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November 2026

South Palm Beach Edition - Monthly

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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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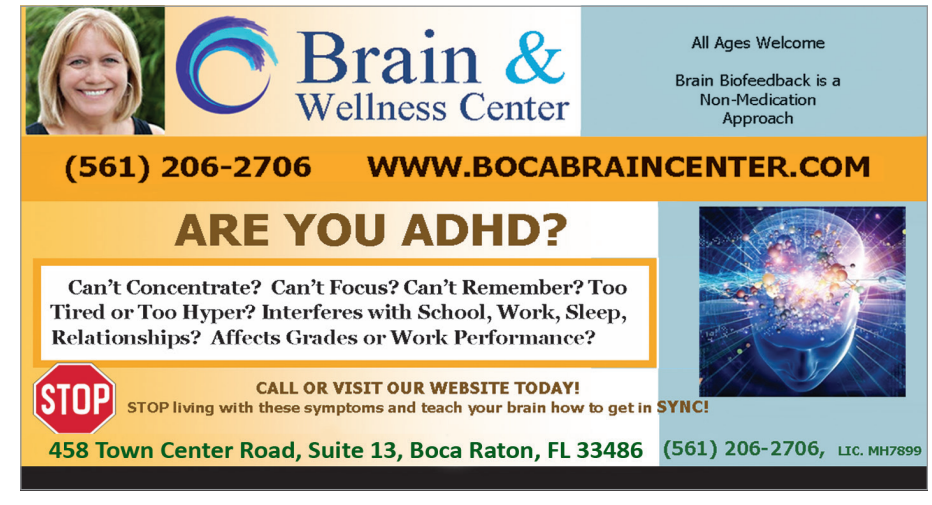
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Health&Wellness MAGAZINE





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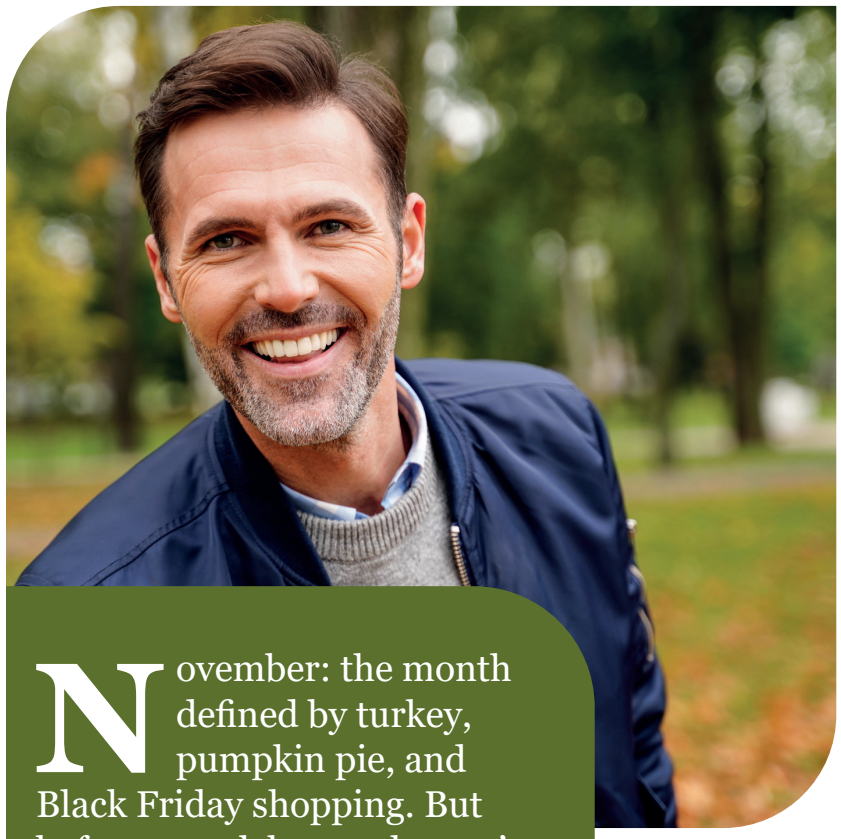
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NO-SHAVE NOVEMBER

Let Your Hair Down This Fall with Bauman Medical

by Alan J. Bauman, MD, ABHRS



November: the month defined by turkey, pumpkin pie, and Black Friday shopping. But before we celebrate what we're thankful for and wait in line for a new TV, the month begins with a month-long event — No Shave November.

Whether you sport a handlebar mustache or a nice pair of mutton chops, putting the razor down this month is a fantastic way to support a great cause and keep your face warm as the temperature continues to drop. At Bauman Medical, we want to treat No Shave November as a trend that continues well beyond the month, and I'm not talking about the hair on your face.

