

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

Health & Wellness[®]

MAGAZINE

September 2025

North Palm Beach Edition - Monthly



FREE



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**A LABOR (DAY) OF LOVE
SHOW YOUR SCALP
SOME AFFECTION FOR ALOPECIA
AWARENESS MONTH**

**WHAT DOES A COMPLETE BLOOD
COUNT (CBC) REVEAL ABOUT
BLOOD CANCERS?**

**BREAKTHROUGH
LASER TREATMENTS
BRINGS HOPE TO SPINAL
STENOSIS SUFFERERS**

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

REAL DENTAL IMPLANTS





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AMANDA ACHONG, ESQ

- Florida State University
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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
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- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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CONTACT US
OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

**BERRYMAN**
Marketing Group LLC

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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sybil@sflhealthandwellness.com

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A LABOR (DAY) OF LOVE

Show Your Scalp Some Affection for Alopecia Awareness Month

by Alan J. Bauman, MD, ABHRS



September, to many, is about as good as it gets. Cooler temps, shorter days, and leaves changing colors all usher in the start of autumn.

But before you grab your pumpkin spice latte and break out the rake from your shed, this month begins by paying tribute to the countless hard-working Americans punching in and out every day. Labor Day, a time of relief and relaxation, is the perfect time to celebrate the workforce by giving them what they deserve most: a relaxing day off.

Believe it or not, the workforce and your scalp are in need of the exact same thing, as being overworked and stressed out leads to potential burnout for your follicles. It's fitting, as September is also Alopecia Awareness Month, a term that I'm sure many of you recognize but might not be entirely sure what it means.

To put it simply, alopecia is hair loss. There just so happens to be a slew of forms possible, so to avoid any potential confusion, we'll just stick with the usual suspect — androgenetic alopecia. More commonly

known as male (and female) pattern baldness, androgenetic alopecia makes up roughly 95% of all hair loss cases.

How has it become so prevalent? AGA is typically brought on by the hormone DHT, which causes hair follicles to shrink, resulting in a decrease in hair production. In cases of men, AGA begins with a receding temple and hairline, along with decreased coverage in the crown or back of the head, as well as on the top of the scalp. With women, AGA attacks the frontal half of the scalp with diffuse thinning, making the temples a potential target.

While we might be taking some time off to start the month, our team at Bauman Medical is dedicated to giving your scalp the TLC it deserves. While a day off will undoubtedly help you, we have the tools to truly help your hair. Our work leads us to new cutting-edge treatments that combat AGA and much more, such as:

FOLIX HAIR GROWTH LASER

When it comes to putting in work for hair restoration, our team at Bauman Medical knows a thing or two about the impacts of laser therapy. That's why I'm excited to reveal that our clinic is one of only a few practices in America to utilize the FoLix Hair Growth Laser, courtesy of Lumenis.

FoLix, a non-invasive and FDA-approved laser treatment, is a game-changer in the realm of androgenetic alopecia. By using fractional photothermolysis, we're able to target specific portions of the scalp to stimulate hair growth. You might be wondering, "What is photothermolysis?" Simply put, it involves heating specific cells and tissues using light energy. Think of the lasers used for tattoo removal but with none of the discomfort.

What sets Folix apart from traditional methods of hair restoration, such as microneedling, is the level of control we now possess. With this precision, patients will be greeted with a procedure for hair growth that is not only safe but also comfortable, instilling a sense of security and confidence.

The standard for FoLix treatment takes place over 4-6 sessions, each spaced one month apart, with periodic maintenance to follow. Beginning with pre-treatment, patients are provided protective eyewear before their hair is sectioned to show thinning areas. Now, the work really gets going. A member of our team will apply the laser handpiece and its cooling tip, working across the thinning zones in a grid-like pattern. As the laser pulses, patients can expect a warm heat across those spots.

We now enter the post-treatment period, during which patients may notice a slightly redder scalp than usual, similar to the appearance of your skin after being in the sun for too long. But despite the redness for a few hours, there's no discomfort, no downtime! That means getting back to work, or in this month's case, back to a day of R&R. Some basic care tidbits to keep in mind, though, are avoiding scalding hot showers or abrasive chemicals on your scalp.

