

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

Health & Wellness[®] MAGAZINE

March 2018

South Palm Beach Edition - Monthly

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FREE

**PATIENTS WITH RLS
MAY ACTUALLY
HAVE AN UNDIAGNOSED
CIRCULATION CONDITION**

**WHAT IS
BLU LIGHT (PDT)?**

**TRUSTS
ARE NOT JUST
FOR THE WEALTHY**

**UNHEALTHY HAIR & SCALP?
TRY A SCALP MAKEOVER!**

**HOW DO YOU
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- BS Cornell University 1977

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

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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by Andrew M. Curtis, ESQ



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 "supple-

mental 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.

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

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Unhealthy Hair & Scalp?

TRY A SCALP MAKEOVER!

By Dr Alan J Bauman MD ABHRS

Itchy, flaky dandruff?

Oily, limp hair?

Hair thinning,
shedding or breakage?

Frizzy, dull
or flyaway hair?

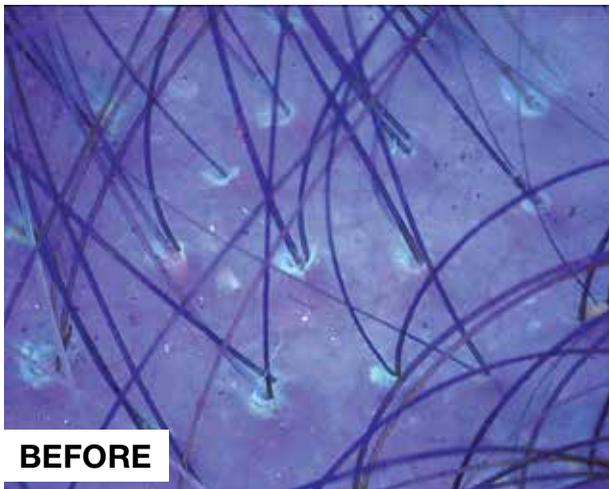
Burning or irritated
scalp from color
or perms?



These symptoms and other scalp conditions you can see and feel might be signs that your scalp and hair are not as healthy as they should be. If a beautiful full and thick head of healthy hair is important to you, it's imperative to know that *healthy hair starts with a healthy scalp*.

A healthy, balanced, hydrated scalp is the “fertile ground” where about 100,000 scalp follicles reside, working hard every single day to produce those strands of beautiful keratin protein we call “hair.” A hair follicle, like the root of a plant, derives nutrition, sustenance as well as positive or negative biochemical messages from its surroundings--the scalp.

Within the scalp, each follicle has its own individual network of blood vessels, nerve endings and oil-producing sebaceous glands, all (hopefully!) working in concert when healthy, balanced and functioning properly. Scalp inflammation, other imbalances, and even scalp acne, can significantly affect hair follicle function causing diminished or altered hair growth, as well as other concerning physical or cosmetic symptoms. If your hair is not looking as healthy as it should or you think your itchy, flaky scalp might be trying to tell you something, it might be time to consider a scientific **Scalp Makeover**.



BEFORE

Unhealthy Scalp



AFTER

Healthy Scalp

Why a SCALP MAKEOVER?

Common conditions like oily, dry, flaky or irritated scalp are oftentimes not so easily treated with at-home remedies or with over-the-counter products or special shampoos as television commercials or “Dr. Google” would have you believe. They may also be a sign of an underlying health problem. The good news is that a scientific *trichology* evaluation can begin to help decipher why you are experiencing annoying scalp symptoms and also get to the root cause of your unhealthy hair.

The Science of Scalp

It's less than an inch from your brain, but not easy to see. Determining exactly happening to your hair and scalp may not always be simple. But, no worries... That's where scalp science can help! A scientific scalp evaluation requires special tools and special training. Your scalp's pH, moisture and sebum levels, HairCheck trichometry measurements of hair density, quality and breakage, as well as blue-light and dual-polarized microphotography or dermoscopy of several areas and more, begin to tell the story of your scalp's overall condition. Once this information is obtained along with your medical history, a therapeutic treatment regimen is designed and your “Scalp Makeover” can begin. Soon you will be on the path of restoring the health of your scalp and the beauty of your hair.

tri-chol-o-gy [trih-kol-uh-jee] noun
1. the science dealing with the study of the hair and scalp.

What exactly is Trichology?

Trichology, derived from the Greek word “tricho” meaning “hair,” is the study of the anatomy, physiology and diseases of the hair and scalp. A *trichologist* is a trained specialist in all matters relating to hair and scalp health. A trichology evaluation can address many conditions like itching, flaking, oily or dry scalp as well as hair breakage shedding hair, thinning hair, hair fall and hair loss. Trichologists often work closely with Hair Restoration Physicians, medical doctors who specialize in diagnosing scalp conditions, prescribing medical hair regrowth treatments and performing hair transplant surgery. Specialized trichology education like the Certified HairCoach™ Program are specifically designed to help trichologists work closely with these medical hair loss specialists. A trichologist is the person who will help perform the scientific evaluation of the scalp and provide the recommended Scalp Makeover treatments for you in the office as well as scientifically monitor the results.

“You should care for and treat your scalp like skin, because it is!”

– Dr. Alan Bauman, MD, ABHRS



Bauman Medical’s Scalp Makeover creates a healthier scalp for healthier, more vibrant hair.

How the Science of Trichology Can Boost the Health and Beauty of Your Hair

Glossy magazines and shampoo advertisements feature luscious locks that often seem out of reach for the average person, so how can we achieve a “crowning glory” fit for royalty? The goal of a beautiful, full, thick, strong and youthful head of hair is accomplished most easily when both the scalp and hair is at its healthiest. Achieving “maximum performance” from each and every living follicle on your scalp as well as all your hair fibers is the goal and that often takes a team approach...that’s where a trichologist can help!

“Healthy hair starts with a healthy scalp.”

At Bauman Medical, we have designed an exceptionally comprehensive Medical Trichology program to provide patients with Scalp Makeover solutions for a wide range of common hair and scalp health problems such as thinning, breakage, shedding, dry or itchy scalp, etc. It takes more than a cosmetologist or hairstylist to fix these problems, which is why a trichologist is so important.

What can Bauman Medical’s “SCALP MAKEOVER” do for me?

An unhealthy scalp can make growing healthy hair a challenge. Trichology treatments in the form of a Scalp Makeover help manage excess sebum, dandruff, toxins and impurities — improving scalp wellness and allowing optimal hair growth from each and every viable follicle. Healthy scalp and healthy follicles produce hair that is thicker, fuller, stronger and shinier!

Who is a good candidate for a SCALP MAKEOVER?

Men and women with “symptomatic scalp” (dry, itchy, flaky or oily scalp, excessive hair loss, shedding or hair breakage) should schedule an evaluation. Patients considering or are

already using at-home hair regrowth treatments, topical medications, PRP Platelet Rich Plasma therapy or have had or are considering a hair transplant procedure should also consider a Scalp Makeover trichology evaluation to maximize their results.

What can I expect to learn upon completing my initial SCALP MAKEOVER evaluation?

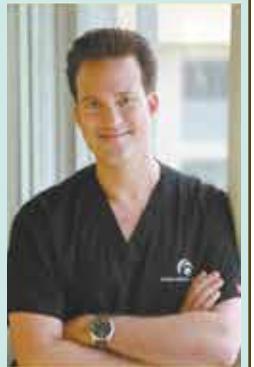
At the end of your evaluation, you will receive a detailed report of findings, measurements and microscopic scalp photos including personalized in-office and at-home trichology treatment recommendations for your Scalp Makeover to help you reach your scalp and hair health goals.

How Do I Get Started With a SCALP MAKEOVER?

Scalp Makeover and Trichology evaluation appointments can be conveniently scheduled by calling Bauman Medical at **561-394-0024** or online at **www.BaumanMedical.com**

About Dr. Alan J. Bauman, M.D.

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty



Alan J. Bauman, M.D.
Hair Loss Expert

member of major medical conferences, Dr. Bauman was recently named one of the Top 5 Transformative CEO's in Forbes. His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men’s Health, The New York Times, Women’s Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.

Hair Loss Study Candidates Needed!

While Bauman Medical has no active hair loss studies at this time we may in the future.

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Unhealthy Hair Symptoms:

- Fragile, brittle, broken, frizzy, dry, oily, limp, flyaway, dull, or unmanageable hair
- Depleted density, breakage, excessive shedding, hair fall, receding hairline or temples
- Widening partline, loss of coverage

Unhealthy Scalp Symptoms:

- Itchy, oily scalp, scaly dry scalp
- Flaking and dandruff, scalp pain
- Inflammation, scalp acne, sores, redness, burning sensation during color or perms

LIFESTYLE CHOICES CAN HELP REDUCE CANCER RISK

In addition to getting recommended screenings, lifestyle choices such as not smoking, wearing sun screen or eating a healthy diet can help reduce the risk of cancer.

