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Health & Wellness[®] MAGAZINE

July 2026

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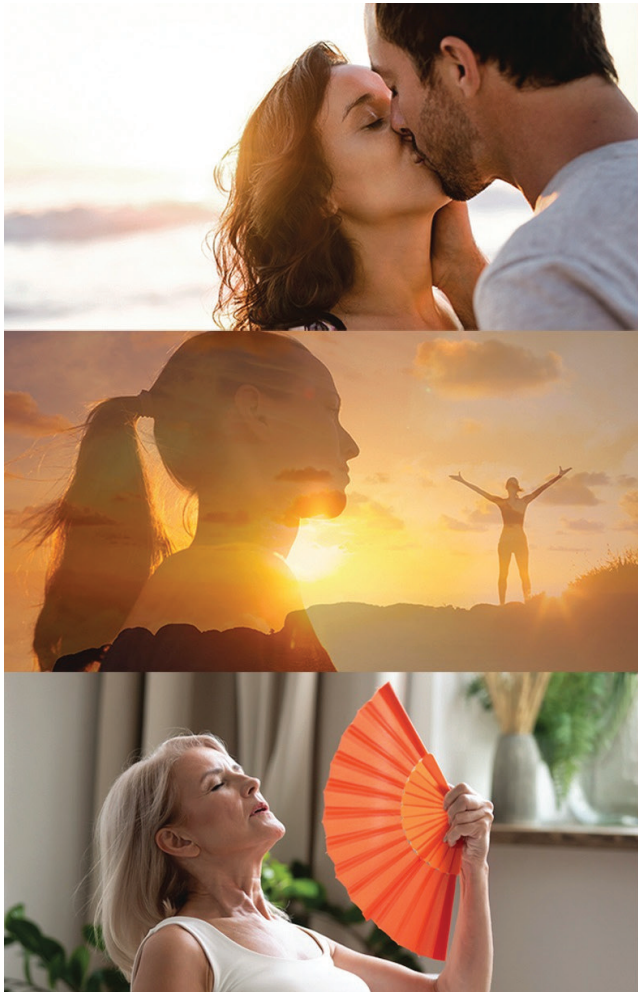
**PROTECT YOUR SKIN
THIS SUMMER:
ART OF DERMATOLOGY
WANTS YOU TO TAKE
CAUTION**

**LIFE, LIBERTY, AND
THE PURSUIT OF HAIR
CELEBRATE INDEPENDENCE
FROM HAIR LOSS WITH
BAUMAN MEDICAL**

**RADIATION THERAPY FOR
PLANTAR FASCIITIS -
NON-SURGICAL OPTION
FOR ONGOING HEEL PAIN**

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

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
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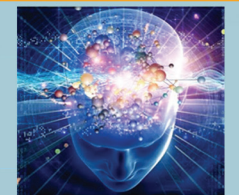
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LIFE, LIBERTY, AND THE PURSUIT OF HAIR

Celebrate Independence from Hair Loss with Bauman Medical

by Alan J. Bauman, MD, ABHRS



The great Benjamin Franklin once said, “Never leave that till tomorrow which you can do today.” A quote that could be applied to almost any everyday scenario. And with America celebrating its 250th birthday, I’ve been thinking back to this line from one of our Founding Fathers and how it applies to hair loss.

For too long, Americans have been forced to wear hats or toupees to combat a thinned-out crown or receding hairline. Just as our country declared independence 250 years ago, my team and I at Bauman Medical are making our own declaration. This year, we declare freedom from hair loss with techniques and treatments that even the Whig Party could get behind.

While Independence Day and July as a whole are times to get outside and take in the sun, let this year be the one where you rebel against the tyranny of hair loss. With a few tricks up our sleeve, Bauman Medical is your one-stop shop for all things hair restoration.

CRTgro™

At Bauman Medical, we’re always looking to revolutionize and expand upon our many hair restoration treatments. Our latest endeavor, CRTgro™, is a prime choice for those beginning to notice the effects of androgenetic alopecia.

This advanced, minimally invasive treatment delivers customized hair growth medications directly to the scalp via precise microinfusion. CRTgro™ primarily uses low-dose minoxidil and dutasteride, with the option to add further enhancements such as copper peptides, exosomes, or our state-of-the-art STEMgro™.

