

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

Health & Wellness[®] MAGAZINE

August 2026

South Palm Beach Edition - Monthly



FREE

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**LASER THERAPY FOR
PAIN MANAGEMENT THAT
HEALS AND CHANGES LIVES**

**UNDERSTANDING PSORIASIS:
WHY AWARENESS MATTERS
MORE THAN EVER**

**FINDING RELIEF FOR
CHRONIC PAIN AND BENIGN
CONDITIONS THROUGH
RADIATION THERAPY**

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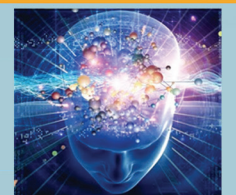
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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate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

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UNDERSTANDING PSORIASIS: WHY AWARENESS MATTERS MORE THAN EVER

August marks Psoriasis Awareness Month, a crucial time to shed light on a chronic skin condition that affects over 125 million people worldwide. At Art of Dermatology, we recognize the importance of education and support for those living with psoriasis, as well as their families and communities who may not fully understand this complex autoimmune disorder.

What Is Psoriasis?

Psoriasis is far more than a cosmetic concern. This chronic autoimmune condition occurs when the immune system mistakenly attacks healthy skin cells, causing them to multiply at an accelerated rate. Instead of the normal 28-day skin cell cycle, psoriasis causes cells to surface in just 3-4 days, creating the characteristic thick, scaly patches known as plaques. These patches typically appear on the elbows, knees, scalp, and lower back, though they can develop anywhere on the body.

The Hidden Impact

While the visible symptoms of psoriasis are often the most obvious, the condition's impact extends far beyond the skin. Research consistently shows that individuals with psoriasis face significantly higher rates of depression, anxiety, and social isolation. The unpredictable nature of flare-ups can affect work performance, relationships, and overall quality of life. Additionally, psoriasis increases the risk of developing other serious health conditions, including cardiovascular disease, diabetes, and psoriatic arthritis.

Breaking Down Misconceptions

One of the primary goals of Psoriasis Awareness Month is dispelling harmful myths that persist about this condition. Psoriasis is not contagious, despite common misconceptions that lead to social stigma. It cannot be "caught" through physical contact, sharing personal items, or proximity to someone with the condition. These misunderstandings often result in unnecessary discrimination and emotional distress for those affected.

Another prevalent myth is that psoriasis is simply a cosmetic issue that can be cured with over-the-counter treatments. In reality, psoriasis is a



complex genetic condition that requires professional medical management and often lifelong treatment strategies.

Treatment Advances Offer Hope

The landscape of psoriasis treatment has evolved dramatically in recent years. While there is currently no cure, numerous effective treatment options can help manage symptoms and improve quality of life. These range from topical treatments and phototherapy to systemic medications and innovative biologic therapies that target specific parts of the immune system.

At Art of Dermatology, we emphasize the importance of personalized treatment plans. What works for one patient may not be effective for another, making it essential to work closely with dermatology professionals to find the right combination of therapies.

Supporting the Psoriasis Community

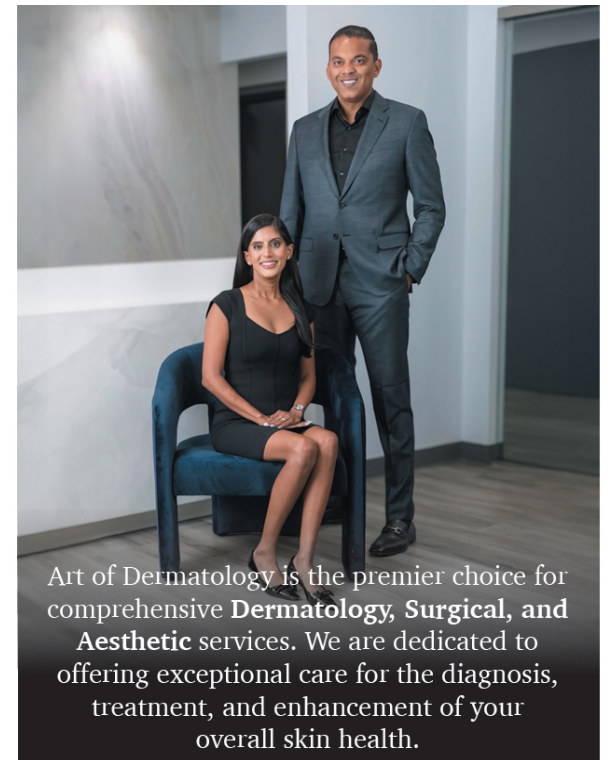
This August, consider how you can contribute to psoriasis awareness. Simple actions like sharing accurate information on social media, supporting research initiatives, or simply listening without judgment to someone sharing their psoriasis experience can make a meaningful difference.