My team and I strive to provide clients suffering from various forms of hair loss with solutions and diagnostic tools that have them feeling truly thankful year-round. For those on the verge of picking up the razor and going for a buzz cut, hear me out. These tools and procedures may have you thinking otherwise.

FoLix

At Bauman Medical, we pride ourselves on keeping up with the times and furthering our regenerative and diagnostic tools. In teaming up with the brilliant minds at Lumenis, FoLix proves that we aren't stopping anytime soon. The first and only FDA-cleared fractional laser treatment specifically designed to stimulate hair growth, this advancement is the perfect option for men and women looking for a non-invasive, non-chemical treatment option to combat mid-stage hair thinning.

As a non-ablative laser, FoLix allows us to create microscopic thermal zones on the scalp that activate the body's natural regenerative process. By stimulating this, dormant hair follicles are also activated, which leads to improved hair growth in the longer run. I understand hearing the word laser being thrown around and imagining something hot. But in reality, FoLix is applied with a specific cooling handpiece that allows our team to target follicle-rich areas of the scalp, all while keeping patients comfortable.

Low-Level Laser Light Therapy Caps

After shaving your do, you may be in need of a wool cap to keep your scalp warm. Or, you could opt for my award-winning Bauman Turbo LaserCap® and harness the benefits of low-level laser light therapy from the comfort of your own home. All it takes is five minutes of daily use to produce results that you'll truly be thankful for. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the Turbo LaserCap is the perfect way to get into the No Shave festivities for years to come.

TED w/Exosomes

Before you make any rash decisions about shaving, sometimes it's best to communicate with someone. Whether it be a friend next door or a family member across the country, a quick chat may help you choose something like our TransEpidermal Delivery device with exosomes. See, exosomes are similar to our phones in that they allow our cells to chat with one another. What are they talking about? Probably about the immense benefits that exosomes offer the scalp, such as nucleic acids, growth factors, and other essential proteins.

When we couple exosomes with TED, we're able to push them into the scalp, which increases blood flow, strengthens hair fibers, decreases shedding, and much more. Best part? No needle is needed. We utilize sound waves and air pressure to apply them, making for a non-invasive procedure that will have your hair and scalp looking and feeling rejuvenated.



Low-level laser therapy at Bauman Medical. Patients can also continue treatment at home with the Bauman TURBO LaserCap®.



Before and 12 months after FUE hair transplant at Bauman Medical. Every treatment plan is customized to the patient.

FUE Follicular Unit Extraction

When you hear the words "hair transplant," I can imagine your mind conjuring up some terrifying images. Pluggy-looking, painful procedures that stick out like a sore thumb. That was then. Now, it's quite the opposite, especially when opting for Bauman Medical's natural, no-linear-scar follicular unit extraction, or FUE, for short.

Back then, specialists would utilize the incredibly invasive strip-harvesting method. Now, Bauman Medical harvests individual hair follicles directly from the source, creating a procedure that is catered specifically to your needs. With the help of robotics and specialized mechanical instruments, our team provides surgical precision without making patients feel like it's surgery. Best part of FUE? Quicker, less restricted, more comfortable recovery, and no linear scar, just results.

VIP|FUE™

Let's take No Shave November to heart here. We want to treat our patients like the VIPs that they are. So, that's why we offer an upgrade with our VIP|FUETM procedure. This is truly an undetectable procedure, meaning no shaving, no trimming, and no staples. Let's get your scalp ready for No Shave November by skipping the razor and providing only hair growth.

TrichoTest

From a quick cheek swab to a detailed report of how you'll respond to specific treatments, the TrichoTest is a perfect way to get an idea of what works best for you before making the big shave. By having access to your metabolic pathways related to hair loss, we can get an idea of the specific factors that are causing your specific case of hair loss, as well as predict the overall response to specific treatment plans. Now, you can make an informed decision that fits your needs entirely.

HairMetrix

Instead of asking ChatGPT about the benefits of shaving your head, let our AI give you the reasons why you shouldn't. With HairMetrix, our advanced AI-powered algorithm analyzes microscopic photos of the scalp. This analysis provides my team with detailed data on the overall quality and quantity of hair. Now, we take this info to figure out the diagnosis before crafting a treatment plan that is catered to your scalp and your scalp only. And before you ask Chat how things are going, let our team monitor the response and adapt as needed.