The targeted drug delivery is coupled with regenerative stimulation to get those dormant follicles stimulated, while also improving overall hair density and thickness. How does this compare to regular topicals? Because the medication is infused through the skin barrier, it allows for better absorption, while also triggering natural healing through micro-injuries.

This painless treatment takes less than an hour and causes no discomfort, as the medications are infused using gentle, brush-like strokes. Think of it as a day at the spa, complete with a thorough scalp cleanse and low-level laser therapy session.

Patients typically see measurable improvements in the three-month range, with visible thickening and density gains following around the four to six-month period. After completing the full series of six monthly sessions, you can expect to achieve optimal results.

Interested so far? Well, here’s the best part: CRTgro™ works perfectly with other options at Bauman Medical, creating stronger results when paired with our staples like:

PRP Platelet-Rich Plasma

One of the more common combinations with CRTgro™, PRP is to Bauman Medical what red, white, and blue is to America: an essential. All that’s needed is a small sample of blood from you for healing powers that will renew your scalp. See, your blood features platelets that, when concentrated and injected back into the scalp, encourage hair growth. Just like CRTgro™, this painless procedure takes about an hour with no side effects.

PDOgro™

Did Benjamin Franklin stop once he created the bifocals? Of course not! He went on to create the lightning rod, too. As mentioned earlier, Bauman Medical strives to continue making improvements even when we’ve struck gold. The already great PRP, when coupled with the state-of-the-art thin and absorbable polydioxanone threads of PDOgro™, allows for more effective hair growth compared to a single PRP session. This is due to the threads’ ability to stimulate endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity, all of which lead to stronger, fuller hair.

TED

Life, liberty, and the pursuit of happiness were all key tenets of the Declaration of Independence. In the realm of hair freedom, you need increased blood flow, stronger fibers, and stimulated hair follicles. With our TransEpidermal Delivery (TED), we’re able to get all three of those factors back on track and reduce shedding. TED’s non-invasive growth serum is applied via sound waves and air pressure, allowing for hair growth factors to be applied with ease.

TED w/Exosomes

Gone are the days of communicating by letter with a feather quill by candlelight. At least, that’s the case for exosomes, which provide the body with nucleic acids, growth, and other proteins that are essential for hair



Before and after 4 monthly FoLix treatments by Dr. Alan Bauman



Before and 6 months after PDOgro™ by Dr. Alan Bauman

rejuvenation and repair. Close or far, it doesn't bother exosomes, and when paired with TED, you get even better results.

Bauman TURBO LaserCap

No more baseball caps or, in the case of our Founding Fathers, powdered wigs. With the Bauman Turbo LaserCap®, even Washington himself would be showing off his flow. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, all it takes is five minutes of use for that screams freedom!

FoLix

Just like how many great minds came together to sign the Declaration of Independence, Bauman Medical is proud to work with the experts at Lumenis to craft FoLix, a groundbreaking, FDA-cleared fractional laser treatment.

FoLix utilizes a non-ablative laser, which provides the benefits found from laser therapy without damaging the outer layer of skin. It creates microscopic thermal zones on your scalp that help activate your body's natural regenerative processes. So now, those dormant

hair follicles start to wake up and feel energetic, leading to thicker, healthier hair growth in no time. No intense heat or scarring, just a specific cooling handpiece that allows our team to target follicle-rich areas in a non-invasive manner.

Learn More

As we celebrate 250 years of freedom, why not give your scalp the same attention our Founding Fathers gave this country? Hair loss is taxing, not just on your head, but on your mental and emotional well-being, too. But as America knows, freedom isn't something that comes in a day. Thankfully, you'll have the support of the rest of the Bauman Medical team and me as you fight for hair independence. If you're ready to take the next step, schedule your private consultation today.

Call 561-220-3480 or point your camera at the QR code below to schedule a private one-on-one in-person or virtual consultation at www.baumanmedical.com.



About Dr. Alan J. Bauman



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

With over 29 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 36,000 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 10 straight years, "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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— **JANICE S., PALM BEACH GARDENS** | TREATED FOR BACK PAIN AND SCIATICA ★★★★★

I was told invasive spinal surgery was my only option after years of severe back pain. Dr. Costello's laser therapy completely changed my life. I avoided surgery entirely, my pain disappeared, and I'm now living pain-free again. Dr. Costello didn't just treat my symptoms — he gave me my future back.