A streamlined procedure, FoLix results will begin to show after the first two or three treatments. This is



Before and 6 months after using the Bauman TURBO LaserCap



Before and 12 months after PRP by Dr. Alan Bauman

when reduced shedding and increased volume will appear. After the subsequent two sessions, new baby hairs and improved density begin to appear. If you're back in the office for measurements, we can see exactly how well you're responding in each zone. Within about half a year, most patients notice significantly fuller areas that were previously weak.

Despite the impacts of FoLix, things like androgenetic alopecia simply don't stop. Because of this, it's integral to keep up with maintenance following the initial treatments. Much like using minoxidil or PRP, FoLix works best over time with additional laser sessions to maintain follicle activity and prevent potential regression. A few times a year, for 30 minutes at a time, and your follicles will be working like never before.

While FoLix showcases the boundary-pushing science around hair restoration, that doesn't mean it can't work hand-in-hand with other proven treatments. Those familiar with Bauman Medical know about some of these staples that pair perfectly with the new kid on the block:

HAIR FOLLICLE STEM CELL BANKING

While you're on your way to cash your check at the bank, why not stop into our facility and make a follicle deposit? Hair Follicle Stem Banking offers immense benefits for current and future procedures. By collecting stem cells directly from your hair follicles, we can cryopreserve them to use for treatments like topical scalp solutions or hair follicle cloning.

With untapped potential beyond hair loss treatment, Hair Follicle Stem Cell Banking enables your body to work for you now and in the future. From skin rejuvenation to orthopedic treatments, and even possible organ repair and replacement, stem cell banking offers a truly personalized plan that extends well beyond your initial deposit.

STEMGRO™

Ready to make a stem cell withdrawal? Putting your cells into something like STEMgro™ is a savvy move toward hair regrowth. A pain-free, personalized topical treatment in-office derived from your own hair follicle stem cells, STEMgro™ continues to break new ground with ongoing clinical trials that are furthering its development toward injectable treatments. Looking into the future, we've even seen the possibility of hair follicles cultivated in the lab, all tailored to your scalp and your scalp only.

LOW-LEVEL LASER THERAPY

A tried-and-true hair growth solution at Bauman Medical, our award-winning Bauman Turbo LaserCap® brings the benefits of FoLix to you. Whether you're in the office or chilling on the couch, all you need is five minutes out of your busy day for robust hair. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TurboCap will certainly put in the work for hair regrowth during and after hours.

PRP & PDOGRO™

FoLix isn't the only procedure that couples convenience and pain-free. Another Bauman Medical classic, you won't even feel or notice our PRP procedure. All we need from you is a small blood sample for massive results. We separate the platelets from your blood and concentrate them before gently reapplying them into your scalp.

For even more vigorous hair regrowth, you can combine PRP with PDOgro™, our FDA-cleared, delicate, and absorbable polydioxanone threads that stimulate numerous scalp functions essential for hair regrowth. This absorbable material activates your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. Performed in our comfortable outpatient procedure, PDOgro™ requires no recovery or aftercare, allowing you to sit back and relax.

LEARN MORE

This Labor Day, treat your hair to the same care you deserve with a relaxing visit to our team at Bauman Medical. If you're feeling overworked, just imagine how your scalp is feeling. Let our experts take the lead on this project. Call 561-220-3480 or point your camera at the QR code below to schedule a private one-on-one in-person or virtual evaluation at www.baumanmedical.com.



About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRs
Hair Loss Expert

With over 28 years of specialization in hair restoration, he offers an impressive array of state-of-the-art technologies, including proprietary hair restoration procedures, low-level laser light therapy, customized hair growth medications, supplements, and other modalities that produce excellent results. Thanks to his many tools, you may not even need a transplant!

Dr. Bauman's "Hair Hospital," housed in a dedicated 12,000-square-foot building, is recognized as one of the premier hair restoration practices in the country.