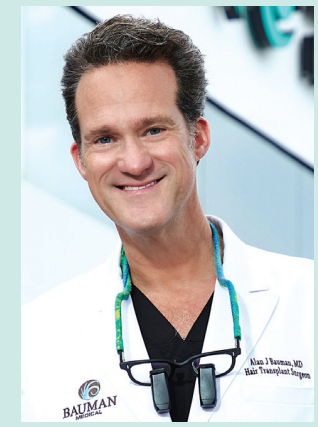
HairCheck

After utilizing the HairCheck, I can imagine you'll be wanting to check your hair more for all the right reasons. What makes HairCheck great is its ability to determine exact hair volume quicker and more efficiently than ever. This gives our team more info on the differences between affected areas and more permanent zones. So before shaving it all, find out which areas are more impacted than others and find the treatment plan that will have your scalp thriving.

Learn More

Celebrate No Shave November in style with a hairstyle that you'll never want to cut. Grow that stache, style that beard, and let that hair down all November and beyond. When working with me and my team at Bauman Medical, you'll be putting that razor down for quite a long 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 evaluation at w**ww.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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CALMING THE ITCH: UNDERSTANDING ATOPIC DERMATITIS AND ECZEMA

Few skin conditions are as persistent, or as misunderstood, as eczema. At Art of Dermatology, we see patients of every age who have spent years cycling through over-the-counter creams, home remedies and sleepless, itchy nights. The good news: with the right diagnosis and a personalized plan, eczema can be controlled, and most patients can finally feel comfortable in their own skin again.

Eczema vs. Atopic Dermatitis: What's the Difference?

"Eczema" is an umbrella term for a group of conditions that cause inflamed, itchy, irritated skin. Atopic dermatitis is the most common form, and when most people say "eczema," this is what they mean. It is a chronic inflammatory condition that tends to come and go in flares. It often begins in infancy or childhood, but it can continue into adulthood or appear for the first time later in life. Other types include contact dermatitis, dyshidrotic (hand and foot) eczema, nummular eczema and seborrheic dermatitis, each with its own triggers and treatment approach.

What Causes Atopic Dermatitis?

Atopic dermatitis is not caused by poor hygiene, and it is not contagious. Research points to two factors working together: a weakened skin barrier and an overactive immune response. Healthy skin acts like a brick wall, keeping moisture in and irritants out. In people with eczema, that wall has gaps, often linked to genetic changes in barrier proteins such as filaggrin. Water escapes, while allergens, bacteria and irritants get in, and the immune system responds with inflammation, redness and itch.

Atopic dermatitis often runs in families and is frequently linked with asthma, hay fever and food allergies, a cluster known as the "atopic triad."

Recognizing the Signs

Symptoms vary by age and skin tone, but common signs include:

- Intense itching, often worse at night
- Dry, scaly or rough patches
- Red, brown, purple or grayish discoloration, depending on skin tone



- Small bumps that may ooze or crust when scratched
- Thickened, leathery skin from long-term scratching

In infants, eczema often appears on the cheeks and scalp. In older children and adults, it favors the inner elbows, backs of the knees, neck, wrists and hands. Beyond the skin, eczema can disrupt sleep, affect mood and concentration, and take a real toll on quality of life.

Common Triggers

Flares are often set off by everyday factors: harsh soaps, fragrances, wool or scratchy fabrics, sweat, heat, dry air, long hot showers, stress, and allergens such as dust mites or pet dander. Learning your personal triggers is one of the most powerful tools for preventing flares.

Treatment: A Personalized Approach

There is no one-size-fits-all cure, but today's options are more effective than ever. Treatment builds on a foundation of gentle skin care and steps up as needed:

- **Daily moisturizing** with fragrance-free creams or ointments, ideally within a few minutes of bathing
- **Gentle bathing habits**: short, lukewarm showers and mild, soap-free cleansers
- **Topical anti-inflammatory medications**, including corticosteroids and non-steroidal options such as calcineurin inhibitors, PDE4 inhibitors and topical JAK inhibitors
- **Phototherapy** (medical light therapy) for widespread or stubborn eczema
- **Advanced systemic treatments**, including biologic injections and oral JAK inhibitors that target the specific immune pathways behind moderate-to-severe disease