— **KAREN T., WEST PALM BEACH** | TREATED FOR BACK PAIN, FOOT PAIN, AND ROTATOR CUFF INJURY. ★★★★★

Over the past 15 years, Dr. Costello has successfully treated my back & foot problems as well as rotator cuff issues. I'm so grateful for his excellent care & laser therapy.

— **REGINA N., JUPITER** | TREATED FOR DISC HERNIATIONS, DISC BULGES, AND SPINAL STENOSIS ★★★★★

Just imagine at 40 years old after 4 years of physical therapy being told an orthopedic surgeon your choices are injections and if that doesn't work surgery. I have several issues disc herniations, disc bulges, spinal stenosis and more... I was told to limit my dairy activities, no lifting weight and basically lose everything I worked for. I found my blessing Dr. Costello 12 years later I weight train, hold 3 minute planks, take long walks on the beach, and enjoy my cardiovascular workouts. I am on a monthly maintenance program that keeps me pain free!

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PROTECT YOUR SKIN THIS SUMMER: ART OF DERMATOLOGY WANTS YOU TO TAKE CAUTION

July marks UV Safety Month, a crucial time when Art of Dermatology reminds patients and the community about the importance of taking caution and protecting their skin from harmful ultraviolet radiation. As summer temperatures soar and outdoor activities beckon, exercising caution with your skin should be your top priority.

July marks UV Safety Month, a crucial time when Art of Dermatology reminds patients and the community about the importance of protecting their skin from harmful ultraviolet radiation. As summer temperatures soar and outdoor activities beckon, taking care of your skin should be your top priority.

Understanding UV Radiation Risks

Ultraviolet radiation from the sun poses significant risks to your skin health year-round, but summer's intense rays make protection even more critical. UV exposure is the leading cause of skin cancer, including melanoma, basal cell carcinoma, and squamous cell carcinoma. Additionally, prolonged sun exposure accelerates skin aging, causing wrinkles, age spots, and loss of skin elasticity.

Art of Dermatology's Summer Protection Strategy

At Art of Dermatology, we believe prevention is the best medicine. Our comprehensive approach to UV safety includes education, early detection, and personalized protection plans for each patient's unique skin type and lifestyle.

ESSENTIAL SUN PROTECTION TIPS:

- **Sunscreen Selection and Application** - Choose broad-spectrum sunscreen with SPF 30 or higher. Apply generously 15-30 minutes before sun exposure, and reapply every two hours or immediately after swimming or sweating. Don't forget often-missed areas like ears, feet, and lips.
- **Seek Shade Strategically** - UV rays are strongest between 10 AM and 4 PM. Plan outdoor activities during early morning or late afternoon hours when possible. When shade isn't available, create your own with umbrellas, wide-brimmed hats, or UV-protective clothing.
- **Protective Clothing Matters** - Invest in UPF-rated clothing, sunglasses with 100% UV protection, and



wide-brimmed hats that shade your face, neck, and ears. Dark, tightly woven fabrics offer better protection than light, loose weaves.

YEAR-ROUND VIGILANCE

UV Safety Month serves as an important reminder, but skin protection shouldn't end when summer does. UV rays reflect off snow, sand, and water, making protection necessary during all seasons and weather conditions.

Professional Skin Examinations

Regular dermatological check-ups are essential for early detection of skin changes or potential cancers. Art of Dermatology recommends annual skin examinations for most adults, with more frequent visits for those with risk factors such as fair skin, family history of skin cancer, or numerous moles.

Take Action Today

This UV Safety Month, commit to making sun protection a daily habit. Schedule your annual skin examination with Art of Dermatology, update your sunscreen supply, and invest in quality protective clothing and accessories.

Your skin is your body's largest organ and deserves the best care possible. By following these guidelines and partnering with Art of Dermatology, you can enjoy summer activities while keeping your skin healthy for years to come. Remember: today's sun protection is tomorrow's healthy skin.

