

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

Health & Wellness[®] MAGAZINE

November 2025

North Palm Beach Edition - Monthly



FREE



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**UNLOCKING INNER PEACE:
THE REVOLUTIONARY
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THINWORKS OFFERS A
DRUG-FREE PATH
TO MENTAL WELLNESS**

**ADHD VS PTSD:
SIGNS, CAUSES,
TREATMENT**

**LASER TREATMENT
REPLACES
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**FEELING GRATEFUL....
FOR A FULL HEAD OF HAIR**

**BREAKTHROUGH LASER TREATMENT BRINGS
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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.

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ATTENTION SENIORS:

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contents November 2025

- 5 Sugar, Energy, and Cancer: Separating Fact From Myth
- 6 Feeling Grateful... for a Full Head of Hair
Giving Thanks to Hair Restoration Advancements
at Bauman Medical
- 8 Trusted Homecare Agency:
Serving Veterans with Free Supplemental Home Healthcare
- 9 ADHD vs PTSD: Signs, Causes and Treatment
- 10 Airline Travel and Hearing Loss
- 11 Breakthrough Laser Treatment Brings Hope
to Spinal Stenosis Sufferers
- 12 Laser Treatment Replaces Gum Surgery
- 13 Unlocking Inner Peace:
The Revolutionary EXOMind Therapy at ThinWorks
Offers a Drug-Free Path to Mental Wellness
- 14 How Doctors Choose Surgeons
- 15 Spiritual Wellness: Developing Discipline

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SUGAR, ENERGY, AND CANCER: SEPARATING FACT FROM MYTH

Many people, and especially those diagnosed with cancer, preemptively eliminate sugar from their diets, because of the widely held belief that “sugar feeds cancer” or “cancer loves sugar.”

The hope is that by not eating sugar, they can stop cancer from growing and spreading. The truth is more complicated. There is no evidence that dietary sugar directly fuels cancer growth or that eliminating sugar can slow cancer growth.

Every cell in the body uses sugar (glucose) as fuel. Even in the absence of a dietary source, our bodies make glucose from other molecules through the process of gluconeogenesis.

Cancer cells process energy differently from healthy cells and do so less efficiently. Cancer cells use much more sugar to generate energy because they grow and divide much faster than normal cells.

Why carbohydrates matter

Nutrition provides essential support, but it cannot target cancer cells. Yet that idea can lead some people to avoid all foods that contain carbohydrates, including some proven cancer-fighting foods, such as fruits, vegetables, whole grains, and legumes.

Preventing muscle loss is the top nutrition-related priority for those being treated for cancer. There is ample evidence that people who maintain muscle mass during treatment have fewer treatment delays and better quality of life during therapy. If someone is having trouble getting enough basic nutrition, adding unnecessary diet rules only makes it harder.

For people without major health issues and for those who have completed cancer treatment, the American Institute for Cancer Research (AICR) recommends a plant-based diet and reducing sugary drinks and foods with added sugar.

In fact, a plant-based diet is generally highly recommended for overall health. Limiting sugar intake can help maintain a healthy weight, which may reduce the risk of several types of cancer.

Excess body weight raises the risk of at least 12 types of cancer, including breast, prostate, colorectal, kidney, liver, pancreatic, uterine, and ovarian cancers. There is also an increased risk of certain cancers for people with Type 2 diabetes, though it's unclear if this is a direct link or because diabetes and cancer share risk factors, such as obesity.

All carbohydrates eventually break down to glucose, but not all carbohydrates are created equal.

When we eat carbohydrates, our GI tract breaks them down to monosaccharides (the simplest form of sugar, which cannot be broken down further). Glucose is the main monosaccharide. When glucose enters the bloodstream, our bodies respond by releasing insulin, which allows the glucose into the cell to use as energy.

Common themes for healthy lifestyle recommendations include the following:

- Eat more plant foods.
- When you choose animal products, go with leaner and lower fat choices.
- Avoid highly processed foods.
- Avoid foods and drinks with added sugar.
- Limit or avoid alcohol.
- Be physically active.

