

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

Health & Wellness[®] MAGAZINE

September 2026

South Palm Beach Edition - Monthly



FREE

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**BACK TO SCHOOL
LEARNING MORE ABOUT ALOPECIA
WITH BAUMAN MEDICAL**

**WHAT YOU SHOULD KNOW
ABOUT PANCREATIC CANCER**

**TRUST ARE NOT JUST
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**COMMON MYTHS
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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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THE ART OF AGING GRACEFULLY: WHY SKIN CHECKS MATTER AT ART OF DERMATOLOGY

Our skin tells the story of our lives—every laugh line, sun-kissed moment, and year of experience. As we age, maintaining skin health becomes increasingly important, not just for aesthetics but for overall wellbeing. At Art of Dermatology, we believe that healthy aging skin begins with proactive care and regular professional assessment.

Understanding Skin's Aging Process

Skin ages through two distinct processes: intrinsic aging (determined by genetics) and extrinsic aging (influenced by environmental factors). While we cannot control our genetic timeline, we can significantly impact how external factors affect our skin.

With age, our skin naturally produces less collagen and elastin, leading to thinner, less resilient skin. Cell turnover slows, and moisture retention diminishes. Meanwhile, years of sun exposure, pollution, and lifestyle choices accelerate these changes, potentially leading to premature aging and increased risk of skin conditions, including cancer.

The Crucial Role of Regular Skin Checks

Regular dermatological examinations serve as the cornerstone of proactive skin health management. These checks provide much more than peace of mind—they can be lifesaving. Consider these compelling reasons to schedule regular visits to Art of Dermatology:

- **Early Detection of Skin Cancer:** With over one million Americans diagnosed with skin cancer annually, early detection dramatically improves treatment outcomes. Professional dermatologists can identify suspicious changes that might go unnoticed during self-examinations.
- **Personalized Aging Management:** Everyone's skin ages differently. Regular assessments allow dermatologists to craft personalized treatment plans that address your skin's unique needs, from addressing sun damage to managing age-related conditions like rosacea or seborrheic keratosis.
- **Tracking Changing Moles and Spots:** What appears as a harmless freckle today could develop concerning characteristics over time. Consistent monitoring creates a valuable baseline for detecting meaningful changes.



• Expert Guidance on Products and Treatments:

The skincare industry overwhelms consumers with countless anti-aging products. Your dermatologist can recommend evidence-based solutions truly appropriate for your skin type and concerns.

Healthy Habits for Aging Skin

Between professional visits to Art of Dermatology, maintaining these daily habits supports optimal skin health:

- **Sun Protection:** Apply broad-spectrum SPF 30+ sunscreen daily, regardless of weather conditions. Wear protective clothing and seek shade when possible.
- **Hydration:** Both internal hydration (drinking water) and external moisturizing help maintain skin's barrier function and elasticity.
- **Gentle Cleansing:** As skin becomes more delicate with age, harsh products can cause irritation. Opt for gentle, pH-balanced cleansers.
- **Antioxidant-Rich Diet:** Consuming foods high in vitamins C, E, and omega-3 fatty acids supports skin's natural repair processes.
- **Quality Sleep:** During deep sleep, skin undergoes essential regeneration and repair processes critical for healthy aging.

The Art of Dermatology Difference

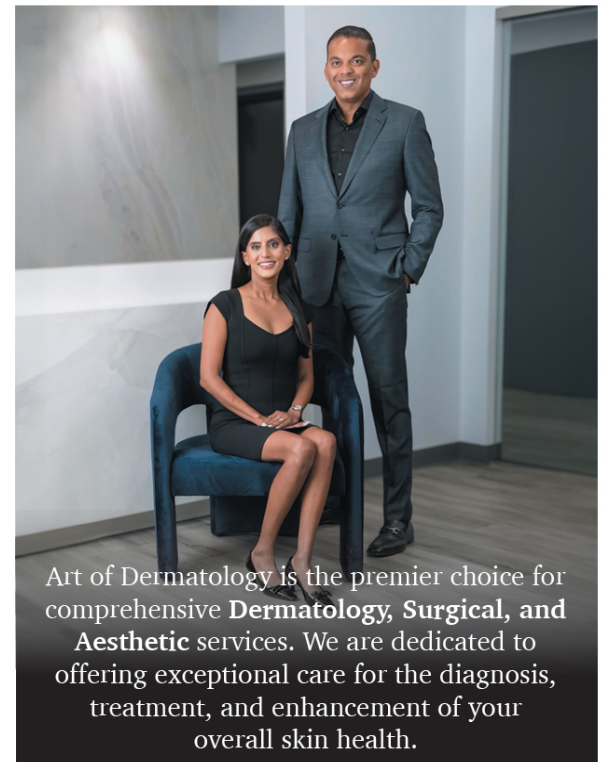
At Art of Dermatology, we combine medical expertise with aesthetic sensibility. Our comprehensive skin examinations include advanced technologies

