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

May 2025

South Palm Beach Edition - Monthly



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TREAT MOM TO A HAIR MAKEOVER  
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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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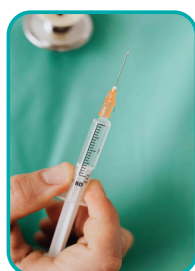
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# contents

## May 2025

- 6 From Baby Hairs to Full Flair  
Treat Mom to a Hair Makeover With Bauman Medical
- 8 Do Back Surgeries Work?
- 9 Blood in Your Urine? Don't Delay, Seek Out Health Care
- 10 South Florida's Best Priced / Highest Reviewed Home Care
- 11 Back Pain Relief Without Surgery: A Revolutionary Approach
- 12 Unlocking Success in Regenerative Medicine:  
The Critical Role of Ultrasound Guidance  
in Platelet-Rich Plasma (PRP) Treatments
- 13 Advice For Seniors
- 14 About Accepting Death
- 15 Trusted Homecare Agency:  
Serving Veterans with Free Supplemental Home Healthcare
- 16 Why Do I have the Summertime Blues?
- 18 Cataract Surgery in 2025 What Should You Expect?
- 19 Spiritual Wellness: Don't Give Up!

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# FROM BABY HAIRS TO FULL FLAIR

## Treat Mom to a Hair Makeover With Bauman Medical

by Alan J. Bauman, MD, ABHRS

**A**s we usher in another year of May flowers, we get closer to a day dedicated to that remarkable woman in our lives: mom. From getting us to practice on time to making sure lunch was packed, it's hard to find a way to thank mothers for all they truly do. Here at Bauman Medical, we believe we offer a gift that may not compare to a mother's love, but it surely is something your mom will love: the gift of hair restoration.



Let's face it: kids aren't always the easiest to deal with. In fact, I wouldn't be surprised if some cases of women's hair loss are caused by pulling it out from annoyance. And for the new moms out there, you might be facing an early case of this due to postpartum. Before you panic, just know this is perfectly normal, as your hormone levels come back down to earth after childbirth. But here at Bauman Medical, we offer treatments that can provide relief and comfort, helping you regain your confidence and beauty.

Regardless of whether you're a rookie mom or a vet going strong, hair loss in women is more common than you might imagine. It is so common that it affects nearly a third of the population, about 40-50 million women. Life is already stressful enough as is. Throwing in a 24/7 job like motherhood only further fuels that stress. While jewelry and flowers are staples for Mother's Day, it's hard to beat being able to turn back the clock to full, healthy hair.

With plenty of time left before Mother's Day, all the significant others and kids out there still have a bit to browse the various Bauman Medical products and services that are bound to make this year's holiday one that mom will never forget, such as:

### LOW-LEVEL LASER LIGHT THERAPY

An essential in the realm of hair restoration, the benefits of low-level laser light therapy are beyond immense. And with the highly advanced Bauman TURBO LaserCap®, you can bring this essential treatment to the comfort of mom's home. Drug-free, chemical-free, non-invasive, and FDA-cleared, the TURBO LaserCap only requires five minutes of use each day to achieve results that will last for five lifetimes. While it may not reverse all the stress you caused your mom in your heyday, it can at least promote hair regrowth thanks to its 300+ high-quality laser diodes, which deliver more energy and power to a 25% larger scalp area than other laser caps on the market.

### PRP (PLATELET-RICH PLASMA)

For moms in the Boca Raton area or looking for an escape to Florida, I might also suggest another in-demand service at Bauman Medical. Our PRP procedure is an effective way to get mom's hair looking like it did in high school. The best part? It only takes an hour. How does PRP work? First, we start by drawing a small sample of

your blood to harness the platelets found within. Once we've obtained them, we separate them from the blood and concentrate them before injecting them back into your scalp. For those with a phobia around needles, no need to fret. With local anesthesia applied, mom won't feel a thing. Once your PRP is complete, you're good for a year or more, as a single annual treatment is usually all you need.