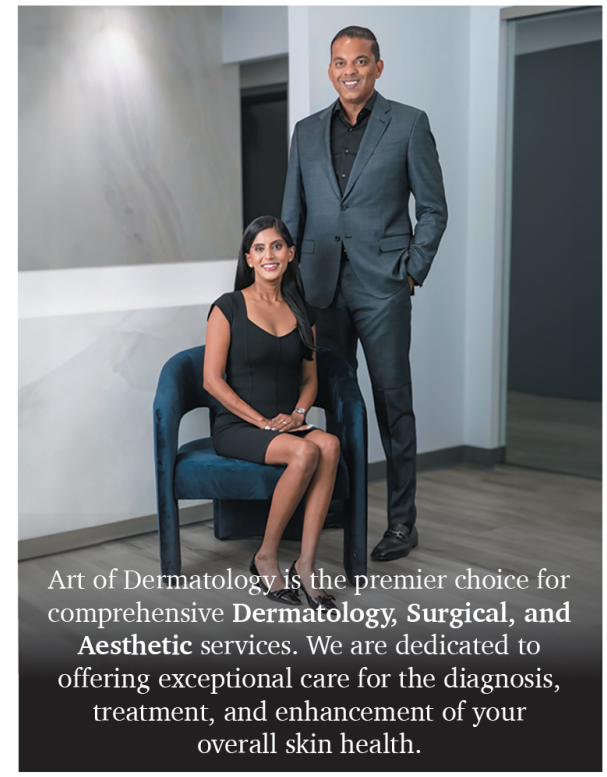
Our dermatologists also treat complications such as skin infections and rule out look-alike conditions, like allergic contact dermatitis or psoriasis, that may need a different approach.

When to See a Dermatologist

Consider an appointment if your eczema keeps you up at night, doesn't improve with over-the-counter care, covers large areas of your body, shows signs of infection (pain, pus or yellow crusting), or is affecting your daily life and confidence.

Healthier Skin Starts Here

Living with eczema can be frustrating, but you don't have to manage it alone. At Art of Dermatology, we combine the science of medicine with the art of individualized care to calm flares, protect your skin barrier and keep symptoms under control for the long term. Schedule a consultation today and take the first step toward calmer, more comfortable skin.



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WHAT IF THE DOCTOR CAME TO YOU?

Prime Care VIP Brings Concierge Medicine Home This November



November in South Florida means returning snowbirds, Thanksgiving gatherings, and calendars packed with holiday plans. It also marks the start of peak respiratory season, making preventive care more important—and finding time for a doctor more challenging.

Prime Care VIP brings the doctor to you. Based in Boca Raton, the concierge medical practice delivers board-certified care to homes, offices, and hotels across Palm Beach and Broward counties, as well as Orlando. This November, the greatest luxury may be having a doctor who comes to your door.

PRIVATE CONCIERGE MEDICINE. ON YOUR TERMS.

Forget the commute, waiting room, and rushed appointments. Prime Care VIP's monthly membership includes unlimited visits, same-day appointments, and 24/7 direct access to providers, with no copays for included care.

Services include house calls, same-day urgent care, pediatrics, family medicine, women's health, telemedicine, and pre-operative clearance at home. Many on-site procedures that may cost extra elsewhere are included.

At the center of the experience is the Mobile Medical Office—a private clinic on wheels featuring an examination room and an onboard Quest Diagnostics lab station. Members can receive examinations, bloodwork, and personalized medical attention without leaving home.

YOUR NOVEMBER HEALTH PRIORITIES, HANDLED.

Flu and Respiratory Season: Holiday gatherings and travel bring more opportunities for respiratory illnesses. Prime Care VIP makes preventive care more convenient, while direct access to providers offers a straightforward first step when symptoms arise. Instead of navigating a crowded waiting room, members can contact their care team for guidance.

National Diabetes Month: November is an opportunity to focus on blood sugar management just as holiday meals and routines begin to change. Convenient at-home visits and on-site lab services can help members stay on top of routine monitoring. With a physician who understands their health history, patients can receive personalized guidance that fits real life—even during Thanksgiving dinner.

Movember: Men's Health Matters: Routine checkups are easy to postpone when schedules are full. Prime Care VIP removes common barriers by bringing medical care directly to the member. A conversation with a physician at home can make it easier to prioritize preventive care and discuss health concerns that might otherwise go unaddressed.

THIS NOVEMBER, BE GRATEFUL FOR CARE THAT COMES TO YOU.

Healthcare shouldn't compete with your life. With Prime Care VIP, members have access to personalized, physician-led care designed around their schedules, their homes, and their needs.

This season, give thanks for less time spent getting to the doctor—and more time enjoying the people and moments that matter.

Prime Care VIP. What if your doctor came to you?

GIVE YOURSELF THE GIFT OF TIME THIS SEASON

Book a free, no-obligation consultation with Prime Care VIP before the holiday rush. Call or text **561-948-2020**, email **info@primecarevip.com**, or visit **primecarevip.com.** Now serving Palm Beach and Broward counties and Orlando.