As one of approximately 250 physicians worldwide to achieve board certification from the American Board of Hair Restoration Surgery (ABHRS), Dr. Bauman has treated over 35,000 patients. He's also a pioneer in numerous technologies in the field of hair restoration, both for diagnostics and treatment.

In recognition of his expertise, Dr. Bauman was voted "#1 Top Hair Restoration Surgeon" in North America by Aesthetic Everything for the 9th consecutive year, "Top Hair Restoration Surgeon of the Decade", and received the 2022 "Lifetime Achievement Award in Hair Restoration."

Forbes magazine recognized him as one of "10 CEOs Transforming Healthcare in America" for bringing restorative hair treatment into the mainstream and pioneering robotic technologies.

Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



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

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

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

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

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

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

Does this disabled child receive government benefits?



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WHAT DOES A COMPLETE BLOOD COUNT (CBC) REVEAL ABOUT BLOOD CANCERS?

A CBC (complete blood count) is a common blood test that measures and evaluates the different types of cells in the blood. While it is often part of a routine health checkup, it is also one of the first tests commonly used to detect signs of many types of blood cancer.

A CBC is usually done at a lab or hospital. You may need to follow special instructions beforehand, such as stopping certain medications that can affect results. During the test, blood is drawn from a vein in your arm using a needle. The blood is collected in a labeled tube and sent to a lab, where a technologist uses specialized equipment to examine your blood cell counts.

The ABCs of CBCs

Think of a CBC like a quick snapshot of your blood—sometimes it can feel like reading an alphabet soup of medical abbreviations. Key parts of the test include:

- **White blood cells:** Part of the immune system that fights infections and other diseases
- **Red blood cells (RBCs):** Cells that carry oxygen throughout the body
- **Hemoglobin (Hb):** The specific protein in RBCs that carries oxygen
- **Hematocrit (Hct):** The percentage of blood made up of red blood cells
- **Platelets:** Fragments of cells that help with blood clotting

This “alphabet soup” gives doctors important clues about your overall blood health. A CBC can detect signs of anemia, infection, inflammation, potential bleeding problems, or certain blood disorders, and it can help track the effectiveness of treatments.

CBC Reference Chart

This reference chart shows the main components and typical normal ranges for a CBC test:

Component	Typical Normal Range	Function/Notes
White Blood Cells (WBCs)	4,200 - 10,000 cells per microliter	Fight infection and support immune function
Red Blood Cells (RBCs)	Females: 3.8 - 5.4 million cells per microliter Males: 4.3 - 6.3 million cells per microliter	Carry oxygen throughout the body
Hemoglobin (Hb)	Females: 12.0 - 16.0 grams per deciliter Males: 14.0 - 18.0 grams per deciliter	Protein in RBCs that carries oxygen
Hematocrit (Hct)	Females: 37% - 47% Males: 41% - 51%	Percentage of blood made up of red blood cells
Platelets	150,000 - 450,000 per microliter	Help with blood clotting to prevent bleeding



If your CBC results are outside the normal range, it doesn’t automatically mean something serious. Sometimes the cause can be simple, but it may also point to certain health conditions.

While a CBC is an important first step in detecting possible blood cancers, it is not enough by itself to confirm a diagnosis. Abnormal results typically prompt further tests — such as a peripheral blood smear, bone marrow biopsy, imaging, or genetic testing. These are necessary to confirm the presence, type, and stage of cancer and guide steps for treatment. What are blood cancers?

Every three minutes, someone in the U.S. is diagnosed with blood cancer, which is an umbrella term that covers leukemia, lymphoma, and myeloma and other cancers that affect the blood and lymphatic system.

Although the specific causes remain largely unknown, scientists have learned that blood cancers develop when the DNA in immature blood cells becomes damaged or mutated. This triggers uncontrolled cell growth that crowds out healthy cells, leaving less room for normal blood production and weakening the immune system.

- Leukemia develops when the bone marrow makes large numbers of abnormal white blood cells that don’t work properly and crowd out healthy blood cells. Unlike most cancers, leukemia doesn’t form tumors.
- Lymphoma is a cancer of the lymphatic system, which helps remove excess fluid and produce immune cells. It begins when abnormal lymphocytes (a type of white blood cell) grow uncontrollably and build up in lymph nodes and other tissues.
- Myeloma affects plasma cells and disrupts normal antibody production, weakening the immune system and increasing infection risk.