While most Americans know that certain lifestyle choices help reduce the risk of cancer, following these recommendations can often be difficult. Although immunotherapy and other targeted treatments for cancer have improved survival rates and there are more breakthroughs on the horizon, the best option for most of us is still prevention. This article focuses on a few simple lifestyle choices that can help reduce your risk of getting cancer.

PROTECT YOUR SKIN FROM SUN DAMAGE

Skin cancer is the most common form of cancer in the United States. By now, most people know a sunscreen should be used when you are going to be outdoors, even for a short period of time. However, be aware that not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 50 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps and examining your skin from head to toe every month for changes. You should also have a doctor examine your skin annually.

SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that, in the United States, smoking causes about 90 percent of lung cancers. Smokers are 15 to 20 percent more likely to get lung cancer than non-smokers. Other tobacco products such as cigars or pipes also increase the risk for lung cancer, as well as bladder cancer, throat cancer or mouth cancer. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

HEALTHY DIET CAN REDUCE RISK

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30 to 40 percent of certain types of breast cancer have been linked to what we



eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fat, processed foods and sugar are generally considered healthier and can boost your immune system to help fight diseases such as cancer.

OTHER WAYS TO REDUCE CANCER RISK

Start reducing your risk of cancer by making these choices in your life:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 50.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if there is a family history of cancer.

WORLD-CLASS CANCER CARE CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/ hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

CLINICAL TRIALS LEAD TO TOMORROW'S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In recent years, 84 percent of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done. This not only increases convenience for patients but it also improves their quality of life.



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Patients with RLS May Actually Have an UNDIAGNOSED CIRCULATION CONDITION

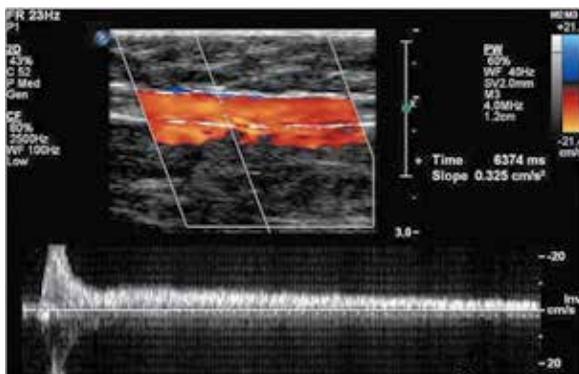
Restless Leg Syndrome, also called RLS, is the irresistible urge to move the legs, usually accompanied by an uncomfortable sensation in the legs. Patients usually have symptoms in the evening and nighttime, interfering with their ability to rest and sleep. It has historically been treated with medications that require daily dosing. There is no definitive test for RLS; patients have been diagnosed based on their symptoms.



There is now evidence that many patients diagnosed with RLE may actually have undiagnosed venous insufficiency, a problem with the circulation of the legs. Venous insufficiency is caused when one or more veins in the legs fails to circulate blood back up towards the heart, against the force of gravity, allowing blood to pool in the legs. Patients often complain of cramping, leg heaviness and pain but doctors are now discovering that many patients with venous insufficiency have no symptoms other than those classically associated with RLS.

In one recent study 40% of patients with RLS had undiagnosed venous insufficiency. Patients with RLS who were identified as having underlying venous insufficiency experienced a 90% reduction in symptoms after a single in-office venous insufficiency treatment called endovenous ablation.

Venous insufficiency is diagnosed definitively with an ultrasound, a completely non-invasive test performed in the doctor's office. Patients



who test positive for venous insufficiency can be safely treated in the office using only local anesthesia and with no downtime.

“We see a number of patients who have undiagnosed venous insufficiency,” said Dr. Albert Malvehy, a vein specialist in Delray Beach. “Because I perform all my own ultrasounds and do all my treatments, we are able to give patients a definitive yes or no answer on their RLS and offer them options for laser treatment that didn’t exist ten years ago.”

Ultrasound diagnosis and laser treatment of venous insufficiency is covered by Medicare and major commercial insurance. Patients with RLS should speak with a vein specialist about their treatment options.



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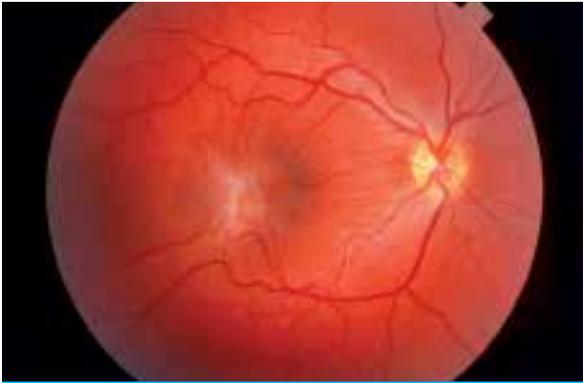
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WHAT IS MACULAR PUCKER?

By Lauren R. Rosecan, M.D., Ph.D., F.A.C.S.

A MACULAR PUCKER (also called an **EPIRETINAL MEMBRANE**) is a layer of scar tissue that grows on the surface of the retina, particularly the macula, which is the part of your eye responsible for detailed, central vision.



The macula is the small area at the center of the eye's retina that allows you to see fine details clearly. The retina is a layer of light-sensing cells lining the back of your eye. As light rays enter your eye, the retina converts the rays into signals, which are sent through the optic nerve to your brain where they are recognized as images. Damage to your macula causes blurred central vision, making it difficult to perform tasks such as reading small print or threading a needle.

As we grow older, the thick vitreous gel in the middle of our eyes begins to shrink and pull away from the macula. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or become swollen or distorted.

MACULAR PUCKER CAUSES

As you age, the vitreous — the clear, gel-like substance that fills the middle of your eye — begins to shrink and pull away from the retina. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or bulge.

Other eye conditions associated with macular pucker include:

- Vitreous detachment;
- Torn or detached retina;
- Inflammation (swelling) inside the eye;
- Severe trauma to the eye (from surgery or injury); and
- Disorders of the blood vessels in the retina, such as diabetic retinopathy.

MACULAR PUCKER SYMPTOMS

With a macular pucker, you may notice that your central vision is blurry or mildly distorted, and straight lines can appear wavy. You may have difficulty seeing fine detail and reading small print. There may be a gray or cloudy area in the center of your vision, or perhaps even a blind spot.

Symptoms of macular pucker range from mild to severe. Usually macular pucker affects one eye, although it may affect the other eye later. Vision loss can vary from none to severe vision loss, although severe vision loss is uncommon. A macular pucker does not affect your side (peripheral) vision.

For most people with macular pucker, their vision remains stable and does not worsen over time.

MACULAR PUCKER DIAGNOSIS

During an eye exam, your ophthalmologist will dilate your pupils and examine your retina. You may have a test called fluorescein angiography that uses dye to illuminate areas of the retina.

Another test called optical coherence tomography (OCT) is helpful in making an accurate macular pucker diagnosis. With OCT, a special camera is used to scan your retina. It measures the thickness of the retina and is also very sensitive at detecting swelling and fluid.

OCT can also diagnose macular abnormalities that are too small to be seen in an examination or with angiography.

MACULAR PUCKER TREATMENT

For more severe symptoms, a surgery called vitrectomy is recommended. The surgery is usually performed as an outpatient procedure in an operating room. During surgery, your ophthalmologist uses microsurgery instruments to remove the wrinkled tissue on your macula and to remove the vitreous gel that may be pulling on the macula. Sometimes an air or gas bubble is placed in the eye to help the retina heal or to seal any tears or holes.

After the tissue is gone, the macula flattens and vision slowly improves, though it usually does not return all the way to normal. After the operation, you will need to wear an eye patch for a few days or weeks to protect the eye, and you may need to do some particular head positioning if an air or gas bubble was placed in your eye during surgery. You will also need to use medicated eye drops to help the eye heal.



In most cases, while vision improves after macular pucker surgery, it generally does not return to normal. It can take up to three months for vision to fully recover. On average, about half of the vision lost from a macular pucker is restored; some people have significantly more vision restored, some less. In most cases, the visual distortion of macular pucker is significantly reduced.



The Retina Institute of Florida

Lauren R. Rosecan

M.D., Ph.D., F.A.C.S.

The Retina Institute of Florida with four offices conveniently located in Palm Beach and Martin Counties.

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WHAT IS BLU LIGHT (PDT)?



What is PDT?

Photodynamic therapy (PDT) is a medical treatment for actinic keratoses (pre-cancers) and sun-damaged skin. Photodynamic therapy combines the use of a topical photosensitizing agent which is applied to the skin and a light source which activates the medicine to kill the abnormal cells. PDT is also referred to as blu light therapy.