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Stomach Cancer: What You Should Know

Stomach cancer, also called gastric cancer, is relatively uncommon in the United States, accounting for about 1.5% of all new cancer diagnoses each year. It occurs most often in older adults, with the average age at diagnosis being 68 years. Men have a slightly higher lifetime risk of developing stomach cancer than women do.

The good news is that stomach cancer is far less common than it once was. Decades ago, it was one of the leading causes of cancer deaths in America. Researchers believe its decline is linked to improvements in food preservation, including widespread refrigeration, as well as a decrease in infections caused by Helicobacter pylori (H. pylori), a bacterium that can increase the risk of stomach cancer.

Understanding the Stomach and Stomach Cancer
The stomach is a pouch-like organ located in the upper abdomen, and it is an important part of the digestive system. After food travels down the esophagus, the stomach uses digestive juices to break it down before passing it to the small intestine.

Most stomach cancers begin in the inner lining of the stomach, called the mucosa. These cancers typically develop slowly over many years. Early changes often cause few or no symptoms, which can make the disease difficult to detect in its earliest stages.

Signs and Symptoms
Many symptoms of stomach cancer can also be caused by less serious conditions. However, if symptoms persist or worsen, it's important to speak with a healthcare provider.

Common signs and symptoms may include:
- Unexplained weight loss
- Loss of appetite
- Pain, discomfort, or bloating in the abdomen
- Feeling full after eating small amounts of food
- Heartburn or indigestion that does not improve
- Nausea or vomiting
- Difficulty swallowing
- Blood in the stool or dark-colored stool
- Fatigue or weakness caused by anemia
- Yellowing of the skin or eyes (jaundice), particularly if the cancer has spread to the liver

Who Is at Risk?
Several factors may increase the risk of developing stomach cancer, including:
- Infection with H. pylori
- Smoking
- A diet high in salty, smoked, or heavily processed foods
- Obesity
- Certain inherited genetic syndromes
- A family history of stomach cancer
- Chronic inflammation or other long-term stomach conditions



Having one or more risk factors does not mean a person will develop stomach cancer, but understanding your risk can help guide discussions with your doctor.

Is There a Screening Test?
Unlike breast, colorectal, and cervical cancer, there is no routine screening test for stomach cancer for the general U.S. population.

However, people who have a strong family history of stomach cancer, certain inherited genetic conditions, or other significant risk factors may benefit from additional monitoring. In some cases, doctors may recommend an upper endoscopy, a procedure that uses a thin, flexible tube with a camera to examine the esophagus, stomach, and upper small intestine for abnormal areas.

Reducing Your Risk
While not all stomach cancers can be prevented, healthy lifestyle choices may help lower risk and improve overall health. Consider these steps:
- Avoid tobacco products.
- Limit alcohol consumption.
- Maintain a healthy weight.
- Eat plenty of fruits and vegetables.
- Limit heavily salted, smoked, and processed foods.
- Talk with your doctor about testing for and treating H. pylori, if appropriate.

These habits may also help reduce the risk of several other types of cancer and chronic diseases.

Treatment Options
Treatment depends on the type, location, and stage of the cancer, as well as a patient's overall health.

Treatment may include:
- Surgery
- Chemotherapy
- Radiation therapy
- Targeted therapies that attack specific features of cancer cells
- Immunotherapy, which helps the body's immune system recognize and fight cancer

Advances in precision medicine have expanded treatment options and improved outcomes for many patients with stomach cancer.

The Role of Clinical Trials
Progress in cancer care depends on ongoing research. Clinical trials evaluate new approaches to preventing, diagnosing, and treating cancer, and they have led to many of today's most effective therapies.

For some patients, participation in a clinical trial may provide access to promising new treatments while helping to advance cancer care for future generations. Patients interested in clinical trials should discuss available options with their healthcare team.

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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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.

