

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

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

October 2025

North Palm Beach Edition - Monthly



**FREE**



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**HAVE NO FEAR...  
BECAUSE BAUMAN  
MEDICAL HAIR  
TRANSPLANTS ARE HERE!**

**TRUSTS ARE NOT JUST  
FOR THE WEALTHY**

**BEYOND THE BLOAT,  
UNDERSTANDING SIGNS  
OF OVARIAN CANCER**

**AIRLINE TRAVEL  
AND HEARING LOSS**

**GOODBYE  
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## TRUSTED LAW

### AMANDA ACHONG, ESQ

- Florida State University
- Western Michigan University Cooley Law School

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

# Revocable Living Trust

## ATTENTION SENIORS:

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

### The Cost of a Revocable Living Trust

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# HAVE NO FEAR...

## Because Bauman Medical Hair Transplants are Here!

by Alan J. Bauman, MD, ABHRS



**W**ith Halloween right around the corner, I'm sure many of you are flocking to your local Halloween store to get ready for this year's costume party. Whether dressing up as your favorite superhero or horror icon, nothing beats the fun of changing up your style for a night.

What's not so fun? Having to change up your look for weeks at a time. No one will pay you any mind on Halloween. But a few weeks after? People start to notice. Being forced to switch up your style for an extended period of time is just one of the many fears surrounding hair transplants. No monster or ghost is as terrifying as the old-fashioned approach to hair restoration.

Not only is the old methodology just begging for unwanted attention, but there's also the pain that comes with redefining your scalp. It doesn't matter how tough you are — anytime you can avoid pain, the

better. The urban legend surrounding hair transplants is one that could frighten even the bravest of souls while sharing scary stories around the fire.

Rest assured now that my team and I here at Bauman Medical can prove to you that these fears are purely hearsay in the modern realm of hair restoration. With our advancements in hair transplants, we provide results without the pain and spotlight of archaic methods of the past. With treatments like this, you'll be enjoying all the treats without worrying about the tricks, feeling reassured and at ease.

### FUE

Gone are the days of plugs that feel more suitable for Frankenstein's monster. While these dominated the world of hair restoration in the 1970s, 1980s, and early 1990s, it's a whole new ballgame in 2025. No pain and one-hundred percent natural, FUE speaks volumes to how far we've come, making you feel confident and satisfied with the results.

FUE, or Follicular Unit Extraction, improves upon the outdated and invasive method of strip harvesting and instead opts for harvesting individual hair follicles directly from the scalp: no scalpel, no stitches, just accurate and comfortable follicle gathering. Along the way, we couple the expert skills of our team with state-of-the-art procedures and specialized mechanical instruments to ensure a safe and efficient procedure.

Upon completion, patients will walk out of the clinic without carrying a linear scar, making it an effective option with little downtime and no pain. And before you go and book a flight out of the country to get a questionable procedure, keep in mind — Boca Raton is beautiful this time of year.

### VI|FUE™

When it comes to horror movies, the sequel to a classic is more often than not a disaster. When it comes to FUE, though, it's quite the opposite. With the VI|FUE™ procedure, we take the already effective FUE harvesting method and make it even more discreet. With no need for any type of shaving or trimming, it'll be like we weren't even operating on your scalp.

While modern hair transplants are nothing to fear, that doesn't mean it's the only solution for hair loss. At Bauman Medical, we believe in taking proactive measures to ensure that a transplant is a last resort. From at-home products like FDA-cleared hair growth shampoos and conditioners to in-house procedures such as Low-Level Laser Therapy and Platelet-Rich Plasma treatments, we have the tools to turn back the clock.

### LOW-LEVEL LASER LIGHT THERAPY CAPS

This fall, you can leave the baseball cap at home by opting for my trademarked Bauman TURBO LaserCap®. Instead of spending a whole day out of the house hid-



ing your hair away, why not spend a few minutes in the comfort of your own abode, revitalizing your scalp? FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO LaserCap® will have your hair looking like the star of the show at your next Halloween party.

### PRP PLATELET-RICH PLASMA

While Dracula might want your blood for hunger, we use your blood to help you. Yes, with PRP, you can help us achieve your hair restoration goals. By drawing a small blood sample, we're able to isolate the platelets found from within. After this, we concentrate these platelets to inject them into your scalp. Thanks to you, our team is able to invigorate the scalp for hair growth. And don't worry, we don't bite. But even if we did, PRP is painlessly injected while under local anesthesia—an hour's time for a year's gain or more.