For those living with psoriasis, remember that seeking support is not a sign of weakness. Patient advocacy groups, online communities, and mental health resources can provide valuable connections and coping strategies.

Moving Forward Together

Psoriasis Awareness Month serves as a powerful reminder that education, empathy, and advocacy are essential tools in improving the lives of those affected by this condition. By fostering understanding and promoting research, we move closer to better treatments and, ultimately, a cure.

If you or someone you know is struggling with psoriasis, don't hesitate to reach out to qualified dermatology professionals who can provide comprehensive care and support. Your skin's journey deserves the art of professional dermatology. Call Art of Dermatology today for more information.



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TIME IS OF YOUR *HAIR'S* ESSENCE

Start Your Hair Restoration Journey Early with Bauman Medical

by Alan J. Bauman, MD, ABHRS

Over the past three decades, I've lived by one simple mantra: time equals follicles. Just like we have a finite number of hours in the day, the same goes for our follicles. Yet, many American men and women don't realize how imperative early detection is.



With over 80 million people in the country suffering from hair loss, it's not the initial loss that's most damaging. It's the waiting. Rather than staying proactive, many delay seeking a professional evaluation until healthy follicles are no longer, well, healthy. With August being National Hair Loss Awareness Month, there's no time like the present to fix the past.

The best strategy for combating hair loss isn't necessarily restoration, but rather catching it before any true damage can be done. When it comes to the realm of hair loss, fortune favors those willing to keep up with the times. And at Bauman Medical, my team and I pride ourselves on avoiding stagnation. And with these latest advancements, we'll be catching signs of hair loss well before a single follicle begins to fade.

EARLIER DETECTION THAN EVER BEFORE

The earlier we identify the problem using advanced diagnostics like AI and digital analysis, the better your chances of preserving hair follicles and maintaining long-term hair health, encouraging a proactive attitude.

By utilizing the latest generation of AI, high-resolution scalp and skin imaging, and advanced digital follicular analysis, I'm now able to detect signs of hair loss earlier

than ever before. By measuring hair density, caliber, follicular miniaturization, scalp health, and treatment response, Bauman Medical no longer needs to rely only on photographs or visual examination. Now, we can easily diagnose the issue, monitor progression, and craft a treatment that works specifically for you using hard-hitting data, allowing patients to track their treatment plan over time.

We don't just stop there, as we take into account results from medical evaluation, state-of-the-art lab testing, hormone analysis, nutritional assessments, genetics, and other biomarkers to ensure that we are creating a treatment plan. Hair loss isn't a one-size-fits-all phenomenon. So Bauman Medical ensures that we're crafting a strategy that is designed to address each patient's unique hair loss cause.

But just because we're building toward the future, that doesn't mean we should ignore what's got us this far. Along with these latest advancements, Bauman Medical still has plenty of staple diagnostic tools available for patients, such as:

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 personalized course for your hair restoration journey.

HairMetrix

As mentioned earlier, Bauman Medical has embraced AI to help diagnose hair loss. By keeping up to date with the latest trends, we've been able to harness it for our HairMetrix tool, an advanced AI-powered algorithm to analyze microscopic scalp photos to provide precise data on hair quality and quantity. With the use of it, our team is able to confirm a specific diagnosis and craft the perfect treatment plan that works on your timeline to match your 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

With HairCheck, 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 emphasized 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.

Diagnosing is one thing. Treating is a whole other task. Thankfully, our regenerative options have followed suit in keeping up with the times, with the following being standouts:

CRTgro™

Combined Regenerative Technique (CRT for short) is a method developed by the great Brazilian physician-scientist Dr. Pablo Cirino. With CRTgro™, we utilize a precise micro-infusion technology to create controlled microchannels within the scalp. These channels allow us to deliver customized hair growth medications, peptides, micronutrients, and regenerative biologics directly to the level of the hair follicle, with minimal discomfort and low risk of side effects. More effective



HairMetrix uses AI-powered digital microscopy to precisely measure hair density, follicle caliber, and hair growth over time, allowing Dr. Bauman to diagnose hair loss earlier, personalize treatment, and objectively track each patient's progress.



Dr. Bauman gently plucks approximately 50 healthy hair follicles to bank a patient's own hair follicle stem cells, the first step in creating a personalized STEMgro™ autologous secretome rich in regenerative growth factors that support healthier hair follicles, scalp health, and long-term hair restoration.

than topical application alone, CRTgro™ also invigorates the scalp's natural wound-healing response, which gets your growth factors up to date and allows for improved tissue repair, vascular support, and follicular regeneration.

STEMgro™ Therapy

The future is now with STEMgro™, the latest great advancement in regenerative medicine. By harnessing the stem cells in a patient's own hair follicle, Bauman

Medical is able to craft a unique, one-of-one culture secretome with an abundance of naturally occurring growth factors. These include cytokines, peptides, extracellular vesicles, and regenerative signaling molecules. Instead of transplanting the cells, this procedure allows us to utilize the immensely powerful biologic signals that stem cells naturally produce, in turn leading to healthier hair follicles, a more optimized scalp environment, and regenerative benefits for both hair and skin. Highly unique and created just for you, the future of hair restoration is seen in full with STEMgro™.

Platelet-Rich Plasma (PRP)

With over 15,000 procedures complete, PRP has always been up with the times. From a small sample of your blood comes a lush head of hair. After concentrating the platelets found within, we gently apply it back to your scalp to stimulate weakened follicles. In an hour's time, you'll be turning back the clock to a fuller head of hair.

Learn More

The best time to combat hair loss is before the loss begins. Many Americans don't even realize they may be on the verge of a journey through hair restoration, making time of the essence to ensure you're ahead of the game. At Bauman Medical, we're proud to unveil these cutting-edge diagnostic tools that will prevent you from having to climb uphill. This Hair Loss Awareness Month, be mindful and let our team keep your scalp healthy in the nick of time.

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 daily 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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WHAT IS MY CIRCADIAN RHYTHM AND WHY DOES IT MAKE ME FEEL SO “OFF”

By Renee Chillcott, LMHC



Have you heard terms such as “biological clock” or “biorhythms”, or maybe you’ve heard stories of babies “getting night and day mixed up”? These are a few examples of a biological phenomenon called Circadian Rhythm, but what exactly is it and how does it affect me?

Your Circadian Rhythm is the pattern your body follows based on a 24-hour day. It’s your body’s internal clock and it not only tells you when to go to sleep and wake up, but also controls biological processes such as hormones, digestion and body temperature.

Circadian Rhythm coordinates the physical and mental systems in your body and is controlled by the area of your brain called the hypothalamus. It is also controlled light, thus causing our brains to naturally change based on day and night.

Throughout our lives, this biological clock goes through natural changes and adjustments. We can see this most clearly with sleep/wake schedules.

- Babies – it takes about 3 months for the rhythm to develop and for babies to get on a “schedule” of waking and sleeping. This continues to develop during childhood where “bedtimes” are established and daytime naps transition and aren’t needed.
- Teens – during the teen years, the rhythm will shift again. Teens require the same number of hours to sleep, however the “bedtime” adjusts as during the teen years, the rhythm shifts to later go to sleep times and later wake up times.
- Adulthood – as teens progress to adulthood, the rhythm will shift again, and sleep/awake times are typically dictated by external factors such as jobs and family.
- Later Adulthood – As we progress through adulthood, our rhythm changes again and earlier sleep and earlier wake times tend to prevail. The number of hours needed to sleep will shorten as well.

Even though this rhythm is a natural occurrence, there are several factors that can cause it to be “out of sync”.

- Food intake
- Stress
- Physical activity
- Temperature
- Forced waking from work/school
- Travel
- Poor Sleep Habits
- Mental Health/Brain conditions
- Time changes (moving to different time zones, daylight savings, etc.)

When Circadian Rhythm is disrupted, there are several diagnosis and conditions that can follow. Because the rhythm affects physical and mental processes in the brain, **the dysfunction that occurs when the rhythm is disrupted can range from physical such as:**

- Digestion/Gastrointestinal problems
- Metabolism Problems
- Lack of energy
- Delayed wound healing
- Changes in hormones such as cortisol or melatonin

Mental changes can also occur:

- Memory loss
- Anxiety
- Depression
- Psychosis
- Adrenal fatigue
- Attention/Focus difficulties

Establishing, restoring or resetting your Circadian Rhythm can be achieved through some behavioral interventions such as:

- Sticking to a daily routine
- Going outside to get natural sunlight/physical activity
- Good sleep hygiene/routines
- Limiting exposure to artificial light at night/screens and blue light
- Avoiding stimulants such as caffeine or nicotine in the evenings before sleep

But what do I do if behavioral interventions don’t restore my rhythm and I’m experiencing dysfunction?

Speak to your healthcare provider. There are times when medication or medical treatments can help. Neurofeedback is another way you can get help. Neurofeedback is an alternative/non-medication approach that uses EEG to teach your brain how to restore its natural rhythm, improve regulation, and relieve symptoms related to dysfunction.

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60’s. It is exercise for your brain by allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. It can help restore a wider “range of motion” in brain states, much like physical therapy does for the body.

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

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

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

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

The QEEG is a quantitative EEG. It’s also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5-10 minutes and with eyes closed for 10 minutes. This recording is then sent to be read and analyzed. It can help us see what areas need to be addressed more efficiently than just training spot by spot.

HOW DO I GET STARTED?

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FINDING RELIEF FOR CHRONIC PAIN AND BENIGN CONDITIONS THROUGH RADIATION THERAPY

Living with chronic pain, stiffness, or limited mobility can quietly reshape daily life. When symptoms linger despite physical therapy, medications, or injections, many people are told their remaining choices are simply to “manage it” or consider surgery. However, there’s hope for relief through a lesser-known option: radiation therapy. Low-dose, targeted radiation therapy has been used for decades to help people with certain benign, non-cancerous conditions. It’s an advanced, non-surgical treatment designed to calm inflammation, control abnormal tissue growth, and restore comfort – often with minimal disruption to daily life.

A Gentle, Targeted Approach to Restoring Function

Radiation therapy for benign conditions is fundamentally different from the treatments most people associate with cancer care. It uses very low doses of precisely targeted energy, carefully designed to reduce inflammation and irritation rather than destroy tissue.

This approach allows physicians to focus treatment exactly where it’s needed, helping to:

- Ease chronic inflammation
- Reduce pain and swelling
- Calm irritated nerves
- Slow or stabilize abnormal tissue growth

The goal is simple: improve comfort, mobility, and quality of life while avoiding more invasive interventions whenever possible.

How Low-Dose Radiation Therapy Works

Low-dose radiation therapy works by gently influencing inflammatory processes in the body. In certain chronic conditions, inflammation or abnormal tissue behavior continues long after the original injury or trigger has passed. Targeted radiation can help interrupt these cycles, allowing the affected area to settle and function more normally. Treatments are delivered over a short course, are noninvasive, and typically require no recovery time – allowing patients to continue with their usual routines.



A Strong Track Record of Safety and Precision

Low-dose radiation therapy for benign conditions has been used internationally for decades. Because these treatments involve much lower doses than cancer therapy, physicians carefully select patients and tailor treatment plans to balance benefit and long-term safety. Modern radiation technology allows specialists to precisely target the treatment area while protecting surrounding healthy tissue. For many patients, the potential benefits – reduced pain, improved mobility, and avoidance or delay of surgery – can meaningfully outweigh the risks.

Is Low-Dose Radiation Therapy Right for You?

If you’re living with a chronic condition that limits your comfort or mobility – and traditional treatments haven’t provided lasting relief – it may be worth asking whether low-dose radiation therapy is appropriate for you.

Exploring all available options empowers patients and providers to make informed decisions focused on long-term quality of life. A consultation with a radiation oncologist can help determine whether this approach fits within your overall care plan.

Radiation oncologists at Florida Cancer Specialists & Research Institute (FCS) collaborate closely with surgeons, orthopedic specialists, neurologists, and other physicians to deliver thoughtful, personalized treatment plans – helping patients move forward with confidence and clarity.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

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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Palm Beach Gardens, FL 33410-2824

Wellington North

1037 S State Road 7, Ste 303
Wellington, FL 33414-6140

West Palm Beach

1309 N Flagler Dr
West Palm Beach, FL 33401-3406

For more information, visit
FLCancer.com.

PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



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

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

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

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

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

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

Does this disabled child receive government benefits?



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SOUTH FLORIDA'S BEST PRICED/HIGHEST REVIEWED HOME CARE

Florida Best Home Care LLC stands out as the premier home care company in South Florida, providing unparalleled service and value to both clients and caregivers. With a commitment to offering the best prices (AS LOW AS \$21/HR!) exceptional caregiver referrals, and a transparent approach, we set ourselves apart from the competition in a number of significant ways. We are open 24/7 and always answer the phone. We know all of our customers and their caregivers well, and you will be treated like family from the day you sign up or switch to us.



**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

NOW FOR SERVICES 561-269-3747

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.



Florida Best Home Care

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A Guiding Hand:

Finding Compassion & Clarity in Life's Toughest Moments



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.



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www.JewishDirectCremation.com

Protecting Your Eyes

By David A. Goldman MD

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

For all eye injuries:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

If your eye has been cut or punctured:

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

If you get a particle or foreign material in your eye:

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

In case of a chemical burn to the eye:

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

To treat a blow to the eye:

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

To treat sand or small debris in the eye:

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

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.

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Four years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

1. DON'T HAVE ALL THE ANSWERS.

It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

2. LISTEN. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

3. WRITE IT DOWN. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

4. DO IT. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

BREAKING THROUGH



These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers



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You've had the strength within you all along. Every challenge, every triumph, every moment has shaped the courage you bring to this day. And while life was building your resilience, Florida Cancer Specialists & Research Institute was advancing research, developing tomorrow's treatments and delivering care to more Florida cancer patients than any other provider.

Together, your strength and our expertise make this fight one you're ready to face.



Discover how strength meets science at
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