The New American Plate



The New American Plate is a visual representation of the diet recommendations from the American Institute for Cancer Research.

Simple carbohydrates, including added sugar and refined grains, convert quickly to glucose, which leads to a surge of insulin. This, in turn, can cause blood sugar to fall rapidly. When we eat more complex carbohydrates, such as those that include fiber, it takes longer to break down to glucose. This results in a slower release of glucose and insulin into the blood. Complex carbs keep us feeling full longer, which can help prevent overeating.

Moderation & Balance

When we look at recommendations for heart health, diabetes prevention and management, and cancer prevention and survivorship, a common theme emerges. They all emphasize the importance of eating more complex carbohydrates (whole grains, legumes, vegetables, and fruit) and fewer simple carbohydrates.

This consensus is great news.

Just remember that limiting sugar, including honey and maple syrup, is a great habit for long-term health. Overall patterns are more important than isolated occasions. The occasional treat will not negate the benefits of a healthy lifestyle.

The relationship between sugar and cancer is a topic riddled with misinformation and one that provokes anxiety for us all, especially for cancer patients and their loved ones. As is often the case, the key is moderation and balance.

During the holiday season, sugar often takes center stage—not just in desserts and festive treats but also in everyday meals and drinks. While indulgence is part of the celebration, overconsumption of sugar can affect energy levels, mood, and long-term health, making it a top-of-mind consideration for many. Being aware of sugar intake and finding balance—such as enjoying treats mindfully or choosing lower-sugar alternatives—can help you celebrate the season without compromising overall well-being.

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FEELING GRATEFUL... FOR A *FULL* HEAD OF HAIR

Giving Thanks to Hair Restoration Advancements at Bauman Medical

by Alan J. Bauman, MD, ABHRS

Before we can carve into the turkey and crack open the cranberry sauce, we, of course, need to take a moment to talk about what we're thankful for. From friends and family to health and prosperity, November is the perfect reminder to appreciate all we have. Along with these staples of life, there's one more thing I'm thankful for — the advancements in hair restoration.

While not everyone's mind jumps to hair care before Thanksgiving dinner, I can't help but feel grateful for the progress that the Bauman Medical team continues to make in curbing hair loss. The idea of a thinned-out crown and receding hairline is slowly becoming an issue of the past, and we're not stopping anytime soon.

Having worked with many cases of hair loss, I know how thankful patients are to have a healthy, luscious scalp, especially as the winter months approach. Let's leave that wool cap at home and let a flowing mane keep you warm.

With how far we've come since the days of pluggy hair transplants, it feels only right to give a few of our treatment options at Bauman Medical a proper thank-you for the impact they've had on patients. This Thanksgiving, I'm thankful for:

FoLix

Our latest advancement, courtesy of the brilliant minds at Lumenis, FoLix, is a groundbreaking, FDA-cleared fractional laser treatment specifically designed to stimulate hair growth. While fresh on the scene, FoLix is quickly becoming a de facto choice for non-invasive non-chemical therapies targeted at middle-aged men and women experiencing mid-stage hair thinning.

A non-ablative laser, FoLix creates these microscopic thermal zones on your scalp that spark your body's



natural regenerative process. As a result, your dormant hair follicles are stimulated, leading to thicker and healthier hair growth. You hear lasers and think intense heat, but FoLix is applied gently with a specific cooling handpiece, allowing us to target the follicle-rich areas without damaging other portions of your scalp.

Don't let a thinned-out crown or noticeable scalp get you down. FoLix is the perfect option for those looking to combat hair loss without the potential drawbacks of other treatments. Whether that be invasive procedures or side effects from medication, FoLix is a safe treatment option that we all should be thankful for.

But FoLix is far from the only option that offers patients all the pros without the cons. We still have plenty to be thankful for here at Bauman Medical, such as these hair restoration staples.