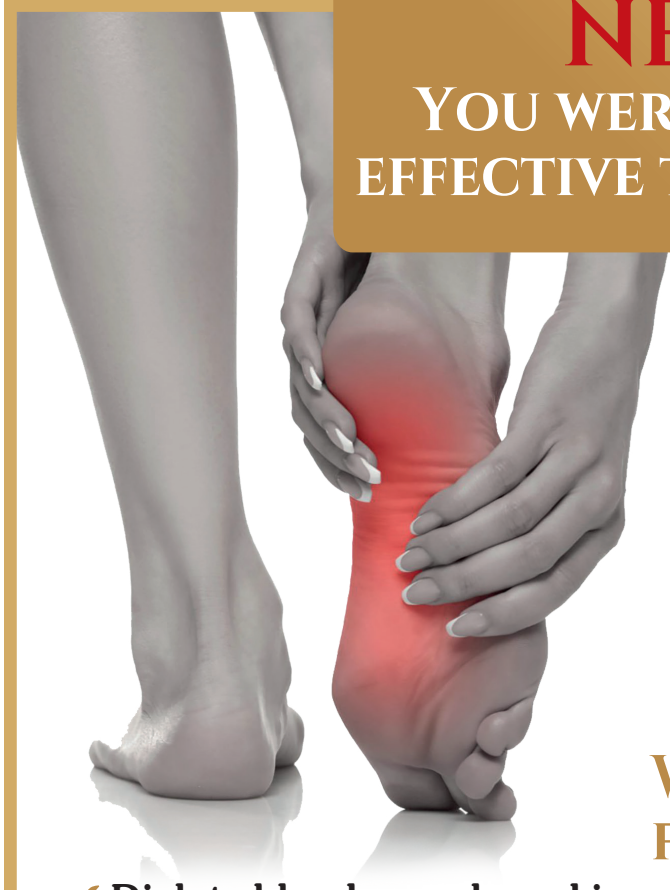
How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?
Do you have a disabled child who will be inheriting from your estate?
Does this disabled child receive government benefits?





TRUSTED
LAW OFFICE

(561) 998-6039



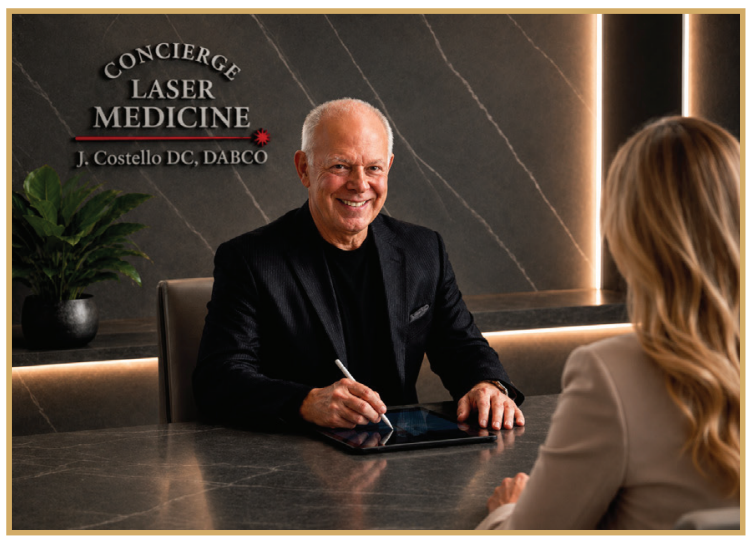
NEUROPATHY -
You were told that there was no effective treatment for Neuropathy

What is Neuropathy?

- ✓ Impaired circulation in feet and hands resulting in degeneration of nerve endings.
- ✓ Symptoms include numbness, tingling, pain, burning and balance loss affecting approximately 20 million Americans!
- ✓ Only current medical treatments available are anti deppresants and anti convulsive medications.
- ✓ These do nothing to heal the cause of neuropathy!

What can hyper pulsed YAG laser do for neuropathy?

- ✓ Dialate blood vessels and increase new capillary growth in feet, toes, hands and fingers.
- ✓ Heal peripheral nerve endings removing numbness, tingling, pain, burning and balance loss.
- ✓ Painless, safe and highly effective. No discomfort whatsoever during the treatment process.
- ✓ The only treatment available that can provide long term results!



Facts

- ✓ Painless - safest treatment in modern medicine – no side effects – long-term results
- ✓ Outperforms any knife, needle or a pill!
- ✓ Visit our website for testimonials of pain free patients

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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.

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.

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



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.

SINAI
Memorial Chapels

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www.JewishDirectCremation.com

HOLIDAY TIPS FOR HEARING AID USERS



1. EMPLOY COMMUNICATION STRATEGIES

There are a few different communication strategies you can try for better understanding:

- Let your friends and loved ones know you have hearing loss and ask them to face you while speaking
- Ask others not to cover their mouths or faces while speaking
- Ask people to rephrase, rather than repeat themselves, when you don't understand something
- Clarify the context of the conversation if you feel lost
- Sit or stand close to the people you interact with most often
- Sit away from noisy areas when possible
- Try to focus on what the speaker is saying, rather than on what you're going to say next

Employ one or more of these strategies depending on the situation you're in. If you're in a crowded area, you might need to employ all of them. If you're just having a simple dinner at home, you may just need to face each other and speak clearly.

2. ASK FOR HELP

The holidays are meant to bring everyone together, and hearing loss doesn't need to stop that from happening. If you feel like you need a little help, don't hesitate to lean on your friends and family.