### PDOgro™

Coming to a theater near you is the exciting sequel to the acclaimed PRP procedure — PDOgro™. In this venture, the best of PRP remains, complemented by Bauman Medical's delicate and absorbable polydioxanone threads. A pairing sure to be loved by audiences, this combination sparks a variety of scalp functions that are essential to hair regrowth. FDA-cleared, these threads activate your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. Completed in our secure outpatient procedure, PDOgro™ is the perfect option for those seeking effective hair regrowth without worrying about recovery or aftercare.

### TED

Speaking of no recovery, our TransEpidermal Delivery is another state-of-the-art procedure coupling non-invasive techniques with effective hair growth. TED is a way of administering a hair growth serum to penetrate your scalp. This serum contains all the essential components for a healthy scalp, such as amino acids, influential growth factors, and advanced peptides. All of these combined lead to increased blood flow, stronger hair fibers, decreased shedding, and stimulated hair follicles. In turn, you've got the perfect concoction for a robust scalp and robust hair.



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

### TED w/EXOSOMES

Just like how we text friends and family about plans for Halloween and fall, the exosomes in our bodies also communicate near and far. While they don't talk about what they have going on this weekend, exosomes do allow information sharing across the body for cells.

See, this is important because exosomes contain nucleic acids, growth factors, and other proteins that are integral for overall rejuvenation and repair. By combining your exosomes with our already established TED procedure, your journey through the realm of hair growth will be expedited.

### LEARN MORE

Having worked with hair restoration for so long, I understand that the idea of losing something so prominent can be quite a scary thought. Because of this, the Bauman Medical team and I believe it is essential to make the process one that is exciting and hopeful. With all the horror stories of hair transplants from the past, we're here with you every step of the way through this endeavor. Regardless of whether you have questions or concerns, we've got you covered. 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.



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.  
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# TRUSTS ARE NOT JUST FOR THE WEALTHY

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



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

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

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

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

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

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

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

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

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

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

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# BEYOND THE BLOAT, UNDERSTANDING SIGNS OF OVARIAN CANCER

**W**omen are often told that bloating is just part of life, linked to their cycles, stress or something they ate. But sometimes, persistent bloating is your body's way of signaling something more serious. Ovarian cancer signs and symptoms show up in ways that are easy to overlook or explain away.

Understanding the lesser-known signs of ovarian cancer and being aware of subtle changes in your body could make all the difference.

## Unpacking the Bloat

Bloating can happen for many reasons, especially related to menstrual cycles and hormone shifts. Around ovulation and before your period, changing hormone levels can cause water retention and slowed digestion, leading to that uncomfortable, swollen feeling.

Certain foods like dairy, salty snacks or carbonated drinks can also trigger stomach bloating, especially if you're sensitive to them. Chewing gum can even cause you to feel bloated due to swallowing excess air, triggering gas buildup.

Digestive issues such as constipation, irritable bowel syndrome (IBS), gas buildup or eating too quickly can play a role as well. While these causes are usually harmless and short-lived, bloating that lingers or worsens over time may signal something more and should be checked out.

## What Is Ovarian Cancer?

Ovarian cancer starts in the ovaries, the female reproductive organs that produce eggs and hormones like estrogen and progesterone, and develops when abnormal cells grow and multiply uncontrollably.

Epithelial ovarian cancer is the most common type of ovarian cancer. It starts in the thin tissue covering the ovaries and can also begin in the lining of the fallopian tubes or the abdominal cavity. Tumors can grow quietly and go undetected for some time.

A woman's lifetime risk of developing ovarian cancer is approximately 1 in 91. While the exact cause is unknown, age is a factor—as about half of all cases are diagnosed in women age 63 or older. A family history of ovarian, breast, or colorectal cancer can also increase your chances, especially if you carry inherited gene mutations like BRCA1 or BRCA2. Other risk factors include endometriosis, never having been pregnant and going through menopause later in life. That said, ovarian cancer can still happen to younger women and those without any known risk factors.



## Why Symptoms Are Often Missed

Ovarian cancer doesn't always come with loud or obvious symptoms. Instead, it can creep in with subtle changes that are easy to dismiss.