Low-Level Laser Light Therapy Caps

If you want the benefits of FoLix without leaving the house, the award-winning Bauman Turbo LaserCap® is right for you. FDA-cleared, drug-free, chemical-free,

side-effect-free, and non-invasive, the Turbo LaserCap requires only 5 minutes of daily use for a lifetime of results. You can throw it on while preparing the turkey or watching the Thanksgiving Day Parade for a treatment plan determined by you.

TED w/Exosomes

A trending buzzword in medicine, exosomes are becoming an integral part of regenerative hair restoration. But just how exactly do they work? Think about it like this. You have family all across the globe. Your parents are right down the street, and your cousins are on the West Coast. Yet, no matter how far you are from each other, you still find a way to communicate who's bringing what to Thanksgiving dinner.

Cells are located throughout our bodies, near and far. Yet, they're still able to communicate with one another. If we use phones to chat with relatives, our cells rely on exosomes to talk with one another, no matter where they are in the body. Exosomes contain nucleic acids, growth factors, and other proteins that are integral when it comes to hair restoration.



Before and 6 months after using the Bauman TURBO LaserCap.



Before and after FUE Hair Transplant by Dr. Alan Bauman

When we pair this with our TED TransEpidermal Delivery device, the exosomes get pushed through the skin in a comfortable, no-needle process. This aids in increased blood flow, stronger hair fibers, decreased shedding, and stimulated hair follicles, the results are bountiful. All done in a non-invasive procedure via sound waves and air pressure, you'll be thanking yourself for making the time for TED with Exosomes.

FUE Follicular Unit Extraction

While avoiding transplants is our goal, sometimes the best solution is to go back to basics. While the term "hair transplant" might send a shiver down your spine, Bauman Medical has made tremendous strides in a field once considered taboo. Gone are the days of painful, noticeable procedures; in their place are options like our clinic staple, natural and no-linear-scar FUE (follicular unit extraction).

What makes a procedure like FUE something to be thankful for is that it's catered to your needs. Hair loss isn't a one-size-fits-all issue. So why should our solutions be the same? With FUE, we offer patients a variety of options that eliminate the outdated, invasive strip-harvesting method.

Now, our team at Bauman Medical harvests individual hair follicles directly from the scalp with the help of our robotics and specialized mechanical instruments. If you're going to opt for a direct procedure, why not choose one that offers immense benefits without any pain or linear scar?

VIP|FUE™

While we believe all our patients deserve to be treated like VIPs, there's only one VIP|FUE™ procedure. We're thankful to take an already established treatment and further develop it into an undetectable hair transplant. That means no shaving, no trimming, and no staples or stitches. Like a kitchen cleaned after Thanksgiving dinner, it's like our team wasn't even there.

TrichoTest

Wouldn't it be nice to know how you're likely to respond to one treatment or another? A great option is TrichoTest, a genetic test with a simple quick cheek swab analysis that provides us with a look at your metabolic pathways related to hair loss and treatments. These pathways are thoroughly examined, providing us with insights into the factors influencing your hair loss and how you'll respond to your specific treatment plan. Combined with our expertise and sophisticated customized therapies, our team will be able to find the perfect course for your hair restoration journey.

HairMetrix

I'm sure the topic of AI will be present at Thanksgiving dinner this year. With the rise of artificial intelligence, it makes sense for Bauman Medical to stay up to date and leverage this technology to improve our diagnostic evaluations and tracking. The result of this is HairMetrix, which uses an advanced AI-powered algorithm to analyze microscopic scalp photos to provide precise data on hair quality and quantity. Thanks to HairMetrix, our team can confirm the diagnosis and create a treatment plan tailored to your specific needs. Along the way, we'll monitor how your scalp responds to treatment, allowing us to adapt when needed to achieve the best possible results.

HairCheck

While it's one thing to check your hair in the mirror before guests arrive, it's quite another to use our HairCheck device. With this tool, we can determine our patients' exact hair volume more quickly and efficiently than ever before. The importance of these standardized noninvasive hair bundle measurements cannot be thanked enough, as they provide our experts with comparisons between affected areas and more permanent zones. Hair restoration takes time, which makes HairCheck an effective way to see how your treatment is working across your scalp well before results begin to show.