The Art of Dermatology Difference

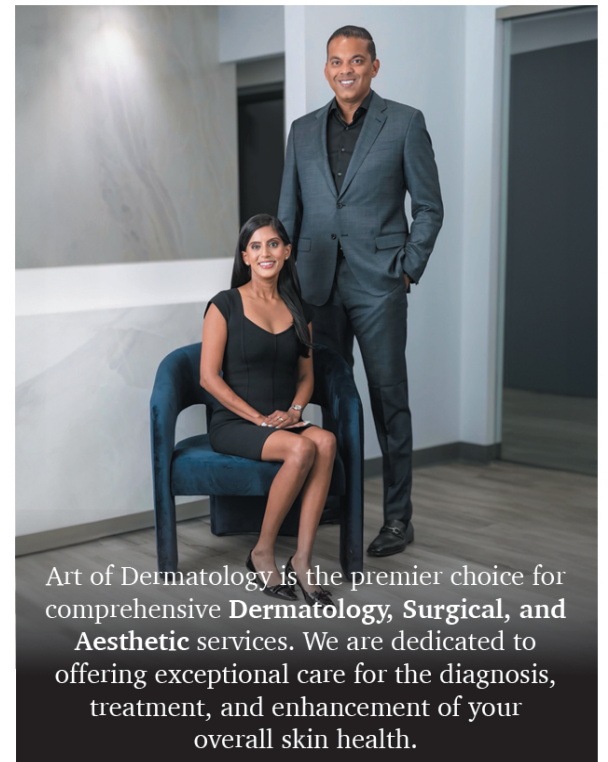
At Art of Dermatology, we combine medical expertise with aesthetic sensibility. Our comprehensive skin examinations include advanced technologies

for detecting subtle changes invisible to the naked eye. Our dermatologists take time to understand your concerns, family history, and lifestyle factors affecting your skin health.

Rather than simply treating visible problems, we partner with you in preventative care—identifying risk factors and potential issues before they manifest. This approach not only supports graceful aging but potentially prevents serious health complications.

Don't wait for visible problems to appear. Schedule your comprehensive skin check at Art of Dermatology today and take the first step toward lifetime skin health. Remember, healthy aging isn't about fighting time—it's about supporting your skin's natural processes with expert care and attention.

Your skin's journey deserves the art of professional dermatology. Call Art of Dermatology today for more information.



Art of Dermatology is the premier choice for comprehensive **Dermatology, Surgical, and Aesthetic** services. We are dedicated to offering exceptional care for the diagnosis, treatment, and enhancement of your overall skin health.

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RADIATION THERAPY FOR PLANTAR FASCIITIS — A NON-SURGICAL OPTION FOR ONGOING HEEL PAIN

For most people, plantar fasciitis improves with time and conservative care. But when heel pain persists despite physical therapy, orthotics or injections, additional options may be appropriate. Low-dose radiation therapy is a non-surgical treatment that may be considered in select cases of chronic plantar fasciitis to help reduce inflammation and support symptom improvement over time.

Exploring Low-Dose Radiation Therapy for Plantar Fasciitis

Low-dose radiation therapy is an established treatment that has been used for decades to help manage certain non-cancerous inflammatory conditions. In more recent years, it has been explored as a potential option for patients with long-standing plantar fasciitis who have not experienced sufficient improvement with conservative care.

Rather than simply masking pain, radiation therapy for plantar fasciitis is thought to work by calming inflammation at a cellular level. Clinical studies suggest that carefully delivered, low-dose radiation may help reduce chronic inflammation in the plantar fascia, allowing the tissue an opportunity to heal over time.

The radiation doses used for plantar fasciitis are very low and highly localized, focused only on the area of heel pain.

What the Treatment Experience Is Like

Radiation therapy for plantar fasciitis is designed to be convenient and minimally disruptive. Treatment typically involves a short series of visits and appointments are usually short. There is no anesthesia needed and no recovery period, and patients do not feel the radiation during treatment. Most individuals are able to return to work or normal daily activities the same day.

Expected Results and Timeline

Many patients experience improvement over time rather than immediate relief. Some patients notice progress within several weeks, while others experience continued symptom reduction over a few months.

This timeline reflects how low-dose radiation affects inflammation gradually rather than providing instant pain relief. Because outcomes can vary, your care team will help you understand what to expect and how progress is typically measured.



