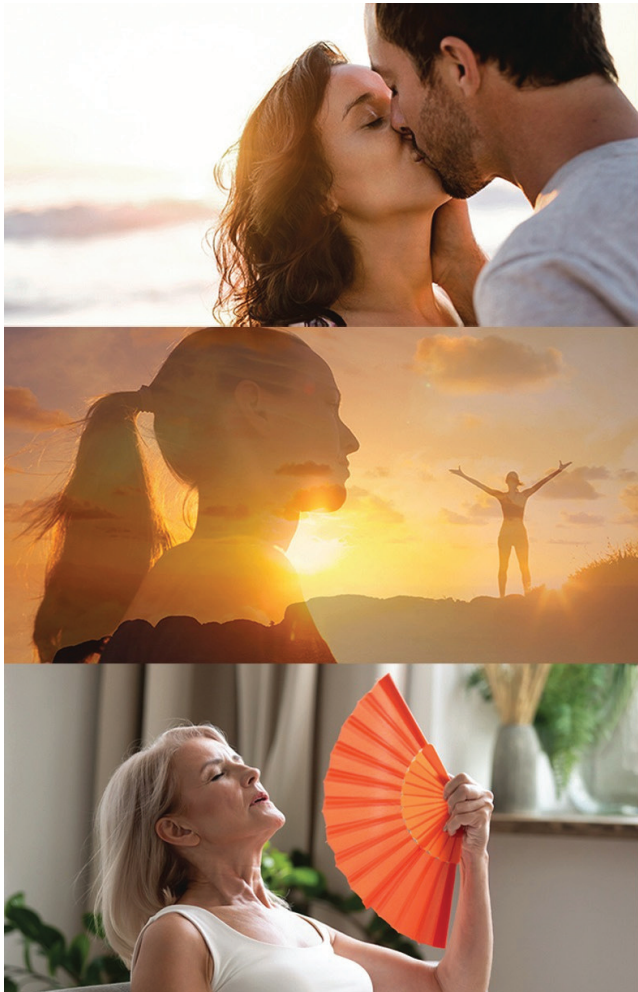


**PLATELET-RICH-PLASMA (PRP)
THERAPY FOR PAIN CONDITIONS
AS REGENERATIVE PAIN MEDICINE
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**NO LAUGHING MATTER
HOW STRESS IMPACTS YOUR SCALP
(AND HOW BAUMAN MEDICAL
CAN HELP)**

**ARE CERTAIN
ALTERNATIVE THERAPIES
EFFECTIVE FOR PRIMARY
CANCER TREATMENT?**

**APRIL IS STRESS
AWARENESS MONTH**



SEX TALK

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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
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NO LAUGHING MATTER

How Stress Impacts Your Scalp (and HOW BAUMAN MEDICAL CAN HELP)

by Alan J. Bauman, MD, ABHRS



While laughter is often lauded as the best medicine, it can sometimes be hard to let out a chuckle when the world feels like a whirlwind. Hectic commutes, long days at the office, and family drama can all bring on stress with ease. And to top it off? Your hair's not looking like it used to.

It makes sense to start freaking out and worrying about a thinned-out crown, but that'll only make a bad situation worse. So much for April Fools Day, you might be thinking. But with all the stressors in the world, it's essential to find a space that brings out the inner zen in you. And what better space than the serene Bauman Medical facility, featuring all the methods needed to start turning your stressful scalp into a zen garden?

But before getting into the nitty-gritty, I want to spend a few moments highlighting the impacts anxiety has on hair. With April being Stress Awareness Month, there's no better time for a bit of enlightenment ahead of some well-deserved hair enrichment.

HOW DOES STRESS AFFECT YOUR HAIR?