Many blood cancers can start with vague or nonspecific symptoms such as fatigue, fever, night sweats, weight loss, or frequent infections. Because these symptoms are common to many less serious conditions, it can be difficult to recognize blood cancers early without blood tests or medical evaluation.

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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ALTITUDE WATER AND GOOD VIBRATIONS PARTNER TO DELIVER LIFE-CHANGING ATMOSPHERIC WATER AND FREQUENCY-INFUSED WELLNESS THROUGH AQUA MOTION™

Lauderdale Lakes, FL – Altitude Water, a leading Atmospheric Water Generator (AWG) manufacturer headquartered in South Florida known for their life-changing technology providing water access to global communities, has announced a new distribution partnership with Aqua Motion™, a division of 501(c)(3) non-profit Good Vibrations Music Co dedicated to providing frequency-infused wellness to in-need communities across the world.

"When we sponsored Good Vibration's Aqua Motion™ Float Training last month, we saw first-hand the true power their frequency technology had on those battling physical pain," said Jeff Szur, Founder and COO of Altitude Water. "Now, our machines have the opportunity to be part of this amazing initiative, one that will provide healing and even education on a wider scale."

Specializing in Frequency Infused Music® (FIM), Good Vibrations Music Co.'s Aqua Motion™ program combines uniquely-crafted therapeutic sounds with restorative movements and soothing warm water, a perfect holistic solution for over-stressed bodies and minds. As a distributor for Altitude Water, Aqua Motion™ will gain access to Altitude's units, with the Trident-12 being able to produce 15 gallons of purified, drink-safe, and bacteria/impurity free water daily.

Additionally, as part of the partnership, Aqua Motion™ will be including educational modules on the benefits and integration of AWG technology in their upcoming Sound-and-Water Therapy Certification programs, amplifying Altitude's goal of bringing water and healthy lifestyles to those around the world while increasing AWG awareness across the spa, wellness/self-care, and even post-disaster support sectors.

"Water and frequency are the two most powerful forces on the planet," said Kathleen Haden, Founder of Good Vibrations Music Co. "This new partnership will open incredible doors for both our teams, and we will bring hydration, healing, and hope to vulnerable communities across Florida and beyond."



Szur added, "We feel extremely blessed to have met Kathleen and Co-Founder John Anthony in our search for like-minded partners. We have learned so much about frequency, how it affects water, and the effect it has on our bodies- we can't wait to educate the public on its benefits."

About Altitude Water



Altitude Water (<https://altdwater.com/>) is a leading manufacturer of several types of Atmospheric Water Generators (AWGs) from residential and light commercial machines to heavy duty military-grade machines that produce water anytime, anywhere. Since 2008, Founder and COO Jeff Szur has dedicated his career to the AWG sector, and in 2009 he developed the first ozone purification machine in Trinidad before bringing his knowledge to the U.S. market. For nearly 20 years, Szur has studied extensively the dangers of water scarcity, a rising global problem impacting over 4 billion people globally, as well as health problems caused by plastic in our environment and the microplastics in our water supply. A leader in innovation, Szur has been instrumental in the development of Altitude Water's Atmospheric Water Generators, machines designed to drastically improve water accessibility around the globe.

Altitude Water has partnered with non-profits Aquavera, Jean Felicien Gacha Foundation, and L'Oreal Women Sustainability Fund, Footprint Project, Mind Army, Grassroots Aid Partnership, Noah's Arc, Amy Grant, and Vince Gill, as well as, for-profit companies New Use Energy, IFSC, African Solar Generation, and numerous suppliers.

About Good Vibrations Music Co.