What is PDT used for?

PDT is used to treat actinic keratosis (AK). An actinic keratosis is a crusty or scaly growth that occurs in sun exposed areas such as the face, chest, arms and hands. Actinic keratoses are often red or pink in color and feel rough compared to the normal skin. In very early stages, AKs are so small that they may be easier felt than seen. Oftentimes, patients have many

more invisible actinic keratoses than what is seen on the surface of the skin.

Actinic keratoses are a result of DNA damage to the skin caused by exposure to the sun's ultraviolet (UV) radiation. Actinic keratoses are considered precancerous because if left untreated they have the potential to become more abnormal and develop into a squamous cell skin cancer. PDT is especially useful for widespread lesions on the face and scalp. Although PDT is a medical treatment, it may also provide cosmetic benefits, typically leaving the skin more even-toned and with no scarring or pigmentary changes.

What is the procedure like?

PDT is performed in a dermatologist's office and consists of three basic steps. First, the

skin is cleansed and a topical photosensitizing substance is applied to the area of skin to be treated. Second, there is an incubation period which may range from 30 minutes to 3 hours or even overnight during which time the photosensitizer is absorbed by areas of the skin that have become abnormal (both what is visible and not yet visible). Finally, the area to be treated is exposed to a light source that activates the photosensitizer and kills the abnormal cells. This final stage lasts approximately 16 minutes and feels very warm, like you are getting a sun burn.

Does the PDT treatment hurt?

PDT is very well tolerated by patients. Most patients experience some burning (as if sitting in the sun) during the treatment which we help to alleviate by the use of fans and cold air.



What restrictions do I have?

The treated area is extremely light sensitive for the first 48 hours following the procedure. It is recommended to avoid sun exposure during this time. Hats, scarves, and sunscreen with zinc oxide are also recommended.

What can I expect after the procedure?

After the procedure, the treated skin will be pink or red and may peel for the first few days (may feel like a sun burn). This typically resolves in about a week. Less commonly, more intense reactions can involve itching, swelling and pronounced

crusting and discomfort. This may be more likely to occur if the area being treated has a large number of pre-cancers or if the area treated is inadvertently exposed to sun during the first 48 hour after treatment. People who have very intense reactions to the treatment often have excellent results.

What can help to optimize/maintain my results?

Sun protection is important for all patients with actinic keratosis (regardless of how it is treated) to reduce the risk of developing new

lesions. ISDIN Eryfotona is a novel sunscreen from Barcelona which contains 11% zinc oxide and a Nobel Prize winning DNA repair enzyme, photolyase. Photolyase helps to boost the skin's natural recovery process, reversing DNA damage caused UV rays. Eryfotona is scientifically proven to induce improvement in patients with actinic keratosis and to help maintain results of PDT treatments. Eryfotona can also be successfully used for patients who do not undergo PDT.

If you have any further questions about PDT or Eryfotona, please contact our office at **(561) 498-4407** or **feinsteindermatology.com**



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HOW DO YOU FEEL IN YOUR SKIN?



Preparing for vacations, barbecues, family get-togethers, and beach days are not always easy for many individuals struggling with body issues. We've all been there, stubborn bulges, dreaded cellulite, and loose skin can make us feel less likely to step out with confidence.

Working out and eating right often fall short in our stubborn areas and as we age, many of us lose the firmness in our face and body that we once had.

THERE IS AN ADVANCED PROCEDURE THAT TREATS THE ENTIRE BODY FROM FACE TO LEGS. WOULD YOU LIKE TO? —

- Remove cellulite and fat deposits
- Remove wrinkles and reduces scars
- Increase collagen and elastin production
- Tighten loose skin after weight loss
- Reduce edema and painful inflammation
- Promote lymph drainage
- Shorten and improve recovery after surgery
- Experience tissue coagulation, before and after liposuction
- Normalize cell function
- Improve the quality of the skin
- Improve body shape
- Accelerate blood flow
- Relieve muscle tension

If you answered yes to any of the above-mentioned benefits, then you must learn about **BELLA SHAPE**. Bella Shape is an innovative, scientific approach to non-invasive removal of the adipose layer, as well as an extremely effective method of shaping the body, fighting cellulitis, loose skin, stretch marks, lymphatic edemas, scars and many other skin problems.

*An Advanced Procedure
Can Change Your Life*

ADDITIONAL BENEFITS OF THE BELLA SHAPE PROCEDURE

- Firms skin
- Improves laxity & texture
- Reduces cellulite
- Fat reduction
- Works on the body & face
- Reduces fine lines
- Lightens discoloration
- 100% Natural Cell Stimulation
- No downtime

HOW IT WORKS

The Bella Shape Laser is a comprehensive, non-invasive, body-shaping technology. It works in three very distinct ways. The first is through a motorized massage that gently lifts, suctions and rolls the deep layers of the skin and underlying fat. The second is through the LED light that can permeate through the fat cell membrane. While this fat is penetrated, the continual massaging motions send the fatty deposit and fluid (edema) into the lymphatic system for drainage.

The third component of Bella Shape is the diode laser. It's well documented that diode lasers can penetrate and absorb lipids (fat) by creating a thermal result that melts the fat membranes.

What's even more unique about the Bella Shape Laser is that the rollers are perforated with tiny holes to increase blood flow and nutrient delivery to the skin's layers, allowing collagen and elastin stimulation to rapidly smooth and firm the skin.

Until recent, Bella Shape was only available in Europe. Bella Shape is a revolution in the treatment of the connective tissue, developed and manufactured by I-Tech industries, a leader in innovative technology. But, don't just take our word for it; its results are being praised by countless individual like you that see improved outcomes first hand.

Bella Shape's revolutionary Cellulite Removal, Fat Reduction, Anti-aging and Wellness treatments are here in the U.S. With no pain and fast results, isn't it time for you to get your confidence back? Find out more about Bella Shape at bellashapeusa.com.



EXCERPTS FROM BELLA SHAPE TESTIMONIALS:

MAVEN46

"For women who have tried everything or are looking to get back into shape after having a baby – for those of us who cannot shift those saggy patches or extra inches – this treatment is a no-brainer. Not only had I lost two inches from around my waist, but my pre-baby tummy muscles were definitely showing through. My tummy was not only flatter and more defined at the sides, but the appearance of my skin was a joy. There was no more saggy skin, it was toned and lean, and my legs had less dimpling."

IMAGE MAGAZINE

"Having been an Endermologie and Lipomassage devotee for years, I've now migrated to this treatment as it kills two birds with one stone. After five sessions my tights were an inch smaller and the orange peel appearance sufficiently reduced."

"I had the recommended two sessions per week, for three weeks, combined with a healthy diet and plenty of exercise. The result was two inches exactly off my chest, waist, tummy and each thigh – so, a really even loss on a body that was far more toned than when I started – really rewarding."

SUBURBIA MAGAZINE

"After only two treatments, people remarked that my skin was glowing. At the end of five treatments, it was radiant. I was most pleased with the difference it made to my decollete...thanks to my Icoone treatments, I can now rock a plunging neckline, as the appearance and texture of my skin has dramatically improved."

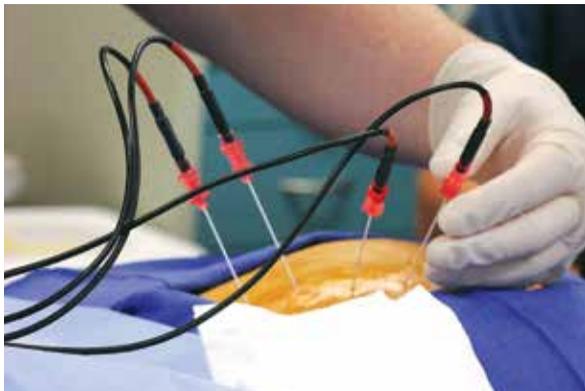


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Neck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can easily be treated by a qualified Interventional Pain Management Specialists, like Dr. Aaron Rosenblatt. Aaron Rosenblatt, MD is a board certified medical specialist whose brand new state-of-the-art facility is located conveniently in the heart of Delray Beach, FL. He has been successfully treating patients in south Florida now for over 12 years. Patients also come from all over the country to see Dr. Rosenblatt due to his expertise in spine pain, joint pain (knee, hip, shoulder, wrist and ankle) and their treatment options. Spine pain from arthritis of the neck, mid back and low back are the most common pain syndrome he sees among his patients and he wants to spread awareness how this issue can be treated.