Learn More

While the many treatment plans and diagnostic tools offered at Bauman Medical are integral to helping with hair loss, they would be just tools without the fantastic team at our clinic. I am thankful to work with an amazing group of specialists dedicated to providing patients with life-changing procedures. And to those who choose Bauman Medical for their hair loss journey, I want to thank you for trusting us in this chapter of life. 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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TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare

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

SKILLED NURSING CARE:

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

BENEFITS:

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

HOME HEALTH AIDES:

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

BENEFITS:

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

PHYSICAL AND OCCUPATIONAL THERAPY:

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

BENEFITS:

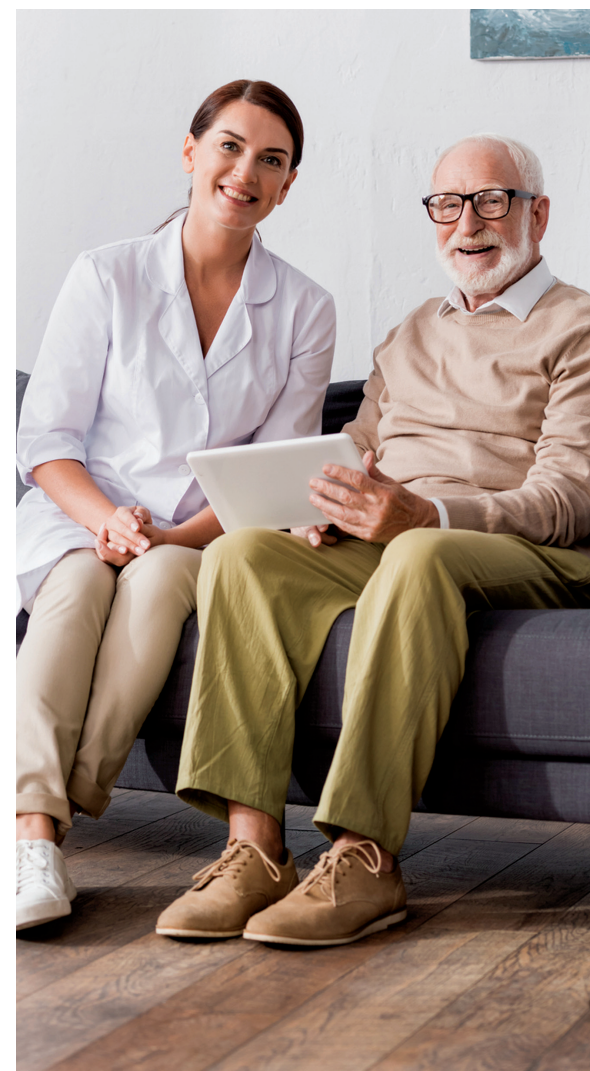
- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

PALLIATIVE CARE:

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

BENEFITS:

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



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

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

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

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

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

Are you in need of
home healthcare?



ADHD vs PTSD: Signs, Causes and Treatment

By Elizabeth Dosoretz, LCSW

ADHD and PTSD may seem like completely different conditions, but their symptoms often overlap in ways that can make telling them apart difficult. Trouble focusing, impulsivity, and emotional ups and downs can show up in both, leading to confusion or even misdiagnosis.

It is not uncommon for someone to experience both at once. Studies show that anywhere from 12% to 37% of people with one of these conditions may also have the other. Understanding how they intersect isn't just helpful but essential for getting the right diagnosis and finding real, lasting relief.

What is ADHD?

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental condition that begins in childhood and often continues into adulthood. It involves patterns of inattention, hyperactivity, and impulsivity that can affect school, work, relationships, and self-esteem.

There are three types: inattentive, hyperactive, and combined. Inattentive ADHD makes it hard to focus or stay on task, while hyperactive ADHD involves high energy and impulsive behaviors. Combined includes both.

For children, symptoms usually appear before age 12. They might struggle to sit still, complete assignments, or follow directions. Over time, the hyperactivity may ease, but challenges with focus and organization often remain. Consistency, structure, physical activity, and clear routines help children thrive. Medication and behavior therapy can also make a meaningful difference when used together under professional guidance.