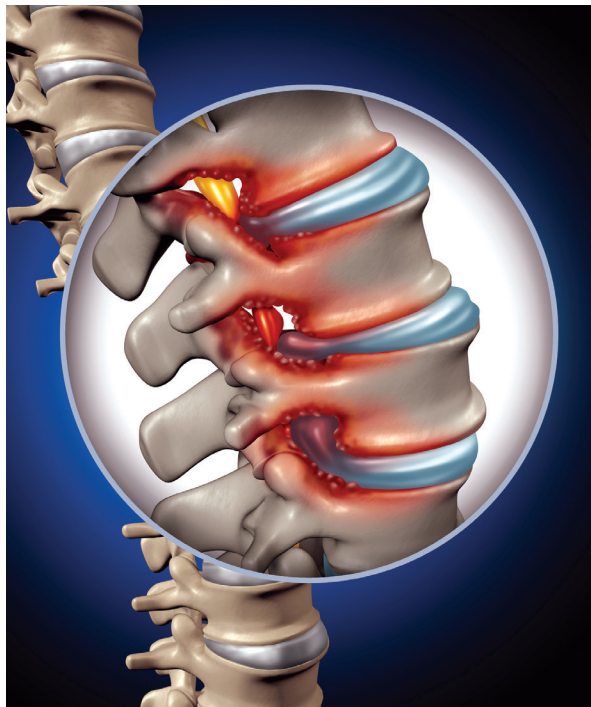


JOURNEY THRU SOUND GOOD VIBRATIONS MUSIC CO.

Good Vibrations Music Co., Inc. is a 501(c)(3) non-profit specializing in Frequency Infused Music® (FIM) and vibrational therapy. Our diverse team includes musicians, movement specialists, scientists, woodworkers, and dreamers. We craft our own music, recorded at 432 Hz, blending melodies with frequencies tailored to specific conditions. Additionally, we design, build, and assemble vibrational products for a wide clientele, from individuals to medical professionals and spas.

<https://goodvibrationsmusicco.com/>
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pages/aqua-motion](https://goodvibrationsmusicco.com/pages/aqua-motion)

Breakthrough Laser Treatment Brings Hope to Spinal Stenosis Sufferers



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

Understanding the Epidemic of Spinal Stenosis

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

Revolutionary Stealth, Micro, Pulsed Laser Therapy

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

The Science Behind the Success

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

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

Expert Care from a Pioneer in Laser Medicine

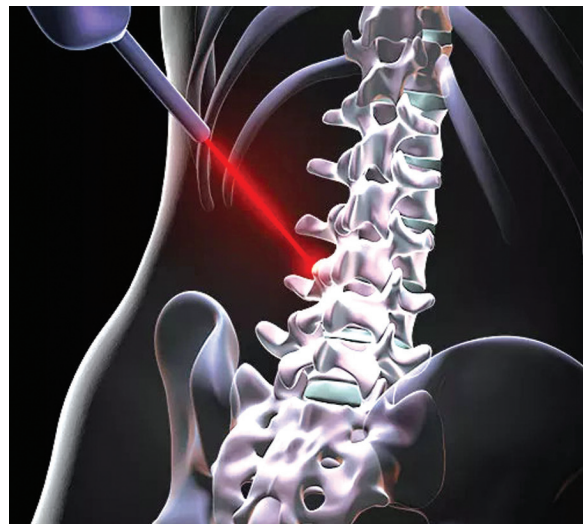
Dr. Costello brings over four decades of specialized experience to every treatment. As a board-certified chiropractic orthopedist trained by experts from the Texas Back Institute, he has developed exclusive proprietary treatment protocols unavailable anywhere else in the world. His unique combination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

The Comfort of Concierge Treatment

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

Every 30 minute in home treatment session is:

- Performed personally by Dr. Costello
- Delivered in the comfort of your own home
- Tailored to your specific condition
- Designed for optimal therapeutic results



Beyond Spinal Stenosis

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

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

A Better Path to Healing

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

The Future of Pain Management is Here

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

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



JOSEPH A. COSTELLO
CHIROPRACTIC ORTHOPEDIST - SINCE 1985
CHIEF OF LASER MEDICINE

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Real Deal Dental Implants

Dental implants are a hot topic. By age 45 most of us are missing at least one tooth. If you need one or more dental implants, you know there is a lot of information to sift through.