### SCIENTIFIC SCALP MAKEOVER

Before you opt for a gift certificate for your local spa resort, why not elevate an already serene day by taking mom to our soothing SalonB Head Spa? Beyond a tranquil afternoon, she'll also be treated to our Scientific Scalp Makeover, a fantastic option for women dealing with stress-induced hair loss. Prepare for relaxation and results as you enter our low-light room, scored by soothing melodies. Couple that with our therapeutic aromatherapy, customized scalp masks, deep scalp massages, and a thorough cleaning with our shampoo and conditioner, SalonB will have mom feeling rejuvenated and optimistic about her hair health.

The results speak for themselves, as many people return to SalonB just to enjoy a day of relaxation and recovery without any scalp issues.

### SOOTHE SHAMPOO & CONDITIONER

Restoring hair is one thing; maintaining it is a whole other beast. Using shampoos and conditioners filled with chemicals counteracts any type of treatment you use. Keep mom's hair looking and feeling good well past a procedure by investing in the calming Soothe Shampoo and Conditioner kit from Bauman Medical.

Say goodbye to irritated and dry scalps, as my CBD oil-infused cleansers are a massive step up from the run-of-the-mill drugstore shampoos. And by harnessing the light-reflecting properties of the porcelain flower, her scalp will be as hydrated as ever. The best part of the Soothe kit is that it can be applied daily without worrying about overuse. While CBD is the main talking point,





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.



The award-winning Bauman Turbo LaserCap is the most technologically advanced portable FDA-cleared low-level laser light therapy (LLLT) device for hair regrowth currently available. Recommended for both men and women with thinning hair, as well as hair loss prevention and overall hair health.

the Soothe kit also features ingredients like Procapil, a natural hair loss solution that reduces DHT levels and increases blood flow, as well as ceramides for moisture in the fibers and 12 other essential oils that will help mom's scalp feel as calm as ever.

### THE BUILDER MULTI-COLLAGEN COMPLEX

While it might not be as exciting as a bouquet of roses or chocolates from a chocolatier, the BUILDER Multi-Collagen Complex will last well beyond those traditional Mother's Day gifts. Consisting of a big three of Fortigel, Fortibone, and Verisol, the BUILDER simplifies delivering essential proteins to your hair that increase natural collagen levels. With collagen, your hair gets a boost in production and follicle strength, as well as bringing back those shining locs mom has missed so much. This long-term solution will give you the confidence and security that your hair will be healthy and strong for years to come.

But the BUILDER is more than just a hair supplement - it's an all-around supplement. Collagen is the most rich protein in our body. You can thank it for your tendons, ligaments, muscles, skin, and hair. Nearly 30% of our body's total protein is collagen. So, you can also enjoy an increase in bone density, skin elasticity, and muscle strength, along with an improvement in overall hair health. But be patient, mom, as the BUILDER takes about three to six months of daily use to see these immense benefits. And just imagine how you'll feel continuing beyond that time frame.

### LEARN MORE

While one day isn't enough to let mom know just how special she is, you can let her know what she means to you by choosing Bauman Medical for all your gift needs. Because nothing compares to wanting the best for the ones who brought us here. Uncertain about what you think Mom would like best? We've got you covered. Opt for a Bauman Medical gift e-care available on our eStore.

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](http://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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A. Cüneyt Özaktay, M.D.  
Pain Medicine Diplomate  
Anesthesiologist

# DO BACK SURGERIES WORK?

**B**ack 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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# Blood in Your Urine? Don't Delay, Seek Out Health Care

**B**ladder cancer is a significant health concern in the U.S., and there are some interesting gender differences to be aware of.

Bladder cancer mainly affects adults over 55, with the highest rates in those ages 65–74. It is the third most diagnosed cancer in U.S. men, who are three to four times more likely than women to develop it, due to a mix of biological, behavioral and environmental factors. Lifetime risk is about 1 in 28 for men and 1 in 91 for women.