Before a RF rhizotomy is performed, the pain generating facet joint nerves have been identified by means of a diagnostic injection, such as a facet joint or medial branch nerve block. Other tests may include MRI. Since the medial branch nerves do not control neck or low back muscles, it is not harmful to disrupt or turn off their ability to send signals to the brain conceived as pain.



Pain Management for Facet Joint Pain: Radiofrequency (RF) Ablation/Rhizotomy



By Aaron Rosenblatt, MD

RF ablation is a precisely targeted injection that works by creating energy to destroy a facet joint's medial branch nerve. Relief from pain and related symptoms may last a year or longer. However, the medial branch nerve root regenerates (grows back) and facet joint pain may come back in years time. Results vary from patient to patient. For example, if there is instability at the segment where the RF neurotomy is performed, pain relief and its duration is less.

BASIC FACET JOINT ANATOMY

Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint is innervated by a medial branch nerve. The medial branch nerves control sensation to the facet joint. These nerves DO NOT control sensations or muscles in your arms or legs and therefore are safe to treat.

What to Expect During and After the Procedure

The procedure is performed in a sterile setting similar to an outpatient procedure suite.

Your injection site is cleaned and draped. Skin numbing medication is injected and given time to take effect.

Dr. Rosenblatt uses fluoroscopic guidance (real time x-ray) to guide the needle electrode beside the medial branch nerve. Through the electrode, mild electrical current (radiofrequency) stimulates the medial branch nerve. As the electrode is energized, the nerve is changed so the patient's arthritic spine pain will improve.

After the procedure, the patient is moved to the recovery area where our medical staff continues to monitor you if needed.

You may be discharged home following your RF ablation. Our medical staff provides you with written aftercare and home instructions.

BENEFITS OF RADIOFREQUENCY ABLATION INCLUDE:

- Pain relief for up to 2 years
- Significant and longer lasting pain relief compared to steroid injections
- Low complication and morbidity rates
- Appreciable pain relief compared to surgery: Nearly half of back pain sufferers are not helped by surgery
- Greater range of motion
- Lower or no use of analgesics (pain meds)
- Improved quality of life
- No significant recovery time

Dr. Rosenblatt explains, "This procedure is so valuable to help people of all ages virtually eliminate their arthritic spine pain. It is great for neck and lumbar spine. It has saved people from requiring spine surgery. It is simple to perform and provides life changing relief."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 15 years with great success. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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Is NAD+ Slowing Down the Aging Process?

As we age we thrive to maintain a healthy lifestyle and improve our quality of life. “Healthy aging” is a very accurate term for what we are aiming for.

So how can we achieve “healthy longevity”?

It is exciting to report that now there actually is a cutting-edge treatment that has become a very promising tool in our fight against many age related health problems.

This treatment is called NAD+ IV therapy.

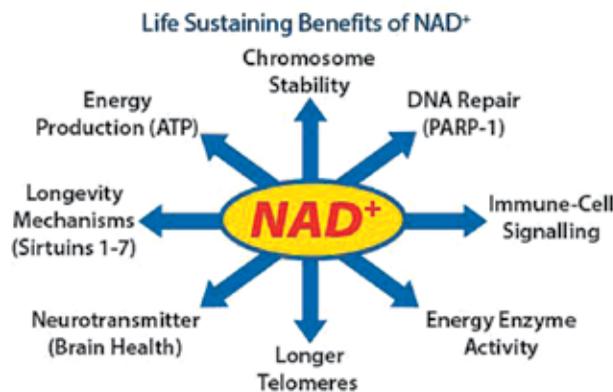
What is NAD+? NAD+ is the coenzyme of Niacin, or also called Vitamin B3. NAD+ levels decline significantly with age, this deficit decreases the body’s ability to retain its youthful, healthy function. It has been shown that by age 50 people have only 50% of the NAD they had in youth. By age 80 NAD+ levels drop to only 1% -10 %. Deficiency of NAD+ may predispose us to accelerated aging and hence diseases associated with aging such as neurodegenerative diseases, diabetes, cardiovascular disease and even cancer, among many others. NAD+ stands for nicotinamide adenine dinucleotide, and is found in all living cells. It is essential to sustaining life. It protects us against factors such as chemical stress, inflammation, as well as mitochondrial and DNA damage. This is why restoring NAD+ is being viewed as a progressive tool to aid longevity, but also to improve certain conditions such as depression, anxiety, PTSD, etc. It has been very successfully used for almost 20 years for drug and alcohol detoxification.

NAD+ in supplemental form is very unstable and cannot be absorbed by the body, however intravenous administration has yielded very promising results. Researchers have been studying NAD+ since the early 1950’s.

More recently, in 2013, David Sinclair PhD., professor of genetics at Harvard Medical School, headed a revolutionary research in the area of NAD+, when he took a group of mice and restored the mitochondria in their muscles to a youthful and healthier state, by injecting the subjects with a molecule which boosted levels of NAD.

HOW DOES NAD+ AID IN ANTI-AGING?

First, NAD+ may lengthen telomeres, the repetitive sequence of DNA Strands that cap the ends of chromosomes. The longer the telomeres, the younger



the physiological age of the individual and the less likely to develop age related diseases. Second, NAD+ promotes DNA repair. Third, NAD+ modulates immune-cell signaling. This is a critical factor in maintaining defenses against infections and autoimmune diseases. Fourth, NAD+ is a neurotransmitter. Neurotransmitters are chemicals that send signals between nerve cells. As such, NAD+ appears essential for maintaining brain health, and may have promising results in neurological disorders such as Parkinson’s and Alzheimer’s disease.

Given the role NAD+ plays in such a wide range of critical functions, it is easy to understand why it might have a profound effect on anti-aging health and brain function. In South Florida, only a handful of physicians are trained in NAD+ IV Therapy Treatment. Daniela Dadurian, M.D. is one of the first physicians in the West Palm Beach area to offer this therapy. Dr. Dadurian is the founder of the medical practices, MD Beauty Labs Medical Spa & Wellness Center in West Palm Beach and Bioage MD Anti Aging & Wellness Center on Palm Beach Island.

Dr. Dadurian is proud to bring NAD+ IV Therapy Treatment to her practice. Dr. Dadurian has developed her own NAD+ protocol, depending on the condition being treated, with a combination of IV Infusions, appropriate supplements, and other modalities. Patients who are interested in this procedure, will receive a free consultation. Upon this consult patients will obtain an individualized treatment plan according to their goals and needs. To schedule a consultation with Dr. Dadurian, please call **561-513-5817** or email her at md@mdbeautylabs.com.



Medical Director, Daniela Dadurian M.D.

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* Board Certified Laser Surgery

MD Beauty Labs at The Whitney in West Palm Beach was established by Dr. Daniela Dadurian. Board Certified in Anti-aging Medicine, she’s well trained to offer proven and effective cosmetic and wellness services. MDBL’s state-of-the-art facility offers Medical, Aesthetics, Body Contouring & Spa Treatments in a luxurious, contemporary loft environment. With Dr. Dadurian’s team of Nurses, Medical Estheticians, Massage Therapists, Permanent Makeup Specialists and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.

The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by the Florida Board of Medicine.

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GAINSWave is a Revolutionary New Therapy

that Treats Erectile Dysfunction (ED)

WHAT CAUSES ED?

As men age, the vessels in the penis weaken, contract and fill with micro-plaque just as they do elsewhere in the body. This prohibits men from achieving an erection or decreases the firmness of a man's erection. At the same time, the penis decreases in sensitivity, making it harder to achieve a pleasurable orgasm. Finally, the time necessary between orgasm and the ability to achieve an erection (the refractory time) increases. The bottom line is that most erectile dysfunction is a result of poor blood flow, known as vasculogenic ED.

COMMON TREATMENT FOR ED:

As many as 50% of men experience some form of ED by the age of 50. For many years men with ED have resorted to oral ED medications to relieve their symptoms. Oral medications for ED can be an effective temporary relief of the symptoms of ED, they don't target the root cause of most patients' ED, they can often bring unwanted side effects, and they can fail to work up to 50% of the time in some men.

Expensive oral medications such as Viagra and Cialis may cause unwanted side effects, such as nasal congestion, headaches, upset stomach, vision changes, facial flushing, and dizziness. They also have to be taken before intercourse limiting spontaneity.

Finally, there are many men with cardiovascular disease who are not candidates for treatment with these medications.

Depending on the severity of ED, The Journal of Urology reported oral ED medications may only yield up to a 27% effective rate in those with severe ED. This leads patients with more severe ED to invasive treatments like penile injections, where medication is injected directly into the penis before intercourse. This again limits spontaneity and chronically drains the wallet.

WHY MEDICATE WHEN YOU CAN CURE?