Looking online you might see offers, even bargains for dental implants. Don't be fooled. Dental implants come with risk. To ensure your dental implants last a lifetime, you need an experienced dental implant surgeon who uses only top-quality materials.

Buyer Beware: Low Quality Dental Implants on Market

In recent years, the U.S. market has seen infiltration of clone implants from China, Eastern European and South American countries. Clone implants pose risks because:

- Clone implants are not specifically designed for your mouth.
- Some contain mixed metals that can cause adverse reactions.
- Higher rates of failure which can be painful and costly.

Dental Implants Done Right

Dental implants are an investment in your health and appearance.

Dental Implant Specialist Dr. Lee R. Cohen uses surgical-grade, titanium dental implants made by leading manufacturers. It's one reason why his patients have a 97% success rate.

- Look and feel totally natural.
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- Biocompatible to bond with your body.

Big Benefits & Better Living

When you have top quality dental implants placed by a specialist, you enjoy moments more. Dental implants grant you the freedom to eat what you like, share conversations without worry, and smile for photos again.

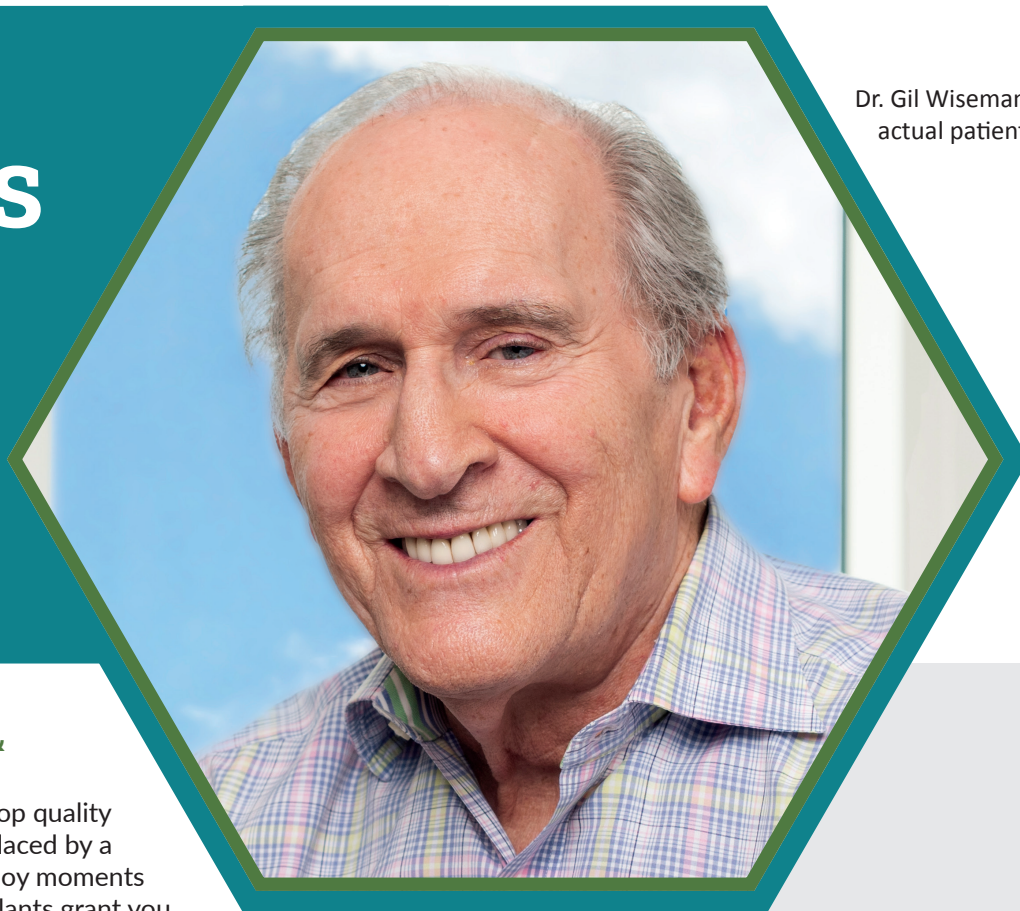
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Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.