For adults, ADHD can look different: being easily distracted, struggling to manage time or juggling too many responsibilities without follow-through. Many adults weren't diagnosed as children and only realize what's going on once life becomes more demanding. This is particularly true for women, who may present with anxiety, depression or emotional overload instead of classic hyperactivity. Hormonal shifts—during puberty, pregnancy, or menopause—can make symptoms even more noticeable.



Left untreated, ADHD can contribute to frustration, low self-esteem and difficulty meeting goals. Recognizing it early and creating supportive systems can dramatically improve long-term well-being.

What is PTSD?

Post-Traumatic Stress Disorder (PTSD) develops after experiencing or witnessing a traumatic event. It's not just about feeling shaken or stressed; it's when the brain continues to react as though the danger is still happening, even long after the event is over.

This can include nightmares, flashbacks, or being constantly on alert. It can impact sleep, focus, relationships, and daily functioning. Some people may avoid reminders of the trauma, while others experience sudden emotional outbursts or feelings of detachment. Over time, untreated PTSD can also lead to depression, anxiety, or physical health challenges like fatigue or chronic pain.

Over time, untreated PTSD can also lead to depression or anxiety. But with the right care, healing is possible.

Understanding the Connection

When ADHD and PTSD overlap, symptoms like restlessness, distractibility, and emotional dysregulation can intensify. For some, untreated ADHD can make it harder to cope with trauma; for others, trauma can trigger ADHD-like behaviors as the brain struggles to manage hyperarousal or anxiety.

Both conditions can also interfere with memory, focus, and emotional regulation, creating a cycle of frustration that can be difficult to break without help. This is one reason why it's so important to work with a clinician who can help identify what's trauma-related and what's neurodevelopmental.

Treatment and Healing

Both ADHD and PTSD benefit from individualized, evidence-based treatment. Skills learned during these therapies, such as mindfulness, emotional awareness and structured problem-solving, can also help individuals with PTSD manage triggers and regulate intense emotions.

Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) are highly effective for ADHD, helping people understand their emotions, improve focus, and develop healthy coping tools.

For PTSD, trauma-specific therapies like CBT or Eye Movement Desensitization and Reprocessing (EMDR) can help the brain safely process traumatic memories. EMDR, guided by a certified therapist, uses eye movements or bilateral stimulation to help reduce the emotional impact of memories and alleviate associated symptoms. An evidence-based therapy, EMDR has been supported by scientific research and numerous studies have shown its effectiveness in treating trauma and other mental health conditions.

With the right combination of therapy, medication and lifestyle support, it's possible to manage your symptoms of both ADHD and PTSD and improve your quality of life.

Remember, you're not alone. Recovery is within reach.

About the Author

Elizabeth Dosoretz, LCSW, is the founder and CEO of Elite DNA Behavioral Health. As a mother of three, her personal journey through the challenges of postpartum depression inspired her to found Elite DNA Behavioral Health in 2013 with a goal to provide accessible, affordable mental health care to everyone. Now one of the largest mental health providers, Elite DNA provides in-person and virtual behavioral health services from nearly 40 locations across Florida and Virginia. For more information, visit [EliteDNA.com](https://www.EliteDNA.com).



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AIRLINE TRAVEL AND HEARING LOSS



This 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).