Introducing the only Erectile Dysfunction Treatment that treats the underlying cause of ED, GAINSWave is revolutionary, non-invasive and heals the underlying causes of ED. GAINSWave uses FDA-cleared, scientifically proven non-invasive technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and stimulate tissue regeneration creating new blood vessels in treated areas. GAINSWave is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

SCIENTIFICALLY PROVEN RESULTS

There are over 40 clinical studies showing GAINSWave technology to be effective in treating ED. Patients are

reporting great improvements to their sexual health, including:

- Longer lasting erections
- More Spontaneous erections
- Fuller Erections
- Relief from symptoms of Erectile Dysfunction and Peyronie's Disease
- Enhanced sensitivity
- Improved sexual performance
- Decreased recovery time between orgasms

IS IT SAFE?

Yes. This is an FDA cleared technology that originally developed in Europe and is used worldwide. GAINSWave uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, and anti-aging treatments and wound healing. While a specific indication for treating ED has not yet been granted, we know that it is only a matter of time given the extraordinary success. In clinical practice, over a 79% of the men who utilize this treatment report improvement in symptoms related to ED. We have even seen improvements in those men who have lost functioning after some forms of prostate surgery. GAINSWave has virtually no risks or side effects and no downtime. This therapy has been used extensively in Europe for over 10-15 years, but is relatively new to the U.S. for erectile dysfunction.

GAINSWave
THE NEW WAVE IN MALE ENHANCEMENT

After the GAINSWave procedure:

- 75% men experience positive results post treatment.*
- Some men may experience a spontaneous erection within 24 hours.*

*Results vary based on a patient's medical condition and age and may take a few months to obtain.

HOW TO GET STARTED

Dr. Erickson, takes on each case with individualized care. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Some men in their 40's and early 50's even find it helpful for reinvigorating their sex life and improving their performance to levels they enjoyed in their 20's.

Contact Dr. Erickson for a private consultation today, 561-807-9132.

Tricounty Center for Integrative Medicine
4800 Linton Blvd D502A, Delray Beach, FL 33445
Phone: 561-807-9132
EDfixMD.com

75% of men with ED who have received the GAINSWave procedure saw a reversal of their condition, and gave up taking oral ED medications. Nearly 75% of men receiving GAINSWave have reported positive results and improved sexual performance. The majority of patients with ED reported an improvement of their condition and gave up taking oral ED medications.

TRICOUNTY CENTER for Integrative Medicine

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THE NEW WAVE IN MALE ENHANCEMENT

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*A Breakthrough
Solution for Men
Seeking Better Erections
& Optimal Sexual
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- Promotes Cardiovascular Health
- Relieves Nausea
- Helps Treat Seizures
- Helps To Relieve Neurological Disorders

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CBD OIL –

Does it Really Work?



Florida Medical Marijuana Health Centers is known for their outstanding outcomes and care for their patients utilizing medical marijuana, but few people are aware, that their cutting-edge, integrative medicine practice also offers “non-marijuana” alternatives for patients wanting to treat various disorders. CBD oil is a leading therapy for treating symptoms and disease states without TCH and without a marijuana card.

There is a multitude of information online and on news outlets and documentaries touting the benefits of CBD oil (cannabidiol). So, how can you be sure of its health benefits? Let’s first detail the product a little further to put ease to any questions and concerns.

CBD oil is known to show beneficial results for seizures, neurodegenerative disorders, cancer, autoimmune diseases and other chronic ailments. What is CBD oil? Well, most of us have heard about the health advantages of Hemp or Marijuana, but the primary difference with CBD is that it has none of the psychoactive factors or intoxicating effects of cannabis. The THC level (the chemical that makes one high) is removed through an extraction process. In most cases CBD oil is primarily free of the mood altering components, this is especially the case with the Organic CBD oil used in Florida Medical Marijuana’s Health Center’s products.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) through intermingling directly with our cells. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial reactions in the body.

RECENT STUDIES HAVE SHOWN MULTIPLE HEALTH BENEFITS OF CBD:

- Relieves pain
- Anti-inflammatory response
- Lessens nausea
- Reduces anxiety
- Reduces cognitive impairment
- Anti-tumor factors
- Cancer cell death
- Cancer cell growth inhibitor
- Reduces Seizures/anticonvulsant
- Anti-psychotic
- Improves sleep
- Fights viral infections
- Relaxes muscles
- Anti-muscle spasm mechanisms
- Reduces beta-amyloid plaque
- Promotes pet health and reduces anxiety
- Reduces skin inflammation
- Brightens and tightens skin

Patients with seizures, cancer, chronic pain, and anxiety, just to name a few, are reporting incredible healing through CBD oil. When they’ve finally had enough of western medicine, and it’s ability to ONLY treat their “symptoms” and not their disorder, that’s when patients are grasping onto alternative treatment options. For those that have found help through CBD, their words are profoundly clear—CBD oil works.

Recent studies have shown multiple health benefits of CBD in regards to fighting various types of cancer cells. It’s important to point out that the U.S. Food and Drug Administration has not approved cannabis treatment for cancer. However, as more studies show promising outcomes, their stance may change in the near future.

Florida Medical Marijuana has numerous products for you to choose from for many of your health and wellness needs. Because CBD is so highly publicized and at the forefront of media outlets and health debates, it’s important to understand the CBD oil difference. Not all CBD oil is the same. It’s critical to get the most efficacious tinctures of CBD as possible, and Florida Medical Marijuana Health Centers specifically distributes the highest quality CBD oil from an extensively regulated, reputable organization.

To get help today, please call **(561) 223-0743** to schedule your consultation and experience the healing effects of CBD and medical marijuana.



Florida Medical Marijuana Health Centers
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IS HYPNOSIS RIGHT FOR YOU?



There seems to be a very skewed idea of what hypnosis is, and a distinct misperception of what hypnosis is not. All too often we hear phrases like “put me under”, where they are in an unconscious state and have no control. For many, the uncertainty of what to expect, combined with the myths surrounding hypnosis, brings up feelings of hesitation or doubt. However, most beliefs and myths surrounding hypnosis could not be further from the truth. In a mission to help others, and create greater awareness through education and experience, we have answered some of the most common questions we receive.

WHAT IS HYPNOSIS?

Hypnosis is a normal, natural state of mind that we all enter many times a day. In fact, by definition, hypnosis is a heightened state of awareness. While you will be deeply relaxed physically, mentally you will be much more alert than your normal state of conscious awareness. It is a focused awareness where you are highly receptive to positive ideas that change how you think and feel. A few common examples of everyday hypnosis are reading a good book that captivates you, daydreaming, or getting so deep in thought while driving that you miss a turn or exit.

CAN YOU MAKE ME DO STRANGE THINGS?

Hypnosis is not mind control – you have complete control over what you will and will not do, and you will instantly reject any idea or suggestion that is uncomfortable to you. The hypnotist has no control over you while in hypnosis, whatsoever! Hypnosis is a 100% Consent State, if at anytime you want to emerge for any reason, you can instantly open your eyes and become fully alert. No one can hypnotize you, or keep you in hypnosis against your will.

Of course, this myth about hypnosis works great in Hollywood, but people also fly in movies and we all still know that to be untrue. The same applies to stage hypnosis. Both of which are primarily for entertainment, not health and healing.

CAN I BE HYPNOTIZED AND WILL IT WORK FOR ME?

The short, simple answer to these questions is yes. Anyone can be hypnotized providing that they want to, they do not have any fear or misconceptions about hypnosis, and they can follow basic instructions. Whether or not it will help you, really, truly depends on you. It is a very effective (and pleasant) solution because hypnosis works below conscious thinking, and taps into our subconscious thinking – that part just below the surface where we dream from, and where our emotions and long term memories are housed. This allows direct access to our inner, deeper thoughts and emotions that are often driving our behavior and thoughts. When we make changes at this deep level, they tend to be long lasting and feel easy. With hypnosis, you will become better equipped to manage your life circumstances, change unwanted behaviors and create the outcomes you desire. This is all possible, but the caveat is you have to want to change, for your own reasons!

WHAT ISSUES DOES HYPNOSIS WORK FOR?

Hypnosis is proven to help with countless issues – inclusive of anything people have problems with. A simple example is when you want to feel different, or maybe you know there is something you should (or want to) be doing, but in the moment it feels like you are unable, or unwilling, to follow through.

Although I cannot list all of the issues or goals we have helped out clients overcome and/or achieve, we help people lose weight, stop smoking, insomnia/better sleep, reduce stress and anxiety, recover from past experiences and relationships, reduce pain, improve motivation, increase sports performance, recover from substance abuse, and much, much more. We also work with kids and teens.

With hypnosis, you’ll become better equipped to manage your life circumstances, change unwanted behaviors and create the outcomes you desire.

WHY DOES HYPNOSIS WORK?