3. SET ASIDE QUIET TIME

Comprehending speech takes more effort for someone with hearing loss. Because you have to expend more energy, heavy conversation days may leave you more drained than they used to. Combat this auditory fatigue by setting aside some quiet time where you can recharge between events. You can go to the park, browse at Oak Tree Books, or do an online yoga video from the comfort of your own home.

4. WEAR YOUR HEARING AIDS

Your hearing aids are the ultimate holiday necessity. The night before any big event, clean your devices thoroughly, charge or replace the batteries and check the settings. In some cases, your devices may have a companion app where you can create settings for your favorite environments, such as work or a party, which you can easily switch to when the holiday gatherings begin.

Call the office for help! If you are heading out of town, please call us so we can help get you ready for your trip. We want you to enjoy your holiday!

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ANYONE CAN SUFFER FROM ANXIETY & DEPRESSION
NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

It's human nature to seek out the reasons why we feel anxious and depressed. Very often we look at external factors for the root cause; the economy, COVID, being unhappy in a job, unhappy with a living situation, or conflict with family or significant others tend to be our "go to". We may also look at our past experiences, upbringing, or past trauma, to explain this unrelenting uneasy feeling we have inside.

The truth is that anxiety and depression are patterns of neuron firing in the brain that can be present from birth and life situations can exacerbate it to the point of dysfunction. Brain neural patterns don't necessarily dictate how we will behave, however, trying to change the environment, situation or behavior won't alter the patterns. Therefore, you can't talk someone out of their mood. Anxiety and depression are also not reserved for adults and can cause dysfunction and issues in life regardless of age. Adults are unable to "change" their way out of anxiety and depression and for children and young adults, you can't change their routines or discipline them from their feelings.

In babies and infants, anxiety neural patterns in the brain may present as:

- Colic
- Fussiness
- Not a good sleeper
- Tantrums
- Sensitive

As a child gets older into the toddler years it may present as:

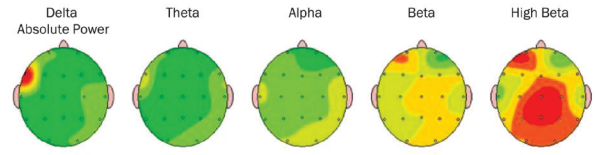
- Terrible two's, three's, and four's
- A spirited child
- Cranky, fussy, and not a good sleeper or napper
- Tantrums
- Picky or sensitive
- Difficulty with separation

I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing mood disorders in young children is very difficult and not usually done unless symptoms are severe. In most cases, symptoms manifest at an older age when they are abnormal for the age or stage of development. And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

"She didn't study for her test and that is why she's refusing to go to school today". "He's unmotivated to do anything except play video games and that is why his stomach hurts all of the time and he sleeps all day'". "She just has too many activities scheduled and that's why she's overwhelmed". "He has too much homework and is up all night studying which explains why he doesn't sleep well".

The reality of the situation is that neither your child's personality nor their hectic schedule is the culprit. It's their brain, or rather, the neural patterns in their brain, that is not allowing them to handle the workload at school, pressure with friends, feeling good, making good food choices, having a normal sleep schedule, and so on. And to make it even harder to diagnose or differentiate, anxiety and depression patterns can look different but produce the same results.

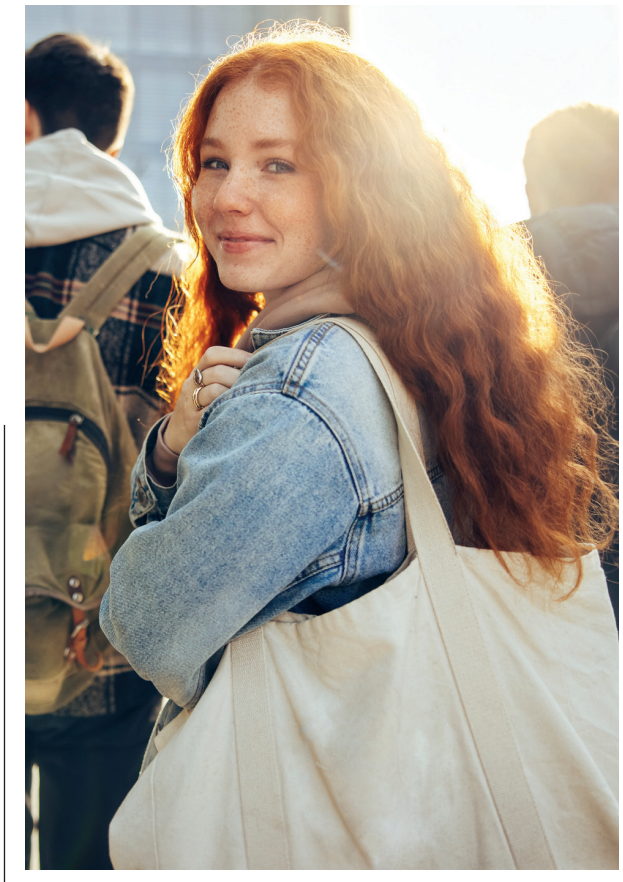
Here is an example of brain patterns from a QEEG. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others.