Much like how prolonged bouts of stress physically impact our bodies, your hair is just as susceptible to these negative impacts. While your scalp won't feel a knot in its stomach, it can surely react inversely. There are many culprits I've come across during my time at Bauman Medical, with these three issues serving as the usual suspects for stress-induced hair loss:

TELOGEN EFFLUVIUM

While Dolphins fans might see TE and immediately think of the tight end position, TE in the realm of hair loss is like seeing your quarterback get sacked. TE has such an impact on your scalp since hair follicles are already incredibly delicate and highly receptive to the stress hormone cortisol. This can be brought on by an array of factors, both physiological (feeling under the weather) and psychological (feeling the pressure of a deadline at work). Regardless of the

cause, the stress (no pun intended) of these factors causes follicles to begin shedding. And like us, when under stress, the only thing your follicles think of is getting some rest, which is when they shift into the telogen, or, in Layman's terms, resting stage. While they rest, the follicles forget to set an alarm and become dormant, leading to stagnant hair growth.

TRICHOTILLOMANIA

Tapping feet. Drumming fingers. Shifting in your seat. These are all examples of subconscious fidgeting. What does this have to do with hair? Twirling. More specifically, excessively twirling and pulling your hair due to stress. While it may serve as a way to get your jitters out,

trichotillomania puts further stress on your scalp. Playing with your hair like that is an easy way to start going down a path of shedding and damaging your follicles.

ALOPECIA AREATA (AA)

Of the three mentioned, AA is probably the first to sound familiar. But what exactly does it do to your scalp? To start, we must first travel to the immune system. Typically, this system will fight off any germs or bacteria trying to find their way into our bodies. But with AA, the tables are turned, and our body begins attacking us; more specifically, our hair follicles, doing significant damage and impacting them during the growth phase. While an array of factors can spark AA, stress is typically the lead culprit.



A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles. It also makes the perfect gift. Gift E-cards are available on our eStore.



Before and 12 months after PRP
by Dr. Alan Bauman

NOW, TO THE GOOD STUFF

With all the stress impacts out of the way, we can shift to the serenity that Bauman Medical offers. While it's hard to crack jokes while dealing with hair loss, there's nothing foolish when it comes to getting help. I can't say much about my standup routine, but I'll gladly speak on behalf of my calming, world-class Scientific Scalp Makeovers that will surely turn that frown upside down.

What's unique about my Scalp Makeovers is that they cater to those going through stress-related hair loss. That means providing a spa day for both yourself and your scalp. And that sense of serenity you've been seeking will greet you immediately as our "Head Spa" room welcomes you with tranquil music and soft, low lighting. As you prepare to drift into stillness, you can look forward to the following services and more during our 60-minute to three-hour session:

- *Aromatherapy*
- *A customized scalp treatment for maximum scalp health and hair beauty*
- *A deep and thorough scalp massage to stimulate and cleanse the scalp, as well as increase circulation*
- *Deep cleansing shampoo*
- *A customized conditioner or hair mask*

Sometimes, you need to treat yourself. And what better gift to give yourself than a relaxing day of R&R at Bauman Medical? For some people, however, there's more to their stress than a day at the spa. Thankfully, we're more than just hair procedures; we provide hair solutions.

When it comes to Zen, you're talking to the master. No, not me, our state-of-the-art Zenmaster, a stress adaptogen that will have you saying "namaste" in no time. By tapping into the calming benefits of the ancient herb ashwagandha, you'll be providing stress relief not only to your weakened follicles but also to your overall well-being.

Depending on your stress level, taking 2-4 Zenmaster capsules daily will bring you serenity within two weeks of use. With these natural substances, your body will soon adapt to your stress levels. But, a little caveat: not all stress is bad! High amounts of stress, however, are when your body begins to produce the hormone corti-

sol, and upon production, it will impact different organs, including hair follicles.

Beyond hair, it's integral that you find ways to reduce your body's cortisol levels, and the Zenmaster gets the job done. And by taking it with our BioPerine® for absorption aid, peacefulness has never looked this good.

Getting your scalp and body feeling serene is just the first part of the growth process. Our hair solutions go above and beyond to ensure that come next April, you'll be too busy chuckling about how far your scalp has come thanks to these proven methods:

PRP (PLATELET-RICH PLASMA)

A Bauman Medical staple, PRP continues the trend of relaxing hair restoration with help from you. Our minimally invasive procedure begins by taking a small blood sample. Then, we isolate the platelets, thanks to our cutting-edge technology. We isolate the platelets in order to concentrate them, as they possess tremendous growth factors. Said growth factors are applied back to your scalp to cultivate natural hair growth. Give us an hour, and we'll give you back a lifetime. You may be wondering how something like this is calming. With a heavy emphasis on comfort and safety, PRP features topical anesthesia and a sterile environment. The cherry on top is our expert team handling the procedure.