Hypnosis works because you are in a relaxed state of extreme concentration, solely focused on the message, and deeply absorbing it, as opposed to a conscious form in which you may trivialize, ignore or reject change. If you like a suggestion, you will allow it to enter into your subconscious mind. Once you have accepted the suggestion, your mind responds automatically and immediately.

You are what you think, and when you start changing the way you think the change truly begins. Our clients have all the solutions inside of them to be successful and a great hypnotist helps them discover and implement those solutions.

At Summit Hypnosis and Wellness, we are committed to debunking the myths and eradicating the fear that can be associated with the word “hypnosis”. If you would like to learn more about hypnosis, please visit our website or call our office!

**Laura King and
Larissa Brazier**
Hypnosis, NLP, Performance
Coaching & Health Coaching

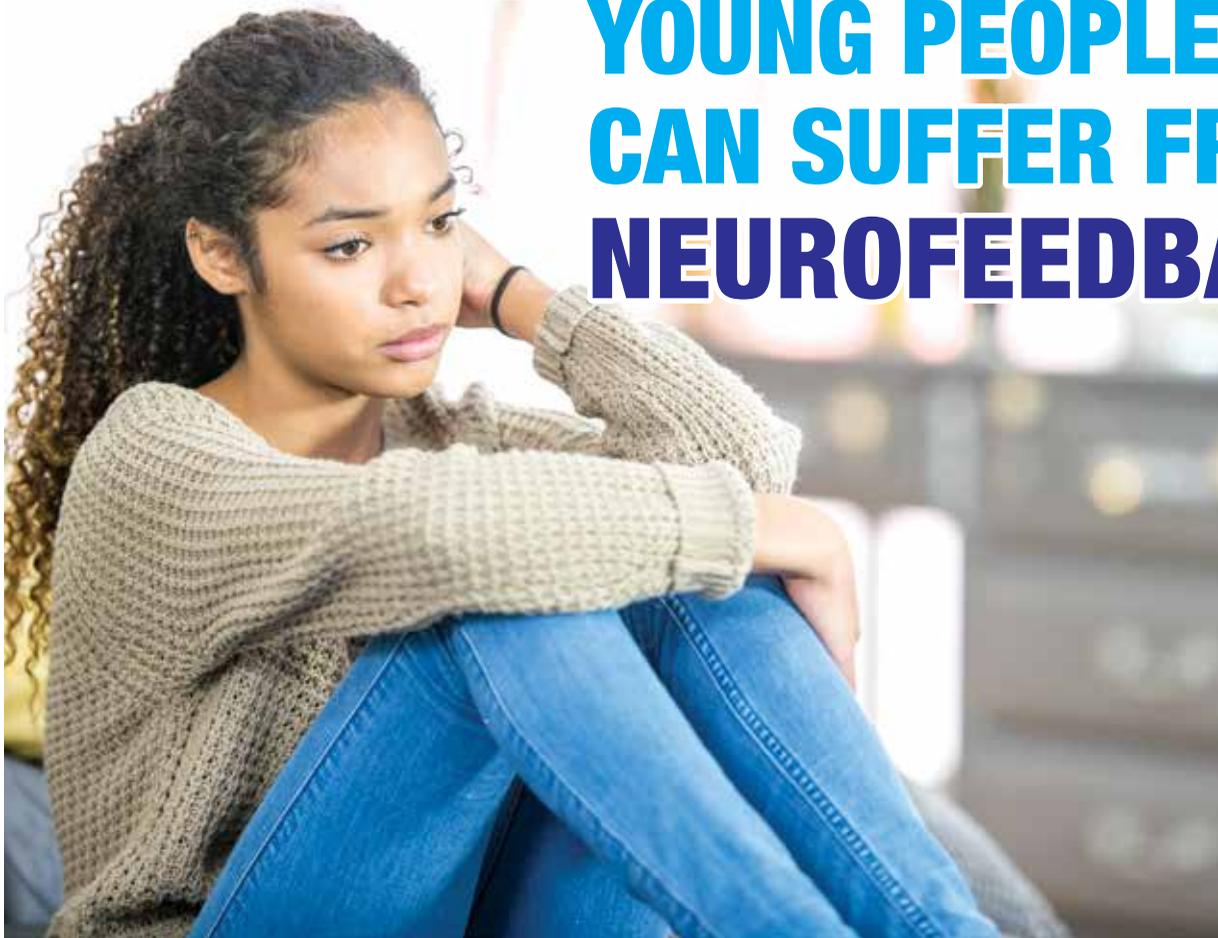


At Summit Hypnosis and Wellness, we believe in an integrated approach to life, health, healing and performance in order to enhance your overall quality of life. We focus on reversing the effects of emotional, physical, nutritional & amp; chemical stresses through hypnosis, nutrition, life & amp; performance coaching. We combine a multitude of modalities to personalize each session, which provides a multitude of benefits within each custom-tailored session. We look forward to helping you on your path to happiness & health!

summit
HYPNOSIS & WELLNESS

summithypnosisandwellness.com
info@summithypnosisandwellness.com
Call today: 561-841-7603

YOUNG PEOPLE CAN SUFFER FROM ANXIETY NEUROFEEDBACK CAN HELP



It's hard to imagine sometimes, that children or young adults can suffer from anxiety. What do they have to be worried about? Without careers, bills, mortgages, and financial or family responsibilities, their lives are simple and easy.

The truth is that anxiety is a pattern of neuron firing in the brain that can be present from birth. Brain neural patterns don't necessarily dictate how we will behave, however, trying to change the environment or behavior won't alter the patterns. Therefore, you can't talk someone out of anxiety. And for children and young adults, you can't change their routines or discipline them from feeling anxious.

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 anxiety in young children is very difficult and not usually done unless symptoms are severe. In most cases, anxiety manifests at an older age when the symptoms 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".

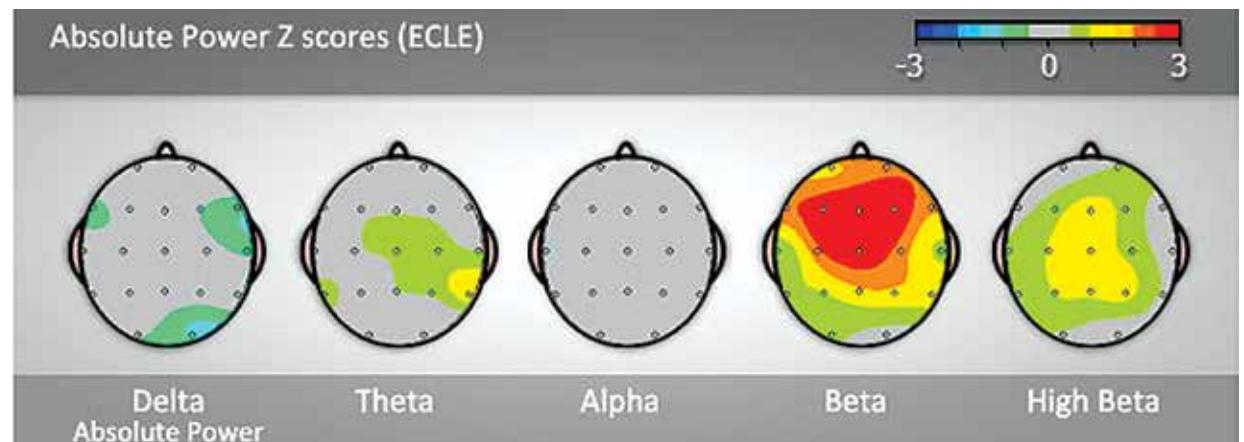
The reality of the situation is that neither your child's personality nor their hectic schedule is the culprit. It's their brain, or rather, the neural patterns in their brain, that is not allowing them to handle the workload at school, pressure with friends, feeling good, making good food choices, having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

Here is an example of one type of anxiety pattern. 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 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 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 young 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 is 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.

Neurofeedback can help. Neurofeedback can not only help reduce the anxiety symptoms specific to your child, but it can "retrain" the neural patterns in the brain so that anxiety is better managed or controlled throughout your child's life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the anxiety 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 AQEEG (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. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. 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, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433, e-mail us at info@bocabraincenter.com, or text us at **(561) 206-2706** or visit our website at **www.BocaBrainCenter.com**.

Our thoughts and prayers go out to the families, students, staff, and first responders of Marjory Stoneman Douglas High School. Violent events in our community, especially when they are targeted towards children and educators, affect us all. The Brain and Wellness Center is available for anyone who needs counseling, Neurofeedback, or just a hug. Please visit our website: www.bocabraincenter.com where we will be posting resources for parents and young people.