Common warning signs include persistent pelvic or abdominal pain, feeling full quickly after eating, needing to urinate more often or urgently, or experiencing unusual fatigue or changes in bowel habits, like constipation. Unexplained abdominal swelling, especially when paired with weight loss, is another possible red flag.

Because these signs often mimic everyday issues, they're easy to overlook. As a result, most cases are diagnosed at an advanced stage, after the cancer has already spread. Any new symptoms that are persistent or worsening deserve attention.

## Gynecologic Cancers Share Symptoms, So Know Them All

Ovarian cancer is just one of several gynecologic cancers that can affect women, and many of them share overlapping symptoms. Uterine cancer, cervical cancer, vaginal cancer and vulvar cancer can all cause subtle changes like unusual bleeding, pelvic pain or changes in discharge. Because these signs can seem like minor or routine health issues, they're often brushed aside.

However, early detection is key, since many gynecologic cancers have a better prognosis when they are caught early. Paying attention to symptoms and keeping up with regular checkups, including pelvic exams and Pap smears when recommended, can make a critical difference in your health journey.

## Feeling Off? Here's Your Next Move

Listening to your body and knowing what's not normal for you can be your first step toward catching something early. If you're feeling like something isn't right, or you're facing a cancer diagnosis, don't wait to consult with your primary health care provider or Ob/Gyn. Early action can make all the difference.

## 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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### West Palm Beach

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West Palm Beach, FL 33401-3406

For more information, visit  
**FLCancer.com.**



# AIRLINE TRAVEL AND HEARING LOSS



**T**his month's article is revised from an earlier newsletter because I have had this conversation with more people than usual this year and so thought it was worth revisiting. Traveling with hearing loss can be frustrating and a bit nerve-wracking so this article is designed to give you some information for your next flight.

The Air Carrier Access Act (ACAA) mandates that airlines provide equal access and effective communication to passengers with hearing loss, ensuring they receive the same information and services as other travelers. Passengers must self-identify their hearing loss at various points in the travel process, including when booking, checking in, and boarding, to receive accommodations such as preboarding, captioned safety videos, or visual alerts for gate changes. Airlines must also provide accessible reservation services, and in-flight safety information must be available in accessible formats, including video captions or written materials.

## YOUR RIGHTS AND RESPONSIBILITIES

- **Self-Identify:** Inform airline personnel at every stage of your journey about your hearing loss and need for assistance.
- **Request Accommodations:** Ask for preboarding if you cannot hear gate announcements, and request direct communication for critical information like gate changes.

- **Accessible Information:** Expect captioned in-flight safety videos. If there isn't one, flight attendants must provide written materials containing the same safety information.
- **Information and Reservation Services:** Airlines must provide accessible services, including text telephone (TTY) services or other technologies, for reservations and information.

## KEY PROVISIONS FOR HEARING LOSS

- **Preboarding:** You are entitled to preboard if you cannot hear the announcements to find your seat and prepare before other passengers.
- **Visual Displays:** Airports should have televisions with captions turned on to ensure you have access to information.
- **Communication Aids:** Airlines are required to offer effective communication, which may include video relay services, to bridge communication gaps.

- **Service Animals:** The ACAA requires airlines to permit a service animal to accompany a passenger with a disability, including those with hearing loss.

## STEPS TO ENSURE A SMOOTH TRIP

1. **Before Booking:** Identify yourself with hearing loss when making your flight reservation.
2. **At the Airport:** Self-identify again at the check-in counter, at the security screening, and at the gate.
3. **On the Flight:** Communicate your needs to the flight attendants and ensure they understand you require written or visual safety information.
4. **Advocate:** Don't hesitate to ask for what you need. If you encounter issues, report them to the U.S. Department of Transportation (DOT).



## AUDIOLOGY

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# There Are So Many Beautiful Reasons To LIVE HEALTHY



**O**ne of many conditions successfully treated is Arthritis. Arthritis has several causes:

1. Trauma to a joint.
2. Autoimmune diseases such as rheumatoid arthritis where the body is attacking and destroying its own joints.
3. Deposits of a foreign substance within the joint, the most common would be uric acid crystals inside the joint which is known as gout.
4. The greatest cause of arthritis is abnormal biomechanics.

## How Is It Treated?

Traditional medical management includes immuno-suppressive medications for autoimmune conditions, anti-inflammatories and analgesics. Alternative approaches include exercise, heat, joint manipulation, physical therapy, massage and acupuncture.