LOW-LEVEL LASER THERAPY

Sometimes, we all need a relaxing night in. So, why not bring the hair restoration to the comfort of your own abode? With the highly advanced Bauman TURBO LaserCap®, it's like our Boca Raton office made the trip to you. Whether lying in bed or watching a movie in the living room, donning the TURBO LaserCap maximizes hair regrowth with as little as five minutes of daily use. You know what they say, "a little goes a long way."

LEARN MORE

Trying to crack a joke or even a slight smile can be challenging when stress has you down. While myself and the Bauman Medical team can't eliminate all the stressors in your life, we can surely help you manage it, as well as eliminate the stressor that is hair loss. There's no reason to keep fooling yourself. For the premier hair restoration services around, Bauman Medical is the only place to be.

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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Supporting Caregivers: Compassion in Crisis Town Hall

Every year, more family members and friends step into the role of caregiver, providing essential support to their loved ones. But as the number of caregivers rises, so does the crises they face. The emotional, physical, and financial toll can be overwhelming, leading to lost work, mounting expenses, and exhaustion. Where does compassion end and crisis begin? In this special Town Hall, **Supporting Caregivers: Compassion in Crisis**, we bring together experts, advocates, and caregivers to explore real solutions. From practical resources to emotional support, we'll discuss the help that's available and how we can better support those who give so much.

WATCH THE TOWN HALL:

- April 1 at 6PM
- April 6 at 7:30PM
- April 16 at 8PM

APRIL is STRESS AWARENESS MONTH

Here are some tips to keep stress at bay.

- Practice mindfulness
- Get enough sleep
- Stay physically active
- Maintain a healthy diet
- Take breaks and enjoy activities you love

Find more tips at: AllHealthTV.com.



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LIVING MINUTE

Heart Disease in African American Women

Heart disease is the leading cause of death for both men and women, yet many communities remain unaware of the danger it poses. Some experts estimate that less than half of African American women realize they face a significantly higher risk. But researchers are working to bridge the gap — bringing awareness, resources, and life-saving strategies to underserved communities.

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PLATELET-RICH-PLASMA (PRP) THERAPY FOR PAIN CONDITIONS AS REGENERATIVE PAIN MEDICINE TREATMENT OPTION

Persistent pain and decreased function can feel like a lifelong sentence. A growing number of people are finding relief and renewed quality of life through advanced, non-surgical outpatient treatments and regenerative medicine as we all provide, at the Interventional Pain & Wellness Center.

Platelet-Rich Plasma, also called PRP, therapy, takes advantage of our body's natural healing properties to repair damaged cartilage, tendons, ligaments, muscle or even organs. It has emerged as a noteworthy innovative therapy using a patient's own blood components to accelerate healing and reduce pain. Research suggests that injecting areas of inflammation or tissue damage with high concentrations of platelets can encourage new tissue growth and promote overall cellular healing.

A study published in 2023 by the National Institute of Health (NIH) supports this therapy stating "PRP therapy as a treatment modality has been around for the last four decades, but only truly gained popularity over the last 10 to 15 years in medicine, in a variety of fields ranging from regenerative medicine to infertility treatment."

"There is level I evidence available supporting its efficacy in the treatment of osteoarthritis (OA), epicondylitis, bursitis, compressive neuropathy, plantar fasciitis, muscular injuries and osteochondral lesions."

This NIH study emphasized the positive results of PRP research on painful conditions and or injuries, including knee, shoulder, elbow, and foot and ankle pains, lateral epicondylitis and carpal tunnel syndrome, as well as spinal and hand conditions. (Jacques Pretorius, et. Al. PMID: PMC10652151 PMID: 38021947)

PRP is derived from a patient's blood through a process of concentrating platelets and growth factors that play a crucial role in tissue repair. The concentrated PRP is then injected into the affected area, aiming to enhance the body's natural healing processes.

WHAT IS PLASMA? Plasma refers to the liquid part of blood; it is the medium for red and white blood cells and other material traveling in the blood stream. Plasma is mostly fluid that holds proteins, nutrients, glucose, and antibodies, among other components.

WHAT ARE PLATELETS? Like red and white blood cells, platelets are a normal part of blood. Platelets secrete substances called growth factors and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

As an example to osteoarthritis; we use PRP therapy to treat conditions that the platelet-rich plasma:

- Inhibits inflammation and slow down the progression of osteoarthritis
- Stimulates the formation of new cartilage
- Increases the production of natural lubricating fluid in the joint, thereby easing painful joint friction
- Contain proteins that alter a patient's pain receptors and reduce pain sensation

Platelet-rich plasma injections are outpatient procedures. Because the patient's blood must be drawn and prepared for injection, a typical procedure may take anywhere from 45 to 60 minutes.

Whether the patient has a one-time injection, or a series of injections spaced over weeks or months depends on the individual patient's condition.

EXAMPLES OF CLINICAL APPLICATIONS AND EFFICACY

Osteoarthritis: PRP injections may help alleviate pain and stiffness in osteoarthritis by modulating the joint environment and reducing inflammation.

(<https://www.hopkinsmedicine.org>)

Tendon Injuries: PRP has shown promise in treating tendon-related issues, such as tennis elbow and Achilles tendinopathy, by promoting healing and reducing pain.

(<https://www.ctinsider.com>)

Back Pain: Research shows that PRP therapy can provide longer-lasting benefits compared to steroid injections for certain back pain conditions, offering a safer alternative with fewer side effects.

([Ohio State University / Wexner Medical Center](https://www.ohio-state.edu/wexner))

BENEFITS OF PRP THERAPY

Reduced Pain and Inflammation: PRP effectively diminishes pain and inflammation, providing relief for patients with chronic musculoskeletal conditions.

([painmedicineconsultants.com](https://www.painmedicineconsultants.com))

Enhanced Healing: By delivering concentrated growth factors directly to the injury site, PRP accelerates tissue repair and regeneration. (*Hospital for Special Surgery*)

Improved Function: Patients often experience improved mobility and function following PRP treatment, contributing to a better quality of life. (

Baylor Scott & White Health)

This therapy is also used to help treat pain from the neck and low back. This can be used to treat disk pain and/or arthritic pain from the entire spine.

PRP is most often used for people who:

- have pain with everyday activities
- are still experiencing pain after conservative measures such as stretching and strengthening self-directed exercises, medications, or physical therapy failed
- have previously had short-lived relief with steroid injections

PRP therapy is among the most exciting treatment options from the common musculoskeletal injuries that affect everyone from elite athletes to weekend warriors, to maturing adults.

When treating osteoarthritis with platelet-rich plasma as prepared in our office setting, we inject PRP directly into the affected joint under direct guidance.

The goal is to:

- Reduce pain
- Improve joint function
- Slow, halt and even repair damage to cartilage

PLATELET-RICH PLASMA INJECTIONS REQUIRE PRECISION

• An experienced physician, like our physicians Dr. Ozaktay, Dr. Cohen and Dr. Tripathi can perform these injections. The use of imaging technology (e.g., fluoroscopic guidance) ensures a precise injection. • Precision is important because, like visco supplementation treatments, platelet-rich plasma injections must be made directly into the joint capsule.

Our doctors consider PRP therapy safe because it uses a person's own blood, reducing the risk of allergic reactions or immune responses. However, as with any medical procedure, there are potential side effects. These are typically mild and temporary but can vary depending on the treatment site and individual factors. Possible side effects may include -but not limited to- mild pain or discomfort and minor bruising at the injection site.

Our doctors explain that, while "the steroids may not treat the root cause of pain, or even frequent use of steroids may interfere with your body's natural healing process – in contrast – PRP works by intentionally triggering inflammation to stimulate the body's natural healing response and promote tissue repair for long-term results."

When appropriate, PRP injections are an extremely safe and effective way to help treat the pain of so many diverse types of individuals. We have used this technique on young athletes and for older patients with joint and or spine pain with remarkable success. It even surprises us sometimes how well this treatment works. It is utterly amazing how people with acute or chronic pain, or injuries respond to this treatment.

Our Interventional Pain & Wellness Office is a beautiful freestanding interventional pain management building in Delray Beach, FL.

We have been performing this procedure with enormous success. Every patient is evaluated by the physician himself, and a comprehensive treatment plan is always made. Please look forward to more articles about the vast number of procedures we offer to help people with all types of pain. Our main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better daily and enjoy life!

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Are Certain Alternative Therapies Effective for Primary Cancer Treatment?

How does cancer start? There are several leading theories that explain different ways that cancer may develop.

Among them are the Somatic Mutation Theory (SMT) — that cancer arises from a buildup of changes in a single cell, caused by such factors as genetics, aging or exposure to harmful chemicals. The Tissue Organization Field Theory (TOFT) suggests that cancer is driven by disruptions in tissue interactions — meaning that different parts of the body that normally work together aren't communicating or functioning properly.

Many standard cancer treatments are based on the SMT and target the DNA of cancer cells. For example, chemotherapy, radiation therapy and immunotherapies aim to destroy or slow the growth of cancer cells.

The Mitochondrial-Stem Cell Connection (MSCC) theory was introduced in a study published in 2024. This new theory suggests that problems with energy production in stem cells might cause them to turn into cancer stem cells, which can then lead to tumor growth.

MSCC treatments aim to cut off energy sources that fuel cancer growth using a combination of high-dose vitamins, off-label medications (not approved for use to treat human cancers) and lifestyle changes.

While these treatments may have positive impacts in certain settings, it is still unproven whether they are effective for most patients with cancer. While some have been evaluated, large-scale studies in humans are lacking. Currently none of the following have been proven to be effective, especially as a primary cancer treatment:

- High-dose vitamin C has been studied for decades but has not shown to be effective in treating cancer.
- Ivermectin tablets are approved by the FDA to treat certain conditions caused by parasitic worms, and some topical forms are approved to treat head lice and other skin conditions. Phase 1 and 2 clinical trials show limited or no antitumor activity in humans with advanced cancer.
- Mebendazole is an oral medication used to treat parasitic worm infections, such as pinworm or roundworm. It works by stopping the worms from absorbing sugar (glucose), which they need to survive, eventually killing them. Researchers are exploring whether it may help slow the growth of certain cancer cells. However, a recent Phase 2 clinical trial showed no anticancer activity in treating gastrointestinal cancers.
- Vitamin D and other vitamins and minerals may be combined with traditional cancer treatments after all drugs have been reviewed for possible interactions.



In addition to the lack of data supporting the effectiveness of these treatments, there are potential side effects and risks:

- High-dose vitamin C given intravenously can potentially cause kidney stones or heart problems and can sometimes promote cancer growth.
- Too much vitamin D may be dangerous, and overdose can lead to calcium buildup and kidney failure.
- Ivermectin in high doses can cause neurological side effects.
- Mebendazole can cause liver damage or low white blood cell counts, making infections worse.

Depending on the cancer diagnosis and genetic testing, treatment selection will vary. Currently approved treatments have been tested in robust clinical studies and shown to be effective.

The following are general recommendations that can enhance well-being and help to minimize side effects for patients during cancer treatment:

1. Maintain a healthy, balanced diet focusing on whole foods and limit intake of highly processed products or foods high in sugar.
2. Regular exercise, including walking, yoga and Pilates, can help increase activity.
3. Various vitamin, mineral or herbal supplements may be complementary. Daily doses should remain within the recommended dietary allowances. Inform your health care providers of any new vitamins, supplements or alternative treatment before starting treatment to accurately investigate any possible interactions.
4. Aromatherapy with essential oils, meditation or other alternative practices may be beneficial.

It is important to review all the facts and talk with your health care team to determine if an alternative treatment is right for you. False hope in a treatment that has not been shown to be safe and effective can potentially delay the start of a therapy proven to be effective — leading to poor outcomes.

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

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

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

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

CONCLUSION

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



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

THE TUBCUT® ADDS CONVENIENCE AND PROTECTION FOR ALL AGES

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

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

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

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

WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.

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

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

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

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



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



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About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

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

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

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

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



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TRUSTS ARE NOT JUST FOR THE WEALTHY

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



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

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

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

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

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

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

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

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

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

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

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WHY IT'S IMPORTANT TO HAVE A BASELINE HEARING TEST TODAY!

Getting a baseline hearing test may not always rank at the top of your to-do list, but it offers you the opportunity to take control of your hearing. A baseline hearing test (audiogram) is designed to provide a reference point for future hearing tests. This essential test will be what all future tests can be compared — allowing your audiologist to determine if your hearing has changed since the baseline hearing test was performed.

Although most people are proactive about scheduling their annual dental checkup and annual eye exam, most of us do not approach the baseline hearing test with the same vigor. However, we should, and the following information explains why the baseline hearing test is important.

A BASELINE TEST CAN REVEAL EAR ISSUES APART FROM HEARING LOSS

Hearing abnormalities can signify dangers to your health that might otherwise go unnoticed. **Three of the most potentially concerning are:**

- Cardiovascular issues
- Risk of falling
- Cognitive issues

HOW ARE YOUR EARS AND HEART CONNECTED?

Similar to your heart — your ears are made up of many tiny, sensitive blood vessels. When a hearing exam shows hearing loss without other obvious explanations, it may be the sign of a blood flow issue.

According to a study published in the American Journal of Audiology, authors Stacy R. Kerschen and Raymond H. Hull explored research conducted over a 60 year period on heart health and its influence on hearing. Their findings confirmed impaired heart health had a negative effect on both central auditory symptoms and peripheral symptoms.

HOW IS DEMENTIA AND HEARING CONNECTED?

While the reasons behind it are still not entirely clear, there is a connection between hearing loss and dementia. If you have even moderate hearing loss, there is a potential tripled risk of developing dementia. Studies have also suggested hearing aids might somehow slow or even reverse the associated cognitive decline.



Other ear issues that may come to light during a baseline exam include:

- The discovery of a previously unknown foreign object in the ear
- The revealing of skin cancer or other dermatological abnormalities during the examination of the ear

HOW IS FALLING AND HEARING CONNECTED?

Joseph Sakumura, AuD, and Richard Gans, PhD, recently published a study in *the Journal of the American Academy of Audiology* that shows those with decreased auditory function have a higher risk of falling.

This is of critical importance because falls are responsible for over **800,000 hospitalizations** and **27,000 deaths annually in the United States**, according to CDC statistics.

In the study, cognitive, vestibular, and auditory functions were evaluated in connection with fall risk management. How much do they affect your fall risk? **According to the data:**

1. Those with reduced auditory function or hearing loss have a 3x higher risk of falling than those with normal hearing.
2. Individuals struggling with vestibular dysfunctions have a 12x greater fall risk.
3. Those with just mild cognitive impairment could have a 14x higher risk of falling due to deteriorating postural stability.

ANY FUTURE HEARING LOSS CAN BE COMPARED TO THE BASELINE RESULTS

You wouldn't go into a dentist office and struggle to answer questions about how many teeth you had or when you lost them. If you have regular dental exams, they will have X-Rays and a history of any tooth loss.

However, if you don't have a baseline hearing test, you won't be able to accurately inform an audiologist about when or how much hearing loss you have experienced. The audiogram produced by a hearing test covers not only general auditory performance, but it can help point to the specific type of problem causing the hearing loss.

The most common causes of hearing loss are:

- Auditory processing disorders in which the brain is unable to process or becomes confused when attempting to process sounds.
- Conductive hearing loss, which occurs due to a structural problem like earwax or bone deformity that prevents sound from properly being conducted through the ear canal.
- Sensorineural hearing loss, which results from damage to auditory nerves from diseases, loud noises, or aging processes
- Mixed hearing loss, in which both conductive and sensorineural types are present

Being able to compare audiograms from a baseline hearing test throughout the years can show patterns of hearing loss that can lead to more focused and effective treatment.

CONTACT AUDIOLOGY WITH A HEART FOR BASELINE HEARING TESTS

The baseline hearing test will make it possible for us to know how much — if any — your hearing has changed. And if you've experienced hearing loss, it can affect much more than how you hear. **Hearing loss has been repeatedly linked to:**

- Depression
- Social Isolation
- Anxiety
- Frustration
- Dementia
- Fatigue
- And more

Instead of leaving it to chance, it's best to establish a standard with a baseline hearing test, so you can easily know when and how much your hearing has changed.

Call Audiology with a Heart at **561-366-7219** or visit our website at **www.audiologywithaheart.com** for more information and to make an appointment.

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Hearing Healthcare That You Can Trust

WHAT IS MY CIRCADIAN RHYTHM AND WHY DOES IT MAKE ME FEEL SO “OFF”

By Renee Chillcott, LMHC

Have you heard terms such as “biological clock” or “biorhythms”, or maybe you’ve heard stories of babies “getting night and day mixed up”? These are a few examples of a biological phenomenon called Circadian Rhythm, but what exactly is it and how does it affect me?

Your Circadian Rhythm is the pattern your body follows based on a 24-hour day. It’s your body’s internal clock and it not only tells you when to go to sleep and wake up, but also controls biological processes such as hormones, digestion and body temperature.

Circadian Rhythm coordinates the physical and mental systems in your body and is controlled by the area of your brain called the hypothalamus. It is also controlled light, thus causing our brains to naturally change based on day and night.

Throughout our lives, this biological clock goes through natural changes and adjustments. We can see this most clearly with sleep/wake schedules.

- **Babies** – it takes about 3 months for the rhythm to develop and for babies to get on a “schedule” of waking and sleeping. This continues to develop during childhood where “bedtimes” are established and daytime naps transition and aren’t needed.
- **Teens** – during the teen years, the rhythm will shift again. Teens require the same number of hours to sleep, however the “bedtime” adjusts as during the teen years, the rhythm shifts to later go to sleep times and later wake up times.
- **Adulthood** – as teens progress to adulthood, the rhythm will shift again, and sleep/awake times are typically dictated by external factors such as jobs and family.
- **Later Adulthood** – As we progress through adulthood, our rhythm changes again and earlier sleep and earlier wake times tend to prevail. The number of hours needed to sleep will shorten as well.

Even though this rhythm is a natural occurrence, there are several factors that can cause it to be “out of sync”.

- Food intake
- Stress
- Physical activity
- Temperature
- Forced waking from work/school
- Travel
- Poor Sleep Habits
- Mental Health/Brain conditions
- Time changes (moving to different time zones, daylight savings, etc.)

When Circadian Rhythm is disrupted, there are several diagnosis and conditions that can follow. Because the rhythm affects physical and mental processes in the brain, the dysfunction that occurs when the rhythm is disrupted can range from physical such as:

- Digestion/Gastrointestinal problems
- Metabolism Problems
- Lack of energy
- Delayed wound healing
- Changes in hormones such as cortisol or melatonin

Mental changes can also occur:

- Memory loss
- Anxiety
- Depression
- Psychosis
- Adrenal fatigue
- Attention/Focus difficulties

Establishing, restoring or resetting your Circadian Rhythm can be achieved through some behavioral interventions such as:

- Sticking to a daily routine
- Going outside to get natural sunlight/physical activity
- Good sleep hygiene/routines
- Limiting exposure to artificial light at night/screens and blue light
- Avoiding stimulants such as caffeine or nicotine in the evenings before sleep

But what do I do if behavioral interventions don’t restore my rhythm and I’m experiencing dysfunction?

Speak to your healthcare provider. There are times when medication or medical treatments can help. Neurofeedback is another way you can get help. Neurofeedback is an alternative/non-medication approach that uses EEG to teach your brain how to restore its natural rhythm, improve regulation, and relieve symptoms related to dysfunction.

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60’s. It is exercise for your brain by allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. It can help restore a wider “range of motion” in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making



too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through visual recognition of the changes on the screen and the auditory reinforcement of “beeps”.

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

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

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

The QEEG is a quantitative EEG. It’s also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5-10 minutes and with eyes closed for 10 minutes. This recording is then sent to be read and analyzed. It can help us see what areas need to be addressed more efficiently than just training spot by spot.

HOW DO I GET STARTED?

Getting started is easy. The Brain and Wellness Center staff will answer all your questions, and help you get scheduled. If you are wondering what services are best for you? We can help to determine that through 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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SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

Throughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



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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I Have **A Wait Problem**

Brent Myers

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows

we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



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