However, women in the U.S. often experience delays in being diagnosed with the disease. Studies show that nearly 70% of women are initially diagnosed with another condition, compared to only 39% of men.

According to Elizabeth Guancial, MD, board-certified medical oncologist and hematologist with Florida Cancer Specialists & Research Institute (FCS), these delays can result in more advanced disease at the time of diagnosis and poorer outcomes for women.

Let's take a closer look:

## Warning Signs & Symptoms

There can be many warning signs of bladder cancer and the most common include:

- Blood in the urine, which may cause the urine to appear bright red or cola-colored
- Frequent urination or a strong and sudden urge to urinate, even when the bladder is not full
- Discomfort or pain while urinating
- Pain in the pelvic area, lower back or sides
- Loss of bladder control, leading to involuntary leakage of urine

Blood in the urine is the most common and often the first very visible warning sign of bladder cancer.

"For a man to have blood in his urine, that's abnormal," said Dr. Guancial, noting that primary care physicians will often check for prostatitis, an inflammation of the prostate gland, or for urinary tract infection in men, and then refer promptly to a urologist.

"With women, it takes longer," said Dr. Guancial. "They may go through multiple courses of antibiotics thinking, 'Oh, it's a urinary tract infection that's hard to treat. Maybe it's related to vaginal or postmenopausal bleeding.' Sometimes they'll even see a gynecologist before they eventually get to a urologist."

Why is early detection important? When symptoms aren't clearing up quickly, referral to a urologist is really important. Dr. Guancial explains: "When patients do get to us earlier on, once a cancer diagnosis has been made, very often they have an earlier stage of disease, and so it



opens up a lot more treatment options. And it's also associated with better outcomes. Any delay in that initial workup, I definitely think contributes to the disparity that we see in terms of gender outcome."

## Bladder Cancer Basics

The bladder is a hollow organ in the lower pelvis that stores urine. When a person urinates, the bladder's muscle walls contract, pushing urine out through the urethra. The bladder wall is made up of several layers of cells, and when the DNA in these cells changes, it can cause uncontrolled cell growth, leading to the formation of tumors.

Bladder cancer comes in several types, with urothelial carcinoma being the most common. This type begins in the cells lining the inside of the bladder and is often non-muscle invasive, meaning it stays in the bladder's inner layer. Less common types include squamous cell carcinoma and adenocarcinoma, which originates in glandular cells.

When found in early stages, bladder cancer is highly treatable and potentially curable.

## Who's at Higher Risk?

Research has shown that smoking causes about half of all bladder cancers in both men and women, due to the harmful chemicals that can accumulate and damage the bladder lining. Exposure to certain industrial chemicals, such as dyes, rubber and leather, previous radiation aimed at the pelvis or treatment with certain anti-cancer drugs, as well as chronic urinary tract inflammation or infections can increase risk. As with many forms of cancer, family history can play a role.

## Importance of Awareness

It's crucial for women and men to pay attention to their bodies and recognize that blood in the urine should be promptly evaluated. See your medical doctor if you experience this or other symptoms, which can also indicate other non-cancerous conditions. Early and accurate diagnosis is essential for effective treatment and improved 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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**F**lorida 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 \$21/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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EXPERIENCE**

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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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# Back Pain Relief Without Surgery: A Revolutionary Approach



According to the U.S. Department of Health and Human Services, spinal surgery is only truly indicated for patients suffering from specific conditions: instability in the spine, lack of bowel and/or bladder control related to a spinal condition, or progressive neurological deterioration related to a spinal condition.

Unless a patient is afflicted by one of these conditions, he or she should exhaust “all conservative measures of treatment” before opting for back surgery. What’s more — and this is not surprising to Dr. Costello — the “failure rate” for the most commonplace forms of spinal surgery is 70 percent or higher.

“This means that most people’s back pain is not alleviated by spinal surgery,” Dr. Costello explains.

Indeed, many of the patients that Dr. Costello treats at his revolutionary practice, Concierge Laser Medicine, Inc. come to him after having undergone unsuccessful spinal surgery.

“I just wish people who are in back pain would come to us before undergoing unnecessary surgery,” says Dr. Costello.

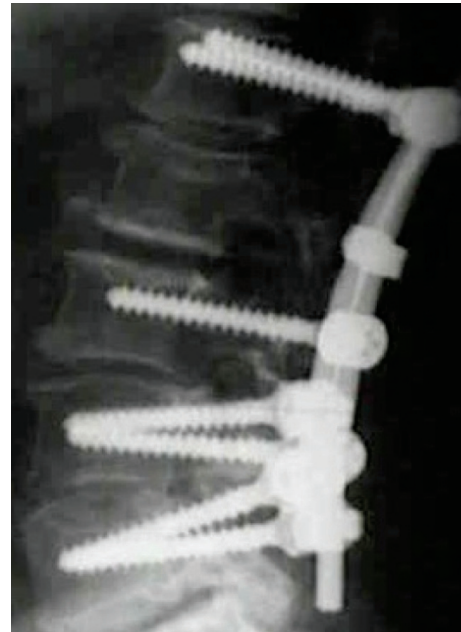
The painless, affordable, wholly non-invasive techniques utilized at Concierge Laser Medicine, Inc. Micro-pulsed Therapeutic Laser have proven remarkably successful at alleviating all kinds of pain — including neck, spine and back pain.

Dr. Costello’s unique treatment — “high-intensity laser-light therapy,” which features micro-pulsed therapeutic lasers.

“These lasers are classified as an ‘actinotherapy,’” explains Dr. Costello. “That means they produce positive changes in the body’s chemical and metabolic systems.”

#### For patients, this means:

- Regeneration of nerves
- Regeneration of articular cartilage
- Healing of discs
- Reduction of inflammation
- Analgesic pain relief



Have you experienced a failed surgery? Are pain management treatments not working? Still in pain? Living on addictive pain medication? Dr. Costello can help! His treatments are safe, painless and highly effective.

The Concierge Laser approach removes pain, inflammation and swelling while regenerating healthy tissue. Best of all, treatments are free of side effects and performed in the comfort and privacy of your home.

As the developer of the Stealth Laser system for pain management, Dr. Costello offers cutting-edge technology for just \$150 per treatment. No insurance is accepted.

Dr. Costello stresses, the surgical option for all kinds of pain will always be there, “Why not come see us first and let our micro-pulsed, laser-light therapy relieve your pain?”



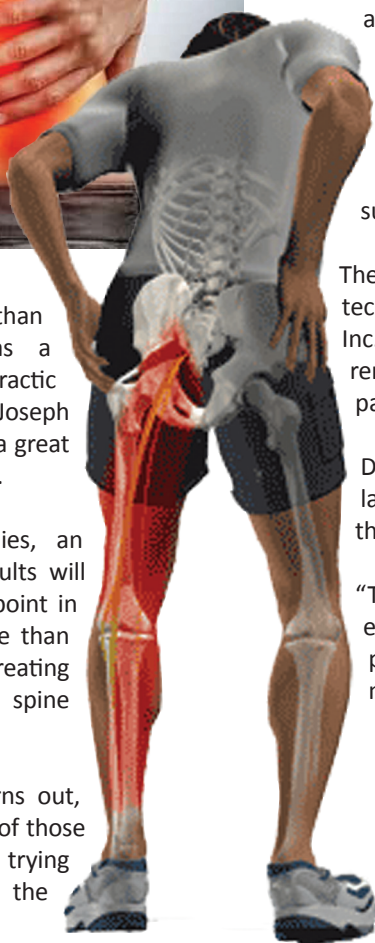
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**A**fter spending more than a quarter-century as a Board-Certified Chiropractic Orthopedist, Dr. Joseph Costello knows all too well that a great many of us suffer from back pain.