Dr. Gil Wiseman
actual patient

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- Make a treatment plan that meets your needs and budget.

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About Dr. Lee R. Cohen

Dr. Lee R. Cohen, D.D.S., M.S., M.S. is a dual-board certified periodontal and dental implant surgeon.

- NYU, Doctor of Dental Surgery; Management

- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



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CHRONIC LOW BACK PAIN TREATMENT



Mechanism of Action in Spinal Pain

The intervertebral discs and facet joints are common sources of LBP, often due to degenerative changes. PRP therapy targets these areas by delivering growth factors that promote cell proliferation, matrix synthesis, and anti-inflammatory effects. Studies have demonstrated that PRP can stimulate cell proliferation and metabolic activity of intervertebral disc cells, suggesting potential benefits in disc regeneration.

Clinical Evidence Supporting PRP for Low Back Pain

A systematic review published in Biomedicine evaluated the efficacy of PRP injections in managing LBP. The review highlighted that PRP might restore both structure and function in spines affected by disc degeneration. The authors concluded that PRP injections could be a viable therapeutic option for patients with degenerative disc disease, offering pain relief and functional improvement.

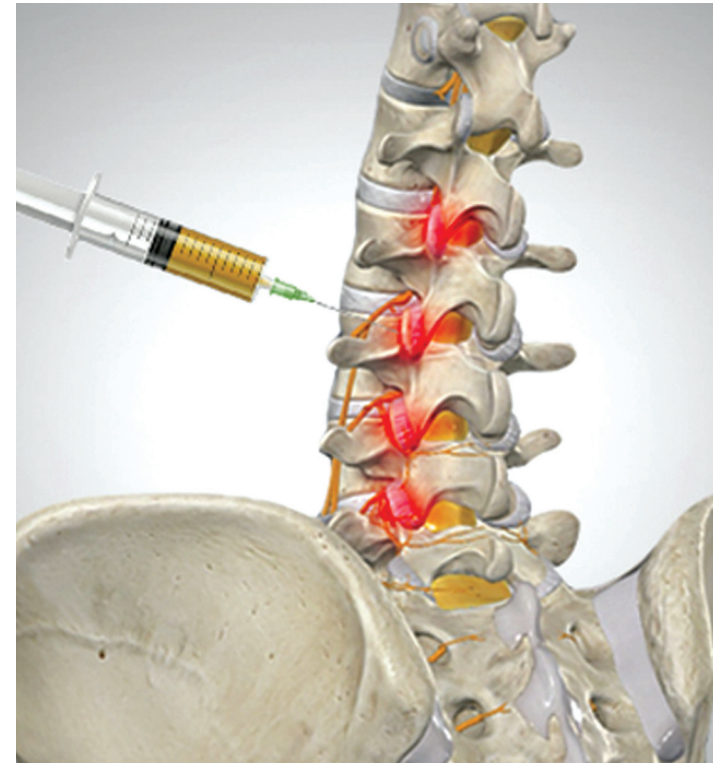
Another critical review in the Journal of Pain Research assessed the role of PRP in managing chronic LBP. The study reported that PRP injections are safe and effective in reducing back pain, with patients experiencing significant improvements in pain and function. The authors emphasized the need for further large-scale studies to confirm these findings but acknowledged the potential of PRP as a minimally invasive treatment option.

Comparative Studies: PRP vs. Corticosteroids

Steroid injections are commonly used for LBP management due to their anti-inflammatory properties. However, their effects are often short-lived, and repeated use can lead to adverse effects. A systematic review with meta-analysis compared the clinical efficacy of PRP against corticosteroids for treating LBP. The study found that PRP provided more sustained pain relief and functional improvement than corticosteroids, suggesting that PRP could be a superior alternative for long-term management of LBP.

Safety and Considerations

PRP therapy is generally considered safe, given its natural source, which minimizes the risk of immune reactions and disease transmission. Reported side effects are typically mild and may include temporary pain at the injection site. However, as with any medical procedure, it's essential to consult with a qualified healthcare provider to determine if PRP therapy is appropriate for your specific condition.