## What Can Stealth Laser Treatments Do For Arthritic Conditions?

Laser Therapy :

- Removes inflammation from all tissues involved within the joint as well as increased lymphatic drainage of swollen areas.

- Increases blood flow to the area as well as stimulation of collagen and connective tissue growth.
- Unlike all other forms of treatment, the results are long term.
- Most patients are able to resume activities which they were unable to participate in previously.
- Reduces the formation of scar tissue following tissue damage from cuts, scratches, burns or surgery.
- Increases blood flow (vasodilation and neo-capillary growth) decreases pain and inflammation as well as accelerates the healing of the peripheral nerve endings.
- Free of side effects. There is no heat or discomfort whatsoever in receiving the treatments.
- Stimulates fibroblast development in damaged tissues. Fibroblasts are the building blocks of collagen, which is the essential protein required to replace old tissue or to repair tissue injuries.
- The only treatment which safely helps to control inflammation as well as actually heal the outer fibers of the damaged disc.
- It increases the tensile strength of the outer fibers of the disc making it stronger, more resilient.

## Are You In Pain? You Have 3 Options:

1. Call 561-329-5597 for Complimentary Consultation and Exam with Dr. Costello
2. Pills, Injections, Surgery
3. Live with Pain...



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Published Author and Lecturer on Laser Medicine

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"Health insurance has as much to do with being healthy as life insurance has to do with being alive."

"If you rely on an insurance company's recommended plan for your healthcare needs, we hope you have good life insurance."



# Goodbye Gum Grafts

Gum recession treatment is easier than ever thanks to the Chao Pinhole Technique®. The Pinhole Technique replaces gum grafts with a quick, simple, and non-invasive procedure that works just as well.

## Hello Pinhole

The Pinhole Technique is performed without grafting. Scalpels and sutures are unnecessary. You can expect little to no downtime.

The benefits of the Pinhole Technique are many:

- Less discomfort after treatment
- Fast recovery
- No need for uncomfortable sutures
- No need for scalpels or invasive surgical tools
- No need to take tissue from your palate
- Excellent, natural-looking, long-lasting results

## How Pinhole Works

Gum recession is a common dental problem that requires care.

The Pinhole Technique involves replacing your lost gum tissue with tissue from the immediate vicinity. It's a natural and conservative approach with little risk of complication.

With the Pinhole Technique, a pin-size hole is made in your existing gum tissue, just above or below your tooth. Then, small periodontal instruments are used to gently loosen your gum tissue. The gum tissue is moved into place to cover the exposed root structure of your tooth and restore the appearance of your gumline. Your body simply adjusts to the slight movement in gum tissue and periodontal health is restored.



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**Dental Implants**

**Pinhole Technique**

**LANAP Gum Rejuvenation**

Karen, actual patient



## Better for Your Teeth

Gum recession can lead to tooth loss. When you reverse gum recession with the Pinhole Technique, you're reducing your risk for tooth loss. All while giving your pearly whites a beautiful frame.

## Trained Specialist

Palm Beach Gardens Periodontist Dr. Lee R. Cohen completed postdoctoral training and Pinhole Technique Certification with the doctor who pioneered the procedure. Dr. Cohen sought the training because he wanted his patients to have faster results and less pain. He was one of the first gum surgery specialists in the country to offer the Pinhole Technique.

## We Care a Lot

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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; Master's in Health Policy & Management
- University of Florida, Master's of Science in Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



# IS YOUR CELL PHONE TO BLAME FOR THAT HEADACHE?

**“You’ve probably heard it a thousand times by now, but one of the most common pieces of advice I give patients with neck pain and headaches is to change their cell phone habits.”** – David Woznica, MD, MS

In today’s digital world, our smartphones have become indispensable—but could they also be a hidden culprit behind your persistent headaches and neck pain?

## The Connection Between Your Phone and Pain

Many individuals unknowingly suffer from a condition called **cervicogenic headaches**, which stem from issues in the neck. “These headaches often involve pain on one side of the neck and head, and in some cases, even radiate down the arm,” explains Dr. Woznica. Another variety can cause pain on both sides of the head and is common among people in occupations like hairdressing, carpentry, or driving—where neck positioning plays a major role.

One critical factor? **Neck stability**. “Many of my patients have hypermobility, repetitive stress injuries, or past sports/accident-related trauma that can weaken the deep tissues of the neck,” Dr. Woznica says. The **spinal ligaments**, which are responsible for stabilizing the spine, can become strained over time, leading to instability and discomfort.