“According to numerous studies, an estimated 80 percent of all adults will experience back pain at some point in their lives,” Costello says. “More than \$14 billion is spent annually on treating conditions related to back and spine pain.”

Unfortunately — and, as it turns out, unnecessarily — a vast majority of those dollars are spent by patients trying to cure their back ailments in the operating room.





# UNLOCKING SUCCESS IN REGENERATIVE MEDICINE:

## The Critical Role of Ultrasound Guidance in Platelet-Rich Plasma (PRP) Treatments

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

### The Foundation of PRP Therapy

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

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

### The Challenge of Blind Injections

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

### Blind injections pose several risks, including:

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

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

### Ultrasound Guidance: Redefining Precision

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

### Key Advantages of Ultrasound Guidance

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



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

### Clinical Applications of Ultrasound-Guided PRP Treatments

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

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

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

### Patient Experience and Confidence

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

### The Evidence Speaks for Itself

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

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

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

### Conclusion: A Gold Standard in PRP Therapy

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

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



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# Advice *For* Seniors



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By Paul Echavarria

## Everything you need to know: Accessible Bathtubs vs Accessible Showers

People with mobility issues must have an accessible bathtub or shower to use at their homes. Accessible bathtubs and showers are each designed to accommodate people who have mobility impairments or other disabilities but there are differences between the two. In this article, you will learn about the features of accessible bathtubs and accessible showers and the differences between the two.

### Major Differences

Keep in mind that handicap-accessible tubs and showers are each designed to be as accommodating as possible for people who suffer from disabilities or mobility impairments. They do, however, have different features and benefits that may be suitable for a variety of different preferences and needs.

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

On the other hand, accessible showers normally also have a lower threshold entry and exit, non-slip services, and guardrails. They are created to make the showering experience for people with mobility issues much easier and even people with mobility aids, such as walkers or wheelchairs, can access these types of showers much easier than a bathtub. Some of these showers even come with seats or built-in benches for added convenience.

### Consider Your Needs

The decision between installing an accessible bathtub or an accessible shower will depend upon the person's specific preferences and needs. For instance, if a person loves to soak in the bathtub but has mobility issues, an accessible bathtub with all its different features may be more beneficial. A person who requires a walker or wheelchair to get around may very well appreciate an accessible shower much more than a bathtub.

Each person must consult with their doctor, health care provider, or occupational therapist to decide which option is more suitable for their needs. It is important, also, that the person checks to ensure that the bathtub or shower they choose meets all safety requirements and accessibility standards.



**BEFORE**



**AFTER**



## How Can We Make Your Life Easier?

Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

Our accessible bathtub and shower experts can assist you with all of your bathing accessibility needs. With every TubCut install, we provide the safest and most convenient ways for people to take a bath, even when they struggle with a disability or mobility impairment.

Contact us today for all of your accessible bathtub and shower needs. **877-882-2887, [www.tubcut.com](http://www.tubcut.com).**

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# About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

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

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

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

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



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# TRUSTED HOMECARE AGENCY:

## Serving Veterans with Free Supplemental Home Healthcare

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

### SKILLED NURSING CARE:

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

### BENEFITS:

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

### HOME HEALTH AIDES:

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

### BENEFITS:

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

### PHYSICAL AND OCCUPATIONAL THERAPY:

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

### BENEFITS:

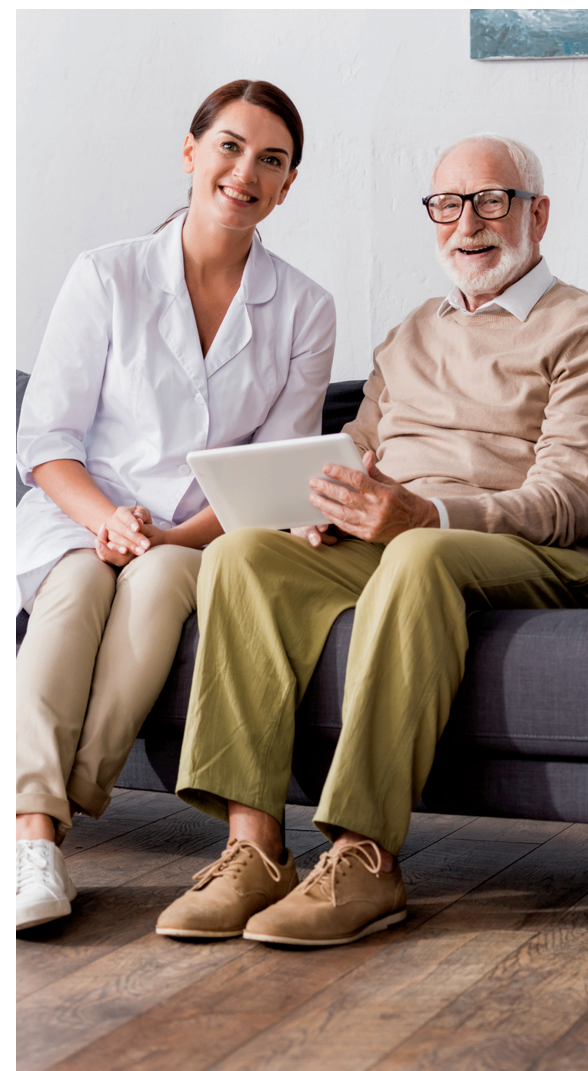
- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

### PALLIATIVE CARE:

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

### BENEFITS:

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



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

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

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

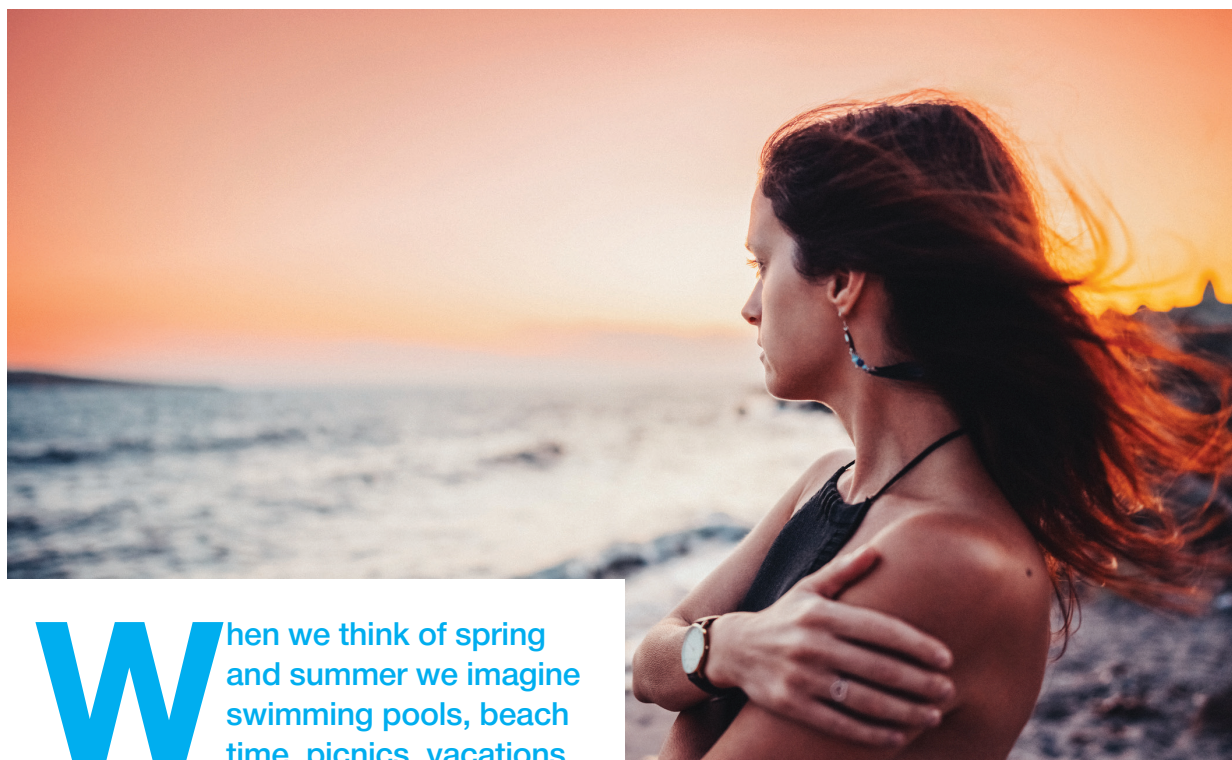
**Do you use  
the VA medical  
at least once a year?**