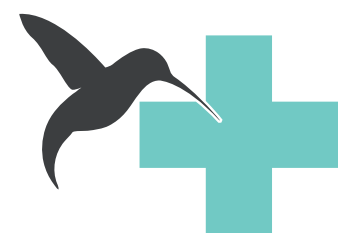
Conclusion

Emerging peer-reviewed research indicates that PRP therapy holds promise as an effective treatment for spine-related pain, particularly in cases of degenerative disc disease and chronic LBP. While initial findings are encouraging, further large-scale, randomized controlled trials are necessary to establish standardized protocols and confirm long-term efficacy. As the field of regenerative medicine advances, PRP therapy may become a cornerstone in the non-surgical management of spinal pain, offering hope to those seeking relief from chronic pain.

Chronic low back pain is a condition that can significantly impact your quality of life, limiting activities and even interrupting sleep. Traditional treatments such as physical therapy, medications and surgery, often have limited success and may carry risks. In recent years, Platelet-Rich Plasma (PRP) therapy has emerged as a promising regenerative treatment for spinal pain.

Understanding PRP Therapy

PRP is a suspension of platelets in plasma, obtained from your own blood. PRP contains a high level of growth factors and substances called cytokines that play a crucial role in tissue repair and regeneration. It is generally painless to obtain, using a simple blood draw followed by several processing steps to concentrate the platelets to the desired level. For pain involving the spine, concentrated PRP may be injected into ligaments, joints, discs, around nerve roots or all the above. This approach aims to enhance the body's natural healing processes.



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ANYONE CAN SUFFER FROM ANXIETY & DEPRESSION

NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

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

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

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

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

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

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

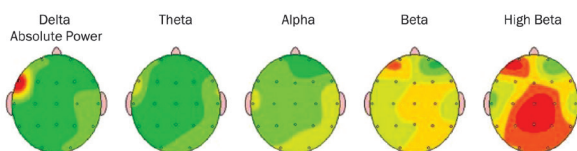
I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing mood disorders in young children is very difficult and not usually done unless symptoms are severe. In most cases, symptoms manifest at an older age when they are abnormal for the

age or stage of development. And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

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

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

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



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

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

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

As they reach the teenage and adult years, the problem can become more apparent and more severe:

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

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

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

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

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

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60’s. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider “range of motion” in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen.

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

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

WHAT IS AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

At our center, our goal is to teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. **Examples of those positive changes may be:**

- Sleep patterns/quality of sleep
- Energy levels, calmer or more activated
- Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues
- Mood or emotions
- Motivation and organization
- Feelings of Well Being
- Obsessive behaviors or thoughts
- Memory/cognitions
- Anxiety patterns or trauma patterns
- Coping
- Regulation
- Learning, communicating, and/or performance

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

The QEEG is a quantitative EEG. It’s also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves

with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist be read and analyzed. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

We don’t always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

IS THERE ENOUGH RESEARCH?

Neurofeedback has been researched since the 60’s. Here are some resources for research. We have several journal articles, studies and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

Look up the work of:

Dr. Joe Kamiya and Dr. Barry Sterman (Credited for earliest development of Neurofeedback).

Look for specific researched conditions:

<https://www.eeginfo.com>

<https://www.isnr.org>

<http://www.eegspectrum.com>

Print Resources:

Journal of Neurotherapy

Neuroregulation

Applied Psychophysiology and Biofeedback

A Symphony in the Brain: The Evolution of the New Brain Wave

Biofeedback (Curtain Up) Paperback – 31 May 2001 by Jim Robbins.

Healing Young Brains: The Neurofeedback Solution Paperback –

15 May 2009 by Robert W. Hill, Eduardo Castro.

HOW DO I GET STARTED?

Getting started is easy. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that in a telephone consultation. Call, email or text message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at **info@bocabraincenter.com**, or text us at **(561) 206-2706** or visit our website at **www.BocaBrainCenter.com**.



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Common Myths About Your Eyes

By David A. Goldman MD

Just because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eye-glasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



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DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.



One Another

It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**
- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.



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