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RejuvaEnhancement® a Groundbreaking New Treatment for Peyronie's Disease and Penile Enlargement

PEYRONIE'S DISEASE

Peyronie's disease is defined as relating to symptoms. Peyronies is a build up of scar tissue in the penis that causes a curvature or bend in the erected penis. This disorder typically causes a great deal of pain during intercourse.

GO BEYOND MEDICATION – TREAT THE ROOT CAUSE

Simply Men's Health is a leader in men's health and a pioneer in the field of regenerative medicine. They were the first to introduce Acoustic Pressure Wave therapy in South Florida, and now Simply Men's Health is revolutionizing the field of men's health by introducing the state-of-the-art procedure called, RejuvaEnhancement®. This method helps to reverse the inevitable aging process and treat Peyronie's disease and restore penis size.

WHAT ARE REGENERATIVE MEDICINE AND THE REJUVAENHANCEMENT® PROCEDURE?

Regenerative medicine, rather than treating symptoms, shifts the body into a healing and restoration state by providing the body with stem cells (the building blocks), growth factors and platelets that stimulate the body's natural healing process.

THE POWER OF STEM CELLS?

Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system and can replace damaged or worn out tissue. Pluripotent stem cells, derived from amniotic/placental tissue have essentially unlimited potential to become any type of cell in the body. Adult stem derived from either bone marrow or fat cells are limited to the type of cell they can develop into.

SIMPLY MEN'S HEALTH REJUVAENHANCEMENT® PROCEDURE

The RejuvaEnhancement® procedure combines growth factors and stem cells from your own blood with live, cryogenically-preserved, pluripotent stem cells and growth factors derived from human placentas and amniotic. The amniotic allograft contains over 75 growth factors; cytokines, collagen and stem cell activators, which call the bodies, own stem cells. In addition, the cryogenically preserved allograft contains LIVE PLURIPOTENT stem cells and fibroblasts, which promotes cell repair and tissue regeneration to help restore your sexual vitality.

IS IT SAFE?

Yes. This cryogenically preserved amniotic tissue has a "100-year history" with no reported recipient rejections since the amniotic tissue

RejuvaEnhancement® Amniotic Stem Cells

- REPAIR
- REGENERATE
- RESTORE

RejuvaEnhancement®
only available at
Simply Men's Health

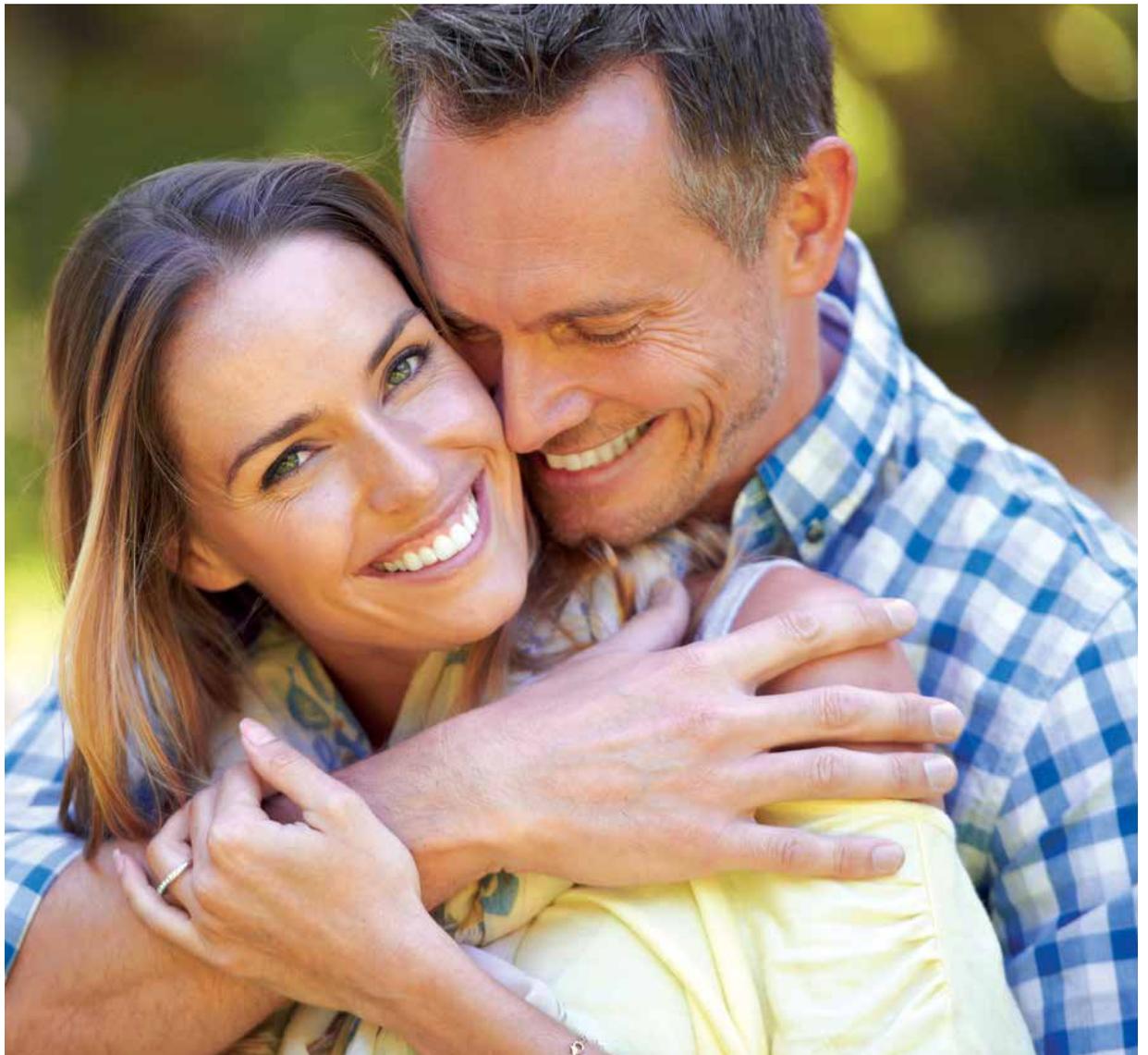
- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

is immunoprivileged and does not express HLA type antibodies.

The amniotic tissue is obtained only from live, healthy births. **NO EMBRYONIC TISSUES OR NO TISSUE FROM ABORTED FETUSES ARE EVER USED.** The amniotic tissue is obtained through aseptic recovery techniques during a planned Caesarian section of full-term deliveries from a healthy woman aged 18-35 who have been prescreened according to the FDA and American Association of Tissue Banks guidelines for infectious disease and have under extensive testing and screening.

HOW TO GET STARTED?

At Simply Men's Health, we respect your time and privacy. You receive individualized care with our experienced staff of physicians. We pinpoint the exact cause of your issues and create a customized treatment plan. With the advent of Regenerative medicine, penile issues and the inevitable part of aging are no longer an issue. Simply Men's Health's innovative approach of regenerative medicine can restore you to a healthier, younger you! They also treat men's hair loss, allowing people to regrow their own hair with their exclusive RejuvaHair® Amniotic Stem Cell therapy.



WHAT OUR PATIENTS ARE SAYING?

"I've been coming to Simply Men's Health for several months, but I never told my girlfriend. After my second treatment, my girlfriend remarked that my penis was getting bigger."

Anthony Z.

"I am in my 70's and have diabetes, high cholesterol and had my prostate cancer and my prostate removed several years ago. I had tried everything. After my very first treatment, my penis size increased in both length and girth. Now after about six months, the results have been amazing. The RejuvaEnhancement® procedure is remarkable. I feel like Superman."

E.M.



Simply
**MEN'S
HEALTH**
Reclaim Your Vitality

Call TODAY,
Get your life back
tomorrow
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Enjoy a SPONTANEOUS & ACTIVE SEX LIFE again in as little as 3 weeks – no pills, no needles, no surgery!