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.



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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BACK TO SCHOOL

Learning More About Alopecia with Bauman Medical

by Alan J. Bauman, MD, ABHRS



As the dog days of summer come to an end, out come the backpacks and notebooks — back-to-school season is in full effect. But just because you may not have a summer break anymore, that doesn't mean you still can't learn. I may not be a teacher, but my team and I here at Bauman Medical know a thing or two about hair loss. In this month's class, we'll be discussing a timely subject: alopecia.

Yes, while September is often associated with school and the start of fall, it's also Alopecia Awareness Month, highlighting a condition many people deal with. What exactly is it? At its core, "alopecia" is simply hair loss. The most common type, accounting for 95% of cases, is androgenetic alopecia, or, as you may know it, male and female pattern baldness.

Androgenetic alopecia affects men and women differently. In men, you can expect a receding temple and hairline, along with decreased hair coverage in the back of the head and top of the scalp. In women, it begins in the frontal half of the scalp, with diffuse thinning that may extend to the temples.

Autoimmune Alopecia like alopecia areata (patchy hair loss), alopecia totalis (total scalp hair loss), or even alopecia universalis (total scalp and body hair loss) can be treated with FDA-approved drugs and regenerative therapies.

At Bauman Medical, we understand how frustrating it is to see your hair fall. That's why we're here to help

you make a change this back-to-school season. With a variety of advanced diagnostic methods at our disposal, my team strives to find the cause of hair loss, with tools like the following:

TrichoTest

This isn't your kid's math test. With the TrichoTest, we craft a truly personalized hair restoration plan specific to your scalp and your scalp alone. By analyzing your unique DNA sequences through a quick cheek swab, we identify factors affecting your hair loss and how you are likely to respond to treatment, giving you confidence in your tailored plan.

HairMetrix

It's one thing to use AI to help write an essay for English class. It's a whole other thing to utilize it for hair restoration. With HairMetrix, after microscopic scalp photos are taken, our advanced AI-powered algorithm provides precise data on your hair quantity and quality. This ongoing monitoring helps us adapt your treatment plan, fostering hope for visible progress.



Bauman Medical Certified Trichologist Kimberly Jenkins performs a detailed scalp and hair analysis, using advanced imaging technology to help assess hair and scalp health and guide personalized treatment recommendations.



The Bauman TURBO LaserCap® uses low-level laser light therapy (LLLT), an FDA-cleared treatment for hair loss that stimulates hair growth, delivered conveniently and non-invasively from the comfort of home.

HairCheck

Assessing your hair volume has never been easier with our HairCheck device. A noninvasive method, HairCheck physically measures your hair bundles, giving us information on how different regions compare to others. As a result, our team can gain insight into how well your scalp is responding to your treatment plan, as well as being able to identify changes before they're even noticeable to the naked eye.

Low-Level Laser Therapy

Just because schools don't allow hats doesn't mean our award-winning Bauman TURBO LaserCap® has to be put in a locker. In fact, using this cap for five minutes a day means you can ditch the hats and let your hair flow. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO is the perfect way to usher in the school year with thicker, fuller hair, all from the comfort of your home.

PRP

With the busyness of the school year, you don't always have the time to be going to appointment after appointment. With PRP, you only need to allocate an hour of your time for lasting results. After drawing a small blood sample, we'll be able to utilize the platelets found in your blood by separating the two. Once concentrated, we gently apply it back into your scalp for a pain-free and convenient procedure. Less time here means more time getting the kiddos to and from school.

PDOgro

If PRP is the test, think of PDOgroTM as the extra credit that goes along with it. Because we're always looking to improve upon our solutions at Bauman Medical, we took the benefits of the former and furthered it with

our delicate and absorbable polydioxanone threads that help stimulate the scalp factors that facilitate hair regrowth. Our FDA-cleared synthetic absorbable material activates your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. PDOgroTM also means not having to worry about any recovery or aftercare, allowing you to reap the benefits of restoration without the common side effects. And along the way, you can always talk to our experts to ensure the process is comfortable and meets your goals.

Exosome Therapy

For the parents who just dropped their kids off at college, I imagine there will be plenty of calls and texts exchanged. Regardless of the distance, near or far, exosomes, a key part of cellular communication, act in the same manner. Within exosomes are nucleic acids, growth factors, and other proteins that, when paired with the dynamic serum of our TransEpidermal Delivery procedure, cultivate hair growth.

Learn More

Just because back-to-school season is typically geared toward kids, that doesn't mean you can't learn something new. With September being Alopecia Awareness Month, it's important to know that those who suffer from it are not alone and that there are solutions out there to help. Whether you're looking for diagnostic tools or modern regenerative options, our team at Bauman Medical is here to educate and take action to resolve the effects of alopecia. Call 561-220-3480 or point your camera at the QR code below to schedule a private one-on-one in-person or virtual evaluation at www.baumanmedical.com.



About Dr. Alan J. Bauman



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

With over 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.

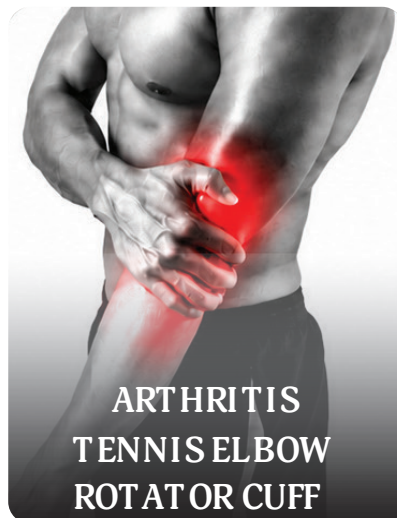
Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



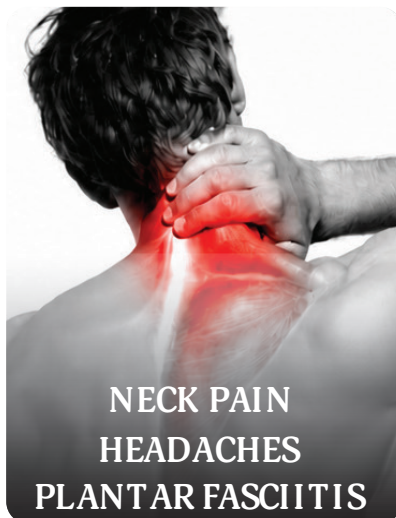
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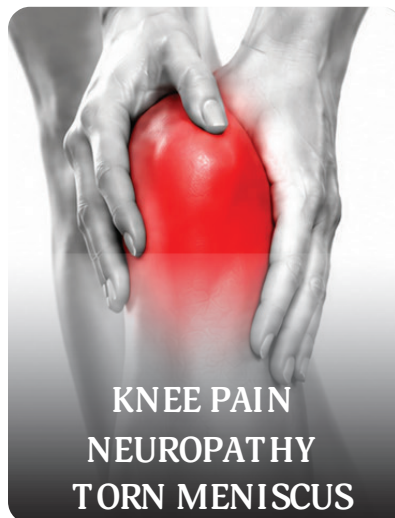
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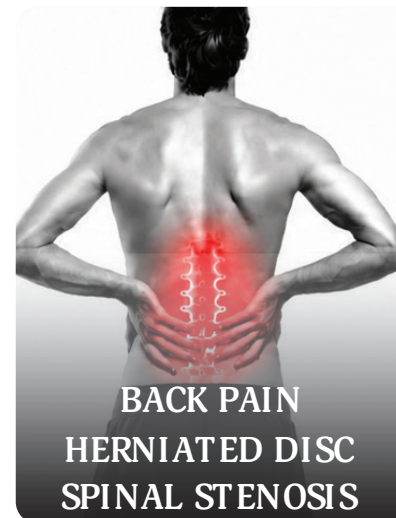
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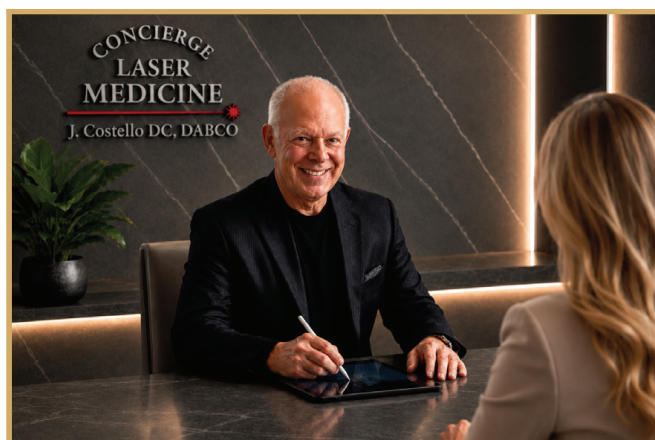
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WHAT IS MY CIRCADIAN RHYTHM AND WHY DOES IT MAKE ME FEEL SO “OFF”