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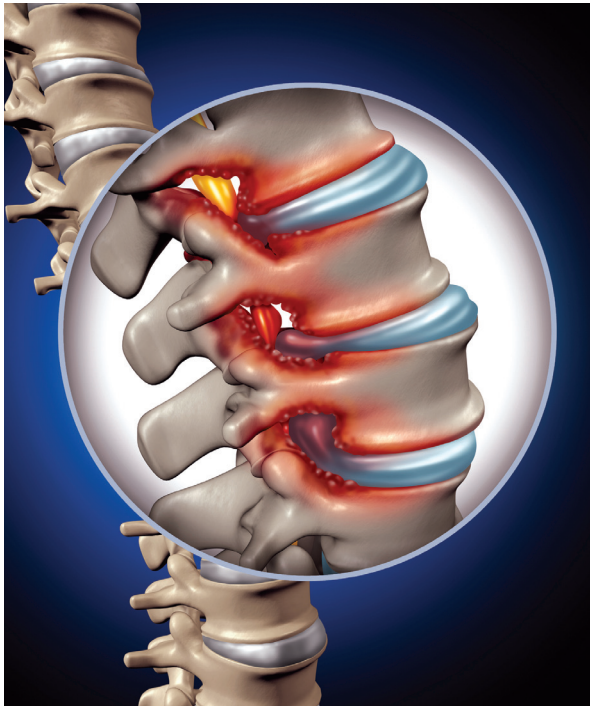
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Suite 2G Palm Springs, FL 33406

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

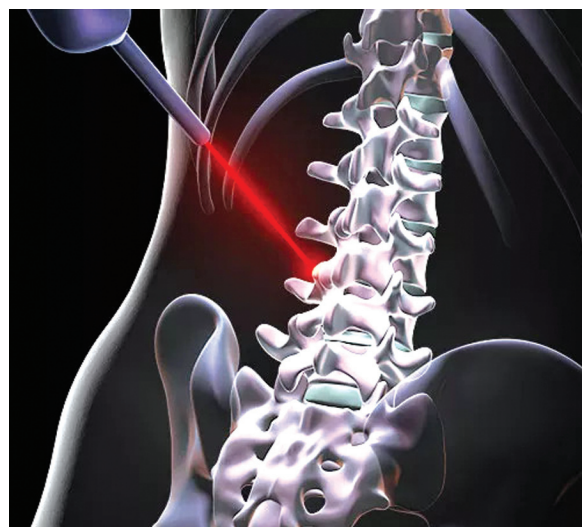
Expert Care from a Pioneer in Laser Medicine

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

CALL | TEXT : 561.329.5597
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Laser Treatment Replaces Gum Surgery

If you've been diagnosed with periodontal (gum) disease, you're not alone. Nearly 80 percent of us have periodontal disease in our lifetime. Sometimes surgery is recommended to save teeth and restore oral health. Now, there's an easier option.

Introducing LANAP

For decades patients with periodontal disease endured gum pocket reduction surgery. While results are typically good with this surgery, it can be painful, and recovery takes weeks.

Today, there is Laser Assisted New Attachment Procedure or LANAP. LANAP's results mimic gum pocket reduction surgery but without the scalpels and sutures. LANAP patients experience little to no pain. Downtime is a few hours, not days or weeks.

How LANAP Works

The LANAP treatment is a two-step process. During your LANAP visit you rest comfortably. You won't feel a thing.

To begin, we measure the depth your gum pockets. This helps us create a precise treatment protocol, designed specifically for you. Then, we use LANAP technology.

The first pass with the LANAP laser removes harmful bacteria from the pockets of your gums. It's a gentle, yet effective approach with a high success rate for eliminating gum disease.

Second, we change the LANAP laser setting to stimulate healing. On this setting, LANAP speeds gum tissue regeneration for improved oral health.

Better for Your Health

Treating gum is beneficial to your whole body. This is because untreated gum disease increases your risk for a heart attack and heart disease, hypertension, and complications from diabetes.

We Care About You

Every visit to our specialty practice begins with a conversation about you. Your health needs, concerns, and desires for a great-looking outcome matter here.

- We talk and learn about you.
- Review your health history and desired outcome.
- Together we build a treatment plan for your health and appearance.

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

Valerie, actual patient



We Care a Lot

From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- Together we review your health history.
- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

We care for you like you are part of our family. Our team keeps everyone in your care circle up to date, and we check in to make sure you feel good once treatment is complete.

Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills. Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.