An Option for Long-Standing Heel Pain

Low-dose radiation therapy may be considered for patients who have experienced plantar fasciitis symptoms for six months or longer without sufficient improvement from conservative care. This may include individuals seeking non-surgical plantar fasciitis treatment or those for whom surgery may not be ideal due to lifestyle, work demands or medical considerations.

If heel pain has been limiting your ability to stay active or get through the day comfortably, you don't have to keep pushing through it alone. A personalized consultation allows the care team to better understand your symptoms and explore whether this approach may be a reasonable option.

Safety, Effectiveness and Who May Be a Candidate

Low-dose radiation therapy for plantar fasciitis uses significantly lower doses than radiation treatments used for cancer and is delivered in a highly targeted way to the area of heel pain. When carefully planned and supervised by a radiation oncologist, side effects are uncommon, though individual risks should always be reviewed during consultation.

Clinical studies suggest that some patients with chronic plantar fasciitis experience meaningful pain reduction after treatment. Results can vary, and improvement often continues to develop over several weeks to months.

This option is typically considered for patients whose symptoms have lasted six months or longer and have not improved enough with conservative treatments such as physical therapy, orthotics, supportive footwear or injections. A consultation is required to determine whether radiation therapy may be appropriate for your specific situation.

Considering Your Next Steps

If plantar fasciitis has persisted despite conservative care, it may be time to explore additional options. If heel pain is affecting your ability to stay active, work comfortably or enjoy daily life, learning about all available treatment approaches may be helpful.

The radiation oncology team at Florida Cancer Specialists & Research Institute works collaboratively with referring physicians to provide coordinated, patient-centered care.

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Founded in 1984, 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.



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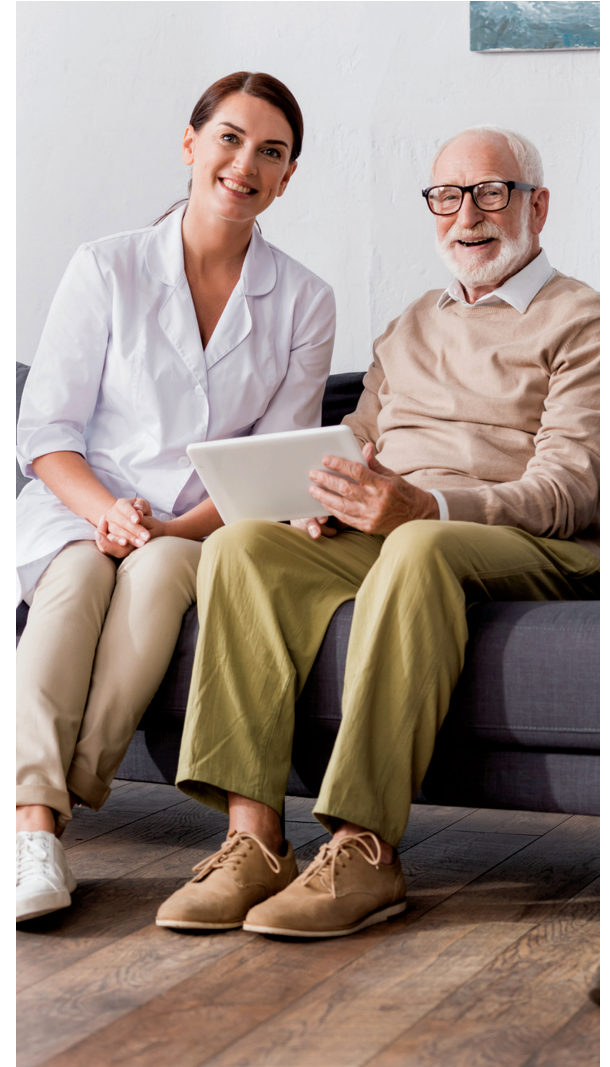
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TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare



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.

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.

Do you use
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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?

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**15 YEARS
EXPERIENCE**

COMPETITIVE PRICING

One of the key reasons why Florida Best Home Care LLC is the best choice for home care services is unbeatable savings. With customers paying as low as \$21 per hour, we are making high-quality care accessible to a wider range of clients. We have the lowest fees in town. The average client using home health care agencies in South Florida is paying \$28/hr with the caregiver receiving an average of \$15/hr. Florida Best Home Care average caregiver rate is higher while our fees remain significantly lower. Our clients affordable rates are a testament to our commitment to providing excellent service without breaking the bank. Unlike other agencies that charge exorbitant fees, we believe that quality care should be available to everyone.

EXCEPTIONAL CAREGIVER STANDARDS

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

**CALL ROBIN - MS, CCC-SLP
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TRANSPARENCY

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

EXPERTISE IN LONG-TERM CARE INSURANCE

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

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

CONCLUSION

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



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A Guiding Hand:

Finding Compassion & Clarity in Life's Toughest Moments



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FOR OVER A QUARTER CENTURY**



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In life's most difficult moments, finding a source of strength and guidance is paramount. For many families in South Florida, that source has been Sinai Memorial Chapel in Delray Beach. More than just a funeral home, Sinai has built a reputation as a compassionate partner, dedicated to easing the immense burden that comes with losing a loved one. Their approach is rooted in a simple, yet profound, understanding: that personal care and clear communication can bring profound comfort during a time of grief.

From the first phone call, the team at Sinai Memorial Chapel focuses on listening. They understand that every family and every individual is unique. There is no one-size-fits-all script. Instead, they begin by learning about the person who has passed—their story, their personality, their legacy. This personable approach transforms the necessary tasks of funeral planning from a cold, administrative process into a meaningful act of tribute.

The process itself is handled with meticulous care and respect. The dedicated staff at Sinai walks alongside the family through every single step. This includes helping to arrange all details of the service, whether it be a traditional funeral, a memorial service, or a more contemporary celebration of

life. They assist with the careful preparation of the deceased, coordinate with cemeteries, and handle the myriad of logistical details, from securing official death certificates to arranging for transportation. Their expertise ensures that every element is executed with dignity, allowing the family the space to focus on healing and remembrance.

Sinai's deep familiarity with both state and federal regulations regarding burial and preparation also provides families with an invaluable sense of security. In a landscape that can seem filled with complex legal requirements, their guidance ensures that everything is handled correctly and respectfully, removing a significant layer of stress. At its heart, Sinai Memorial Chapel embodies the principle of being a true guide. They provide not just a service, but a supportive presence, ensuring that a family's final farewell is a loving, personalized, and peaceful experience.

Steven R. Fischman, is a licensed funeral director & embalmer, manages the funeral home and has been serving the Jewish community for fifty years. His son Robert manages operations. If you have questions about the funeral process, or need clarity on government requirements for burial, the caring team at Sinai Memorial Chapel is here to help. Please do not hesitate to call them with your inquiries.



561-783-3331

www.JewishDirectCremation.com

Health channel

All Health All the Time



HOW TO PREPARE MEDICALLY FOR HURRICANE EMERGENCIES

Dr. Madeline Camejo, MS, PharmD, Vice President and Chief Pharmacy Officer, and Dr. Angelica Berni, Director of Specialty Pharmacy at Baptist Health South Florida, share essential medical preparedness tips for hurricane season. Learn how to stay safe during hurricane emergencies medications, emergency supplies, evacuation planning, and protecting your health and well-being before the storm hits.



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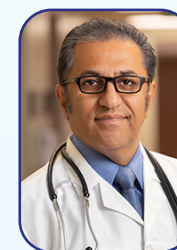
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OUT OF THE DARK and Caregiving Series

AIRS ON THE HEALTH CHANNEL

The Health Channel is now airing **Out of the Dark** and **Caregiving**, two compelling series of short videos featuring powerful first-person stories about mental health and caregiving. Through honest and deeply personal reflections, individuals and family members share their experiences, challenges, resilience, and hope. By amplifying the voices of those who have navigated mental health struggles and caregiving journeys, the series aims to foster empathy, spark meaningful conversations, reduce stigma, and strengthen community support.

Produced by the WETA *Well Beings* team, these videos air as part of a collaboration between South Florida PBS' Health Channel and public media station WETA.

A service of **South Florida PBS** in partnership with **Baptist Health**

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LIVING MINUTE

PET PREPAREDNESS: Essential Hurricane Checklist



Hurricane season is here, and it's important to keep your pets safe and prepared. Dr. Rena Carlson, DVM, with the American Veterinary Medical Association, shares an essential hurricane preparedness checklist to help protect your furry family members before, during, and after the storm.

Watch now at LivingMinute.TV

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Attorney Barry Hoffman: A Trusted Advocate for South Florida Families Who Makes House and Hospital Calls

For more than four decades, Barry Hoffman has been a cornerstone of the South Florida legal community—offering families clarity, compassion, and peace of mind through life’s most important legal decisions. With 43 years of experience and having prepared over 15,000 Wills and Trusts, Hoffman has earned a reputation as one of the region’s most trusted estate planning attorneys.

A graduate of St. John’s Law School with a strong foundation in estate and elder law, Hoffman built his practice on a simple but powerful philosophy: treat every client with the same care and respect as family. That commitment has made him a household name throughout South Florida, where generations of clients continue to rely on him for guidance in protecting their assets and ensuring their wishes are honored.

Attorney Hoffman believes that personal connection should never be an afterthought. He extends his services beyond the office by making hospital and in-home calls, ensuring clients receive attentive, dignified service wherever they are most comfortable. His work goes beyond legal paperwork—it’s about providing calm, practical support during life’s most challenging moments.

Attorney Barry Hoffman’s goal is to have South Florida residents understand the importance of proper estate planning. His approachable style and extensive knowledge have made him a familiar and respected figure among the families he’s served. In addition, he has high school and college teaching experience. To this day, many of his students keep in touch with Barry.

After more than four decades, Barry Hoffman continues to do what he loves most: helping people secure their legacies and protect what matters most. Whether crafting a will, setting up a trust, or simply offering sound legal advice, his mission remains the same—to provide South Florida families with peace of mind through every stage of life.

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The hiring of a lawyer is an important decision that shouldn't be based solely on advertisement. Before you decide, ask us to send you written information about our qualifications and experience.

Why Do I have The Summertime Blues?

By Renee Chillcott, LMHC

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

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

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

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

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

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

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

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

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

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

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

we have increased blood flow that is not constricting is from symptoms.

Some of the symptoms that result from Brain Inflammation are:

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

WHAT IS NEUROFEEDBACK AND HOW CAN IT HELP ME?

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

Neurofeedback is often referred to as brain exercise. While allowing you to see the frequencies produced by different parts of your brain in real time and then receive visual and auditory feedback, it teaches the brain to better regulate itself. Neurofeedback can be used to help detect, reward, and/or inhibit brain activity safely, 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 as pictures appear on the screen (in a calm, focused state), the EEG equipment measures the frequency or speed at which electrical activity propagates in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist can then determine which 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 the reward band to encourage a more balanced pattern. This encouragement or "reward" occurs through auditory reinforcement ("beeps") and, sometimes, visual reinforcement or changes on the screen.

The goal of the neurofeedback approach is to teach and guide your brain to be balanced and flexible so that you are able to regulate automatically. We provide the brain with gentle "challenges" and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the



appropriate time. We call Neurofeedback "Brain Yoga" because the goal of yoga is to be more balanced and flexible, just as Neurofeedback's goal is.

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 influences the brain on a neurological level. Auditory rewards stimulate auditory pathways, affect the vestibular system, and have numerous connections to the reticular activating system, which regulates wakefulness and attention. These systems function in our brains without conscious effort. Therefore, neurofeedback trains your brain through automated learning with little or no behavioral effort. Another way to put it is that neurofeedback involves operant conditioning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that encourages optimal learning—neither too hard nor too easy. This schedule of reinforcement, or reward, provides just the right amount of resistance to evoke a positive learning pattern.

How many sessions are needed to begin seeing results? 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 see changes, and we can discuss what to expect during the intake appointment. For adults, changes are usually noticed within 10 sessions. Total treatment is an average of 40 sessions; however, we individualize treatment – some people need more and some less.

HOW DO I GET STARTED?

Getting started is easy, just send us a message. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. E-mail or message us today! Brain and Wellness Center, 5458 Town Center Road, Suite 13, Boca Raton, FL 33486. E-mail us at info@bocabraincenter.com, or text us at (561) 206-2706 or visit our website at www.BocaBrainCenter.com.



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THE CORNEA

By David A. Goldman MD



the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This

was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com



Spiritual Wellness

IT'S HOT EVERYWHERE IN JULY

Brent Myers

Have you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot everywhere in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.



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