## The Hidden Impact of Looking Down at Your Phone

Now, what does this have to do with your smartphone? A lot, actually.

“When you look down at your phone for extended periods—whether for work, education, or let’s be honest, scrolling Instagram—you’re often at a 45-degree neck angle. That position forces your neck to rely on ligament stiffness, disc strength, and muscle engagement to maintain stability,” says Dr. Woznica.

Research shows that prolonged use of this posture reduces **neck stiffness**, increasing strain on deeper tissues. “Your neck muscles naturally want to conserve energy,” Dr. Woznica explains. “Over time, your body activates the **cervical flexion relaxation response (FRP)**—where the muscles disengage and shift the load onto the ligaments and discs, which weren’t designed to handle it alone.”



## How to Prevent Neck Pain from Phone Use

Fortunately, there are ways to protect your neck and prevent these issues:

- **Practice good posture** when using electronic devices
- **Take frequent breaks and stretch** to relieve tension
- **Limit screen time** and be mindful of prolonged downward gaze

For those already experiencing neck instability, strengthening **intrinsic neck muscles** may help—but Dr. Woznica warns, “It’s essential to do this under the guidance of a physical therapist, as some marketed devices or online exercises may actually worsen pain.”

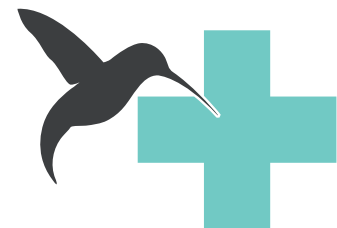
For persistent cases where therapy and medications don’t provide relief, **prolotherapy and platelet-rich plasma (PRP) treatments** can be an effective solution. “These treatments target weakened ligaments directly, promoting tissue repair and restoring stability,” Dr. Woznica explains. Administered with precision using fluoroscopy or ultrasound guidance, these regenerative injections can offer long-term relief from cervical instability.

## Get a Personalized Treatment Plan

The best approach? Prevent the problem before it starts! Whether you’re constantly on your phone, laptop, or tablet, prioritizing **proper ergonomics** can save you from chronic discomfort.

If you’re already struggling with persistent neck pain or headaches, **Dr. Woznica is here to help**. He specializes in custom prolotherapy treatment plans tailored to your specific condition and lifestyle. From discussing the best treatment options to outlining the estimated number of sessions and costs, Dr. Woznica ensures you have all the information you need to start your recovery journey.

Don’t let your smartphone dictate your well-being—schedule a consultation today and take control of your neck health!



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# HOW DO I KNOW IF NEUROFEEDBACK CAN HELP ME FEEL BETTER?

By Renee Chillcott, LMHC



**I**t's a fairly common occurrence today to hear the phrase “we need to focus more on mental health”. However, that is typically where the conversation starts and ends. For those of us that are suffering, the pursuit of treatment can be exhausting and frustrating. We are usually left to figure out for ourselves where to go for treatment that usually starts with an internet search and ends with too many options for help, causing stress for our already stressed-out brains. As most of us have restricted financial resources, we look for the treatment that gets us the “most bang for our buck” and seek the answer to the ultimate question of...DOES IT WORK?

**Because of this, we are frequently asked to explain Neurofeedback and then to show the results of training to confirm that it is working. To do that, I'll start by explaining Neurofeedback:**

We are frequently asked to explain Neurofeedback and then to show the results of training to confirm that it is working. So let's start by explaining Neurofeedback:

Neurofeedback, also called EEG Biofeedback or Brain Training, is not a new or experimental treatment. In the 1960's, research into the behavior of neuron firing was sought out to help astronauts keep their brains regulated while being exposed to

conditions that were causing seizures. Medication in these cases was not ideal, and NASA was searching for an alternative treatment. While changing from treatment on cats to treatment on humans, it was then noticed that with improved regulation, many unpleasant symptoms and conditions had unexpectedly improved. Research and treatment flourished, and it is gaining popularity and becoming more known through word of mouth.

## IS IT THE SAME AS BIOFEEDBACK?

Biofeedback is a very broad term that is used to describe a technique that allows you to learn information about your body and with Neurofeedback, we zero in on the neuron firing in the brain. Therefore, Neurofeedback is a technique that allows you to learn information about your brain. Or more specifically, the neuron patterns in your brain. At times, Neurofeedback can be referred to as EEG Biofeedback or Brain Training.