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?

Getting started is easy. The Brain and Wellness Center staff will answer all your questions, and help you get scheduled. If you are wondering what services are best for you? We can help to determine that through telephone consultation. Call, email or text 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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WHAT YOU SHOULD KNOW ABOUT PANCREATIC CANCER

Pancreatic cancer can be difficult to detect because symptoms are often vague and may not appear until the disease has progressed. Understanding the signs, symptoms and risk factors can help individuals recognize when it may be time to speak with a healthcare provider.

Understanding the Pancreas

The pancreas is a gland located deep within the abdomen that helps regulate blood sugar and aids digestion. Pancreatic cancer develops when abnormal cells in the pancreas grow out of control and form a tumor. Because the pancreas is not easily examined during routine medical visits, diagnosis often requires imaging tests such as CT scans, MRI scans or ultrasounds.

Signs and Symptoms

Symptoms of pancreatic cancer can vary and may resemble those of other conditions. Potential signs include:

- Jaundice (yellowing of the skin or eyes)
- Changes in stool color or dark urine
- Loss of appetite
- Unexplained weight loss
- Nausea or digestive changes
- Fatigue
- Pain in the upper abdomen or back

While most back pain is caused by muscle strain or injury, persistent pain in the mid-back can occasionally be associated with pancreatic cancer. Because the pancreas sits near major nerves, a tumor may cause discomfort that radiates to the back. Back pain that persists or occurs alongside other symptoms should be evaluated by a healthcare provider.

Know Your Risk Factors

Several factors may increase the risk of pancreatic cancer, including:

- Age over 60
- Family history of pancreatic cancer
- Inherited genetic mutations
- Smoking
- Long-standing diabetes
- Chronic pancreatitis
- Obesity



About 10% of pancreatic cancers are believed to be hereditary. Individuals with a close family member who has been diagnosed with pancreatic cancer should talk with their physician about whether genetic counseling or testing may be appropriate.

Advances in Treatment

Treatment options may include surgery, chemotherapy, radiation therapy, targeted therapies and clinical trials. Ongoing research continues to improve understanding of pancreatic cancer and expand treatment options, offering patients access to more personalized approaches to care. According to the American Cancer Society, patients diagnosed when the cancer is still localized to the pancreas have a 44% five-year relative survival rate, highlighting the importance of timely evaluation and treatment.

When to Talk to Your Doctor

While these symptoms can be caused by many conditions, it is important to speak with your doctor if you experience persistent or unexplained changes in your health, including ongoing abdominal or back pain, jaundice, unexplained weight loss or digestive changes.

If you or a loved one has been diagnosed with pancreatic cancer, Florida Cancer Specialists & Research Institute offers personalized treatment plans, access to innovative therapies and expert cancer care close to home.

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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TRUSTS ARE NOT JUST FOR THE WEALTHY

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



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

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

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

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

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

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

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

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

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

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

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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.



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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.

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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.

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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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Common Myths About Your Eyes

By David A. Goldman MD

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

Sitting too close to the TV will ruin your eyes

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

Your vision will get worse if you read in the dark

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

Wearing glasses makes your eyes dependent on them

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



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

Only boys are color blind

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

Eating carrots will make your eyesight sharper

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



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

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

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

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

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

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

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

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

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.



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