Very often, we contribute mood symptoms such as anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional or physical trauma. It's a pattern in the brain that they are born with.

As a child reaches school age, anxiety and depression may look like:

- Worrying about performance, grades
- Worrying about parents or loved ones dying
- More separation anxiety
- Fear of getting sick (vomiting is most popular)
- Fear of getting sick at school
- Social anxiety, difficulty with friends
- Feeling overwhelmed
- Nightmares or unable to sleep/fall asleep alone
- Sleep walking, talking or restless sleep
- Fatigue
- Refusal to go to school or meltdowns when going to school
- Frequent trips to the clinic
- Vocal or motor tics
- Loss of appetite or poor diet



- Somatic symptoms such as stomachaches, headaches, diarrhea, or digestive problems
- Poor grades usually due to missing school or falling behind

As they reach the teenage and adult years, the problem can become more apparent and more severe: Continued worry and difficulty handling traumatic events

- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression, suicidal or homicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)
- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes, suspensions or expulsions
- Poor conduct: lying, stealing, violence
- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.

According to *The Anxiety and Depression Association of America*, "Anxiety and depression are treatable, but 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 Child Mind Institute Children's Mental Health Report."

Many health professionals believe that anxiety and depression are a normal part of childhood and symptoms are not cause for alarm. Others believe that parenting and discipline need to be improved or implemented to treat the symptoms. In severe cases, medication is introduced as a treatment, but unfortunately, many children who suffer with symptoms, are medication resistant or not severe enough to medicate.

Adults can experience similar frustration when treating mood with medication. The diagnosis is a broad one and there may be very different neuron patterns causing anxiety and depression. This can cause treatment to be somewhat of a guessing game. Others struggle with side effects and dependency.

Neurofeedback can help. Neurofeedback can not only help reduce the symptoms specific to you, but it can "retrain" the neural patterns in the brain so that stress is better managed or controlled throughout your life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the disregulated patterns in the brain.

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; 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. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

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

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 AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

At our center, our goal is to teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning.

Examples of those positive changes may be:

- Sleep patterns/quality of sleep
- Energy levels, calmer or more activated
- Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues
- Mood or emotions
- Motivation and organization
- Feelings of Well Being
- Obsessive behaviors or thoughts
- Memory/cognitions
- Anxiety patterns or trauma patterns
- Coping
- Regulation
- Learning, communicating, and/or performance

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 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist be read and analyzed. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

We don't always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

IS THERE ENOUGH RESEARCH?

Neurofeedback has been researched since the 60's. Here are some resources for research. We have several journal articles, studies and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

Look up the work of:
Dr. Joe Kamiya and Dr. Barry Sterman
(Credited for earliest development of Neurofeedback).

Look for specific researched conditions:
https://www.eeginfo.com
https://www.isnr.org
http://www.eegspectrum.com

Print Resources:
Journal of Neurotherapy

Neuroregulation

Applied Psychophysiology and Biofeedback

A Symphony in the Brain: The Evolution of the New

Brain Wave Biofeedback (Curtain Up) Paperback – 31 May 2001 by Jim Robbins.

Healing Young Brains: The Neurofeedback Solution Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.

HOW DO I GET STARTED?

Getting started is easy. Text message us today! Brain and Wellness Center, 5458 Town Center Road, Suite 13, Boca Raton, FL 33486. **(561) 206-2706** or e-mail us at **info@bocabraincenter.com** or visit our website at **www.BocaBrainCenter.com.**



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology/Mental Health Counseling from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At the Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.

Brain & Wellness Center

5458 Town Center Road, Suite 13
Boca Raton, FL 33486
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www.BocaBrainCenter.com



How Doctors Choose Surgeons

By David A. Goldman MD

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

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

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

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



David A. Goldman

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

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

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, 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

Developing Discipline



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

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

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

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

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

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

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

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

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

Here are three "Disciplines of Being Disciplined".

1. Persistence – **"Never Give Up"**
Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.
2. Advance Decision Making – **"Say No Now"**
Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

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

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

Dr. Ray Underwood

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www.christfellowship.church



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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