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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Pinhole Technique

LANAP Gum Rejuvenation

UNLOCKING INNER PEACE:

The Revolutionary EXOMind Therapy at ThinWorks Offers a Drug-Free Path to Mental Wellness

In the serene setting of Palm Beach Gardens, a quiet revolution is unfolding in the realm of mental health. For the millions who grapple with the heavy fog of depression, the relentless grip of anxiety, or the frustrating cycle of impulsivity and binge eating, the search for relief can feel like an endless journey. Now, ThinWorks, a leader in innovative wellness solutions, is pioneering a transformative approach that bypasses pharmaceuticals altogether: EXOMind Therapy. This groundbreaking treatment is redefining what's possible for mental and emotional healing, offering profound results through a process that is as gentle as it is powerful.

EXOMind Therapy represents a significant leap forward in neuromodulation—the practice of gently guiding brain activity toward healthier patterns. Unlike treatments that merely manage symptoms, EXOMind targets a key region of the brain implicated in mood regulation and executive function: the left dorsolateral prefrontal cortex (DLPFC). When this area is underactive, it can lead to a cascade of challenges, including sadness, worry, poor impulse control, and the compulsive behaviors that often derail weight loss efforts. EXOMind Therapy works by using a specialized, non-invasive applicator to stimulate this region, encouraging the brain to rewire itself through a process known as neuroplasticity. Essentially, it helps the brain build new, healthier neural pathways, fostering resilience from the inside out.

The most immediate and remarkable aspect of EXOMind Therapy is the rapid, tangible results patients experience. Imagine a treatment where individuals often report a palpable sense of calm, a “quieting of the mind,” or a lifting of the weight they have carried for years. This is the reality for many at ThinWorks. By calming the neural circuits linked to anxiety and enhancing activity in the center responsible for rational thought and self-control, clients find they are no longer at the mercy of their emotions or cravings. They report a newfound ability to pause before acting impulsively, a decreased drive to engage in binge eating, and a natural alignment with their health goals. For many, this neurological rebalancing is the missing piece in their weight loss journey, finally allowing sustainable habits to take root.

Beyond its effectiveness, the ease and accessibility of the treatment are a significant part of its appeal. The process is surprisingly simple and quick. A client sits

comfortably in a chair while a certified practitioner places a single, painless applicator on their head, precisely targeting the left DLPFC. For under 30 minutes, the client simply relaxes. There is no need to talk about traumatic events or re-live painful memories, making it an excellent option for those who find traditional therapy challenging. Many clients use this time to meditate, listen to music, or simply unwind. In a world where time is precious, the ability to achieve significant mental health breakthroughs in such a short, focused session is revolutionary.

Perhaps the most reassuring quality of EXOMind Therapy is its completely non-invasive nature. In an era where patients are increasingly seeking alternatives to medication with its potential side-effects and dependencies, this treatment stands out. There are no drugs, no needles, and no surgery. The technology is so gentle that clients feel nothing more than a slight tapping or tingling sensation at the application site. It is safe for a wide range of individuals (22 years and up), making it a compelling option for those who are treatment-resistant or simply looking for a holistic method to enhance their overall well-being.

The team at ThinWorks in Palm Beach Gardens understands that the journey to mental and physical wellness is deeply personal. They have created a supportive, professional environment where clients can explore this cutting-edge therapy with confidence. EXOMind Therapy represents a paradigm shift—a move away from merely managing symptoms and toward facilitating the brain's own powerful capacity to heal and rebalance.

For anyone in South Florida who has been searching for a different path to mental clarity, emotional freedom, and a healthier relationship with food, the door is now open. EXOMind Therapy at ThinWorks is not just a treatment; it is a promise of a lighter, brighter, and more balanced life, achieved through the profound power of non-invasive, drug-free healing.



EXOMIND™

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How Doctors Choose Surgeons

By David A. Goldman MD

When it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a “renowned” surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

Developing Discipline



Here's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: WHY ARE YOU NOT DOING IT?

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, "People who accept discipline are on the pathway to life, but those who ignore correction will go astray." NLT

Here are three "Disciplines of Being Disciplined".

1. Persistence – "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.

2. Advance Decision Making – "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

3. Delayed Gratification – "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood



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