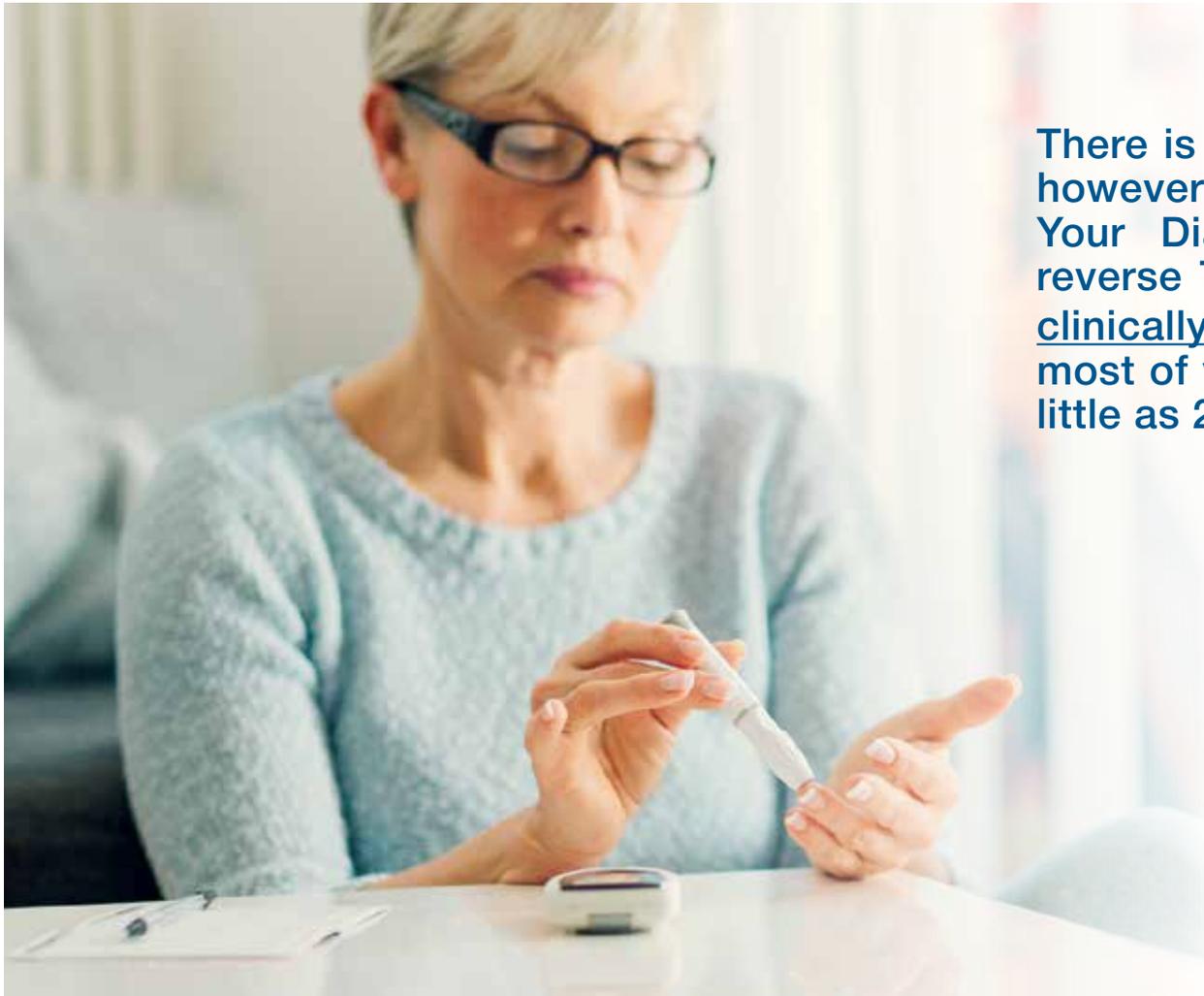


HELP YOUR DIABETES®

An A+ Rated Accredited Better Business Bureau Company

YOUR PATH TO BECOMING CLINICALLY NON-DIABETIC

Exclusively licensed through Magnum Health Management, LLC
www.MagnumHealthMgmt.com



There is No Cure for Type 2 Diabetes – however it can be reversed! The ‘Help Your Diabetes’ (HYD®) Program will reverse Type 2 Diabetes and have you clinically non-diabetic and off all or most of your harmful medications in as little as 2 to 6 months!

If you are one of more than 27 million Americans with Type 2 Diabetes or one of 86 million Americans diagnosed as Pre-Diabetic then **the HYD® program** is for YOU!

Type 2 Diabetes is a growing problem that is not going away! Sedentary lifestyle, lack of regular exercise, diet loaded with convenient fast food, sugary drinks and a new generation of couch potatoes who spend increasingly more time on the smartphone means that now more than ever, Type 2 Diabetes is on the rise.



Dr. J. Murray Hockings

Help Your Diabetes® HYD® is the patent-pending, Type 2 Diabetes Reversal Program founded by **Dr. J. Murray Hockings, D.C., D. P Sc.**, a member of The American Diabetes Association (ADA). An internationally acclaimed author and spokesman; Dr. Hockings has been helping **thousands of patients reverse their Type 2 Diabetes**, lose weight via proven natural methods, drop their blood sugar readings, enjoy an improved quality of life, and get people off harmful medications – which only serve to manage symptoms and cannot reverse them.

Medical Schools train student doctors how to manage Type 2 Diabetes – but not how it can be reversed! They prescribe often costly medications aimed at lowering one's **A1C**. As the symptoms worsen they refer patients to a **Specialist** who may prescribe additional or different medications – increasing the dosage and/or varying the drugs over time.

Drugs prescribed to treat Type 2 Diabetes just manage the symptoms by lowering A1C and blood sugar, but can do little to prevent this horrific disease from progressing and in many cases leading to neuropathy, loss of eyesight, amputation of limbs or to kidney failure; which necessitates harmful dialysis for the rest of their life.

Pharmaceutical manufacturers must by law, disclose the potential dangerous side effects of all medications prescribed to treat **Type 2 Diabetes**. Their drug's long-term effect is potentially AS dangerous to the patient as is the disease itself! Diabetes drugs are also very expensive for the patient, earning pharmaceutical manufacturers hundreds of billions of dollars annually!

LIST OF BENEFITS OF THE HELP YOUR DIABETES PROGRAM

- Before and After Lab Analysis
- Proprietary Nutritional Supplements to take
- Exercise Recommendations or work with our In-House Diabetes Certified Personal Trainer
- Unlimited One on One Phone or Email Support 7 Days a Week to Monitor your Progress
- Facebook Group to Share Success Stories, Swap Recipes, Etc.
- Group Phone Support Calls 3 Days a Week
- Weekly training videos to keep you on track
- A monthly HYD newsletter
- Enjoy/Avoid List of Foods
- Proprietary Weekly Meal Plans
- Over 200 Recipes
- Grocery Shopping List
- Exclusive Membership in the HYD Website

Noticeable improvement in as little as one week! HYD® patients can reverse their Type 2 Diabetes safely, lose excess weight, need far less or no medications, regain energy and enjoy improved quality and vitality in their daily life.

Dr. Kenneth Power, M.D. a family doctor in Maumee, Ohio, with 18 years of experience, has recommended the Help Your Diabetes® program to his patients: "The success I've had with the program has been overwhelming. I've had multiple patients come through now and each tend to

have a different success rate, but overall, **it's been phenomenal.** Patients see results right away. I was surprised at how quickly their blood sugar's improved, usually within just the first couple of weeks. Their health's improving, their blood sugars are dropping, and I feel comfortable just after the first several weeks with getting them off at least half of their medication by then."

Help Your Diabetes® Official Celebrity Spokesman:

The official spokesman for the **Help Your Diabetes® program** is Emmy and Golden Globe nominated actor, **Corbin Bernsen**, best known for his role as divorce attorney Arnie Becker on the NBC drama series **L. A. Law** and star of such films as **Major League**. [Note: set copy alongside the image of Corbin Bernsen)



Corbin Bernsen

PLEASE CONTACT OUR OFFICE TO BOOK YOUR FREE, NO OBLIGATION CONSULTATION
During your visit you can expect to receive:

- FREE A1C Test, No Blood Draw needed, just a simple finger prick with results in 5 minutes
- FREE Diabetic Reversal Video Presentation
- FREE Diabetic Assessment and Score

Appointments Necessary, evenings and weekends available upon request.

Call 561.506.2569
TODAY TO MEET WITH OUR CLINIC DIRECTOR AT:
HELP YOUR DIABETES
301 Yamato Road, Suite 1240, Boca Raton, FL 33431



Laser Cataract Surgery: What you should know

By David A. Goldman MD

With every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femtosecond laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes then Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



Does this mean there are no advantages to laser cataract surgery? Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

Act differently. “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)



*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*

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Gratitude. A powerful element in fighting cancer.

Dave Norris was a healthy 65-year-old, until one day he had trouble swallowing. His doctor discovered a malignant tumor in his stomach and Dave sought treatment at a large cancer center in another city. There, they saw him as patient number 1125157, not Dave Norris. Every other week, Dave flew across the country for treatment until he discovered a Florida Cancer Specialists clinic only minutes from his home. Here, Dave was given a successful knockout round of treatment, all while being treated like Dave Norris, not just another number. The care and compassion Dave received inspired him so much that he has dedicated the next chapter of his life to helping other Florida Cancer Specialists patients.

"I am thankful for the doctors and nurses at Florida Cancer Specialists who cared for me as a person and a neighbor, not just a patient and a number."

-Dave Norris, Cancer Fighter

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