## CAN IT HELP ME?

Neurofeedback teaches your brain to be more balanced and better regulated. When this improved balance and regulation happens, you feel better and function better. Training your brain can help clients of all ages, as everyone can benefit from balancing and regulating their brain better. Because no two brains are alike, no two treatments are the same. Every client that we treat is an individual with a unique brain and unique symptoms. **We list some symptoms and conditions that are given popular labels.**

- Anxiety • Sleep Disorders • Depression • ADD/ADHD
- Sensory Processing Disorder • Bipolar Disorder
- Seizure Disorders • Auditory/Visual Processing
- Chronic pain/Fibromyalgia • Migraines/Headaches
- Traumatic Brain Injuries • Stroke
- Cognitive Decline • Peak Performance
- Oppositional Defiant Disorder • Rages/Mood Swings
- Attention/Focus/Concentration
- Reactive Attachment Disorder • Autism/Asperger's
- Learning Disabilities • Obsessive Compulsive Disorder

## WHAT EXACTLY IS NEUROFEEDBACK?

Neurofeedback is often referred to as exercise for your brain. While allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, it teaches the brain to better regulate itself. Neurofeedback can be used to help detect, reward, 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.

### **I DON'T GET IT, HOW DOES A “BEEP” OR SOUND TRAIN MY BRAIN TO WORK BETTER?**

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave activity, affects the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral intervention. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

### **Now comes the point where we determine if Neurofeedback is working.**

Mental clarity improves when you operate a calmer, more efficient brain. As you learn to slow down “inner chatter” or activate a “sleepy” brain, you become more effective at responding to stress and adapt more readily to different situations, both psychologically and physically. Parenting becomes less exhausting, appointments are more easily kept, decision-making improves, and mood swings and depression often lift.

Neurofeedback has also been shown to be of remarkable value with school-age children who experience focus and learning problems. Through brain training, children can learn to better concentrate on schoolwork, increase their frustration tolerance level, and are less prone to being overwhelmed with sensory overload while seated in a noisy classroom. With their thoughts more organized, they can focus more clearly on what others say to them and can begin to develop friendships and learn effectively.

As the brain learns, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to definitively see changes, and we can discuss what to expect during the intake appointment. For adults changes are usually noticed within 10 sessions. Total treatment can be an average of 40 sessions; however, we individualize treatment – some people need more and some less.

### **WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP AND DO I NEED ONE?**

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 his eyes open for 5 minutes and with his eyes closed for 10 minutes. This recording is then sent to 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 then 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 an improvement in symptoms, but we do recommend it in certain situations. QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

### **DOES NEUROFEEDBACK HURT OR HAVE SIDE EFFECTS?**

Neurofeedback is a non-invasive, non-medication, and most importantly a non-painful approach. Your experience will be very relaxing and positive. We gently teach your brain how to regulate more efficiently and do not force your brain into a brain state that is not comfortable. Because Neurofeedback teaches your brain how to regulate more efficiently, rather than forcing your brain to change patterns, there are no permanent negative side effects. As previously mentioned, no two brains are alike, therefore, we adjust treatments to fit the client, not the other way around and we are committed to making sure your learning is optimal, and your experience is positive.

### **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 Journal*

*Applied Psychophysiology and Biofeedback*

### **Books:**

*A Symphony in the Brain* by Jim Robbins

*Healing Young Brains* by Robert Hill & Eduardo Castro

*The Healing Power of Neurofeedback* by Stephen Larsen

*Neurofeedback in the Treatment of Developmental Trauma* by Sebern Fisher

*Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication)* by Michael P. Cohen

### **HOW DO I GET STARTED?**

Getting started is easy, just contact us. The Brain and Wellness Center staff will schedule you for a FREE telephone consultation to answer your questions, and help you get scheduled. Email or text message us today! Brain and Wellness Center, 5458 Town Center Rd, Suite 13, Boca Raton, FL 33486. 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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# UNDERSTANDING DRY EYE AND BLEPHARITIS

**D**ry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women  $\geq 50$  years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having "dry eye", experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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.

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# selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, *“Let us make human beings in our image, to be like us... So God*

*created human beings in his own image.* In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece*...” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

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