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

**Are you in need of  
home healthcare?**



# WHY DO I HAVE THE SUMMERTIME BLUES?



**W**hen we think of spring and summer we imagine swimming pools, beach time, picnics, vacations and loads of fun-in-the-sun. Our emotions are supposed to be happy and carefree and we don't usually imagine depression or anxiety during the summer months.

So why does summer mean increased depression, anxiety and headaches for me or my loved ones?

The answer is simple....**INFLAMMATION**. But what exactly is inflammation?

The term for opening of capillaries and increased flow of blood is called vasodilation. Capillaries open and an increase in blood flow occurs in the area. An area of injury may visibly swells up and we describe the area as "swollen" or "inflamed". In the case of body temperature, "when we are too hot, blood vessels supplying blood to the skin can swell or dilate (vasodilation). This allows more warm blood to flow near the surface of the skin, where the heat can be lost to the air." After healing or a reduction in body temperature, the capillaries return to normal through a process called vasoconstriction. This process is happening on an almost consistent basis during the summer months when temperatures can reach into the 90's to 100's, even in the evenings and early mornings.

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

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

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

## What are some causes of vasodilation or increased blood flow in the brain?

- Heat or increased body temperature
- Inflammatory foods such as Gluten or Dairy
- Traumatic Brain/Head injuries
- Concussions
- Viruses such as Lyme
- Medications such as Antibiotics or Anesthesia
- Illness, Sinus irritation or colds/flu

## What happens if there is increased blood flow (inflammation) in a part of the body that we cannot see?

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

## Some of the symptoms that result from Brain Inflammation are:

- Depression
- Anxiety or related disorders
- Brain Fog
- Fatigue
- Trouble with memory
- Trouble with concentration
- Trouble with learning
- New allergies or sensitivities to food
- Headaches
- Irritability
- Increased pain
- Insomnia or sleep problems

## HOW DO I FIX BRAIN INFLAMMATION?

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

## WHAT IS AN EEG STUDY?

An EEG study or QEEG (Quantitative EEG) is also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent





to be read and analyzed. We provide a summary of significant findings and the report shows the result of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas of the brain have increased blood flow by indicating what areas of the brain have excessive amounts of slower neuron activity (slow neurons promote more blood flow). Another study that can be helpful is the SPECT scan.

**HOW CAN NEUROFEEDBACK HELP?**

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

**HOW DO I GET STARTED?**

Getting started is easy, just send us a message. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. E-mail or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. E-mail us at [info@bocabraincenter.com](mailto:info@bocabraincenter.com), or text us at (561) 206-2706 or visit our website at [www.BocaBrainCenter.com](http://www.BocaBrainCenter.com).





**Renee Chillcott, LMHC**

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



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By David A. Goldman MD

**W**hile there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The Ophthalmologist'.

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

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

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# Don't Give Up!

Brent Myers

**O**K. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

**Perseverance reveals our conviction.** Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

**Perseverance reveals our commitment.** In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.



Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

**Perseverance reveals our character.** Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!



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