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MAGAZINE

May 2018

South Palm Beach Edition - Monthly

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LAW OFFICE OF ANDREW CURTIS, ESQ

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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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By Dr. David Steinberg,
Pharmacist

Ensuring our Parents Health Through Medication Compliance

As the baby boomer generation ages and medications become more numerous, children and family members are charged with caring for the loved ones. This task comes not only with much stress but also with many questions. The questions often range from “Who will administer the medication when I’m not there?” “Is there a risk of my family member taking too many pills?” “How can I be sure that my family member is taking the same amount of medications he was taking

at the long term care facility?” These are just a couple of questions that we get at the pharmacy when we consult with family members and patients. As patients increase the number medications taken along with an increase to the number of physicians, the rise of medications errors is inevitable. Patients rely on family members or homecare givers to ensure compliance. We can do more. Every extra precaution or measure is well worth it when it comes to our family member. Our pharmacy has a unique system to mitigate medication errors such as over-medication and under-medication. We use, what is commonly called in the industry, a “bingo card.” It is becoming the industry gold standard and not only ensures medication compliance but puts the family at ease. It is a unit dose system where the patient’s medications are

divided into morning, afternoon, evening and bedtime. Each time slot has its own cell allowing the patient to know if the medicine was taken or not. It eliminates counting pills, filling pillboxes, and remembering doses. As a pharmacist, I hope to reduce common and preventable errors and help everyone live healthier lives. Please call TrustedMedRx with any questions at **561-613-6209** or **855-9EZ-MEDS**.



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Laser Therapy for Hair Loss: What You Need to Know

By Dr. Alan J. Bauman, MD, ABHRS Board-Certified Hair Restoration Physician

Laser therapy has been shedding light on hair loss since the 1990's, but today, it's a key weapon in the hair restoration physician's arsenal.



Providing energy to hair follicles, getting them to grow a thicker, healthier hair has gotten easier and more efficient with the advent of more powerful, more convenient, cordless and rechargeable FDA-cleared devices. Many of today's top practitioners rely on drug-free laser therapy with or without other treatments to provide optimum hair regrowth for both male and female patients.

How Laser Therapy for Hair Growth Works

With FDA clearances and strong clinical evidence to support its efficacy as a hair loss treatment, today low-level lasers have become an important tool for those seeking to restore their locks. But how exactly do these lasers help you fight hair loss?

Laser therapy for hair growth utilizes wavelengths of light in the "visible red" part of the spectrum which have a biological effect on cells. It is known that wavelengths of light produced by the diodes of the lasers are associated with an increase in energy production (ATP) within the cells, which may be a primary mechanism for helping a follicle to grow better hair by producing thicker, longer, healthier looking hair strands. Since their discovery in the 1960s, low-level lasers have been proven to be an effective drug-free and side effect-free way to help heal wounds, relieve pain, increase circulation, and decrease inflammation.

Are You a Good Candidate for Laser Therapy?

For those with hair loss or hair thinning, keep in mind, these may be influenced by many factors including heredity, medications, illness, stress, nutrition, lifestyle, etc., and left untreated only gets worse with time. Because so many factors can influence one's hair loss status, it is essential to undergo a thorough medical consultation with a specialist before initiating any hair restoration regimen. Baseline evaluations, tracking measurements and standardized medical photos are critical to provide an objective measurement of your progress.

Breakthrough Laser Devices

One of the oldest myths about hair loss is that it can be caused by wearing a baseball hat, thankfully, most people are aware that this simply isn't the case, but the newest breakthrough in laser therapy is actually proving the opposite can be true.

LaserCap was the original and first hair growth device to offer the power and coverage of a clinical laser therapy unit in a 100% cordless, rechargeable, hands-free, discreet treatment device that literally 'fits under your favorite baseball hat.' Up to 40x the power of comb, brush or band-lasers, laser therapy cap devices are also infinitely easier to use. Walk, jog, bike, drive or sit. LaserCap is a non-chemical,

non-invasive, pain-free hair growth treatment that can be applied anytime you can wear a hat or scarf. LaserCap is recommended 30 minutes every other day for best results.

New devices, like the physician-only **CapillusRX** Laser Therapy Cap is an FDA-cleared hair regrowth device that provides both men and women with a safe, effective and easy-to-use drug-free hair loss treatment at home or on the go. With 312 diodes – the most diodes of any FDA-cleared personal wearable laser device – the CapillusRx provides maximum power and coverage. Just 6 minutes daily means the quickest treatment time of ANY device available. Flexible and comfortable, the CapillusRx is also convenient, portable and discreet. The long-lasting, rechargeable Lithium-ion battery and hands-free operation give you the freedom to go about your daily routine while receiving this painless, drug-free, side-effect-free treatment for hair loss and hair thinning.

Benefits of Laser Therapy

Consistent use of low-level laser therapy treats hair loss, hair thinning and has been proven to improve the appearance of hair quality, hair strength and hair thickness in addition to promoting hair growth. Clinical studies have shown a 51% increase in terminal (healthy) hair counts on subjects when compared to those using placebo devices. There has never been a reported side effect of low-level laser therapy since its use began in the 1960s. Since laser devices are durable and long lasting with proper care, a good-quality LaserCap or CapillusRX may be your least costly treatment over time.

Laser Therapy's Limitations

Laser therapy, like other non-invasive hair growth treatments, is not a "miracle cure," but it can be an important treatment for damaged hair, thinning hair and hair loss. While low-level laser therapy does facilitate hair growth, it is important to understand that it doesn't regrow hair that is already dead and gone, which is why early detection and intervention is essential for optimal results. Laser therapy can jumpstart areas where the hair is thinning and can also be effective for hair growth when used in combination with other medical treatments like compounded topical minoxidil, oral finasteride, platelet-rich plasma plus stem cell injections,



Dr. Bauman's actual patients. Top row: Male patient before PRP and 12 months after PRP. Bottom row: Female patient before PRP and 12 months after PRP

prostaglandin analogs, nutritional supplements and hair transplant surgery, either with SmartGraft FUE or the ARTAS Robotic Hair Transplant System.

As with any hair growth treatment, early results are subtle and full, final results take time. To track your progress and stay consistent with the treatment, Dr. Bauman recommends getting a baseline hair measurements with HairCheck before starting laser therapy so you can know what areas are receiving a benefit and how much improvement is occurring.

The good news is that with the right diagnosis, scientific measurements, dosing regimens and clinical follow-ups, the vast majority of hair loss patients can be helped by low-level laser therapy.

For more information on what kind of results you might achieve with laser therapy or how laser therapy can be added to your 'multi-therapy' hair restoration regimen, please visit www.baumanmedical.com or call **844-GET-HAIR** or **(561) 394-0024**.

About Low Level Laser Therapy

- Several in-office and at-home low-level laser therapy devices have been FDA-cleared for the treatment for hair loss.
- Low-level laser therapy improves hair growth by reversing the miniaturization of hair by improving blood flow and increasing energy production at the follicle.
- Low-level laser therapy increases mitochondrial membrane potential at the cellular level through a process called photobiomodulation.
- Laser therapy is a drug-free, chemical-free, side effect-free, non-invasive treatment option for hair thinning for both men and women.
- Consistent use of low-level laser therapy treats hair loss, hair thinning and has been proven to improve the appearance of hair quality, hair strength and hair thickness in addition to promoting hair growth.
- Clinical studies have shown a 51% increase in terminal (healthy) hair counts on subjects when compared to those using placebo devices.
- There has never been a reported side effect of low-level laser therapy since its use began in the 1960s.
- Beware of non-physician dispensed or "consumer" devices, which may be less expensive but contain significantly less diodes and therefore less power.

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 member of major medical conferences, Dr. Bauman



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

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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IMMUNOTHERAPY IS TURNING THE TIDE AGAINST SOME CANCERS

Immunotherapy, an approach to cancer treatment that uses the body's natural defenses, has been around for decades; however, the early forms of this type of treatment were very toxic and did not result in the desired outcomes for most patients. In the past 10 to 15 years, as researchers have learned much more about the genetics and mechanisms of cancer cells, advances have been developed that are causing great excitement and that are credited with helping many patients realize amazing results with certain types of cancer.

How does immunotherapy work?

The immune system consists of several organs, special cells and other substances that help your body fight germs, infections and diseases. It naturally recognizes abnormal substances in the body and raises an alarm, causing the immune system to attack the foreign bodies. For example, germs contain certain proteins that are not normally found in the body and so the immune system targets these foreign proteins and eliminates them.

However, the body's natural defense system has a harder time targeting cancer cells because sometimes the malignant cells are not very different from normal cells. Other types of cancer have a mechanism that helps the mutated cells "hide" from the immune system. In immunotherapies, researchers have discovered drugs that boost the immune system and help it recognize cancer cells more easily so it can attack and destroy these cells.

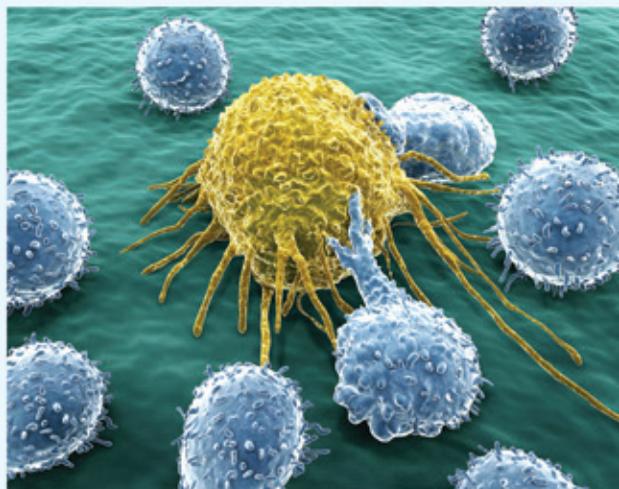
What are the types of immunotherapy?

According to the American Cancer Society (ACS) there are various immunotherapies that are proving to be very effective. These include:

Monoclonal antibodies (mAbs) are laboratory-made substances that can attach to cancer cells, so the immune system can recognize and destroy them.

Immune Checkpoint Inhibitors are a type of monoclonal antibodies that use "checkpoints" – molecules on certain immune cells that need to be activated (or inactivated) to start an immune response.

Non-specific immunotherapies, including Interferons and Interleukins, also help the immune system destroy cancer cells.



Oncolytic virus therapy uses genetically altered viruses to attack and kill cancer cells. The first of these was approved in 2015 for use in treating melanoma.

CAR T-cell therapy uses T-cells (a type of white blood cell) drawn from the patient. These are altered in the laboratory to recognize and destroy cancer cells, and then returned to the patient's body. T-cell therapy is not yet approved for widespread treatment. Only two CAR T-cell therapies have been approved for use in the U.S. One is used for advanced or recurrent acute lymphoblastic leukemia in children and young adults. The other is for certain types of advanced or recurrent large B-cell lymphoma. More are currently being studied in clinical trials.

Vaccines have been developed for both prevention and treatment of cancer. Most treatment vaccines are still in clinical trials. Several prevention vaccines are in use today, helping to prevent cervical cancer, and Hepatitis B, which can cause liver cancer.

Immunotherapies are transforming patients' lives. For patients with certain types of cancer, such as melanoma, bladder, renal cell carcinoma (a type of kidney cancer), head and neck cancers, some types of leukemia and lymphoma, and lung cancer, immunotherapies are already producing encouraging results, and some are even being called a possible cure. In addition, new research is moving forward rapidly to find immunotherapies that will be effective against more types of cancer.

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 the past three years, the majority of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

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Are There Any **New Technologies For Fat Reduction?**

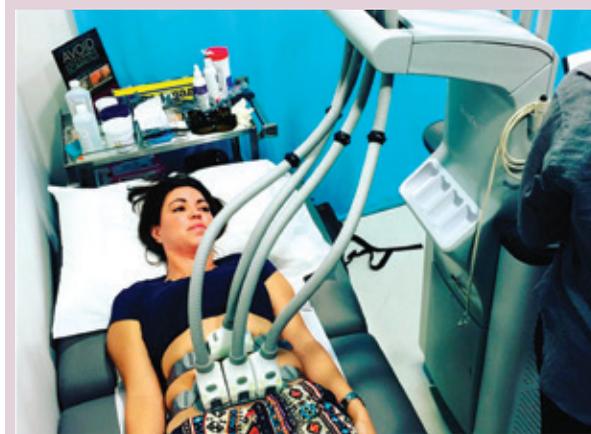


It is interesting to watch technology as it continues to evolve. Many of my patients are up to date with what is trending in aesthetic technology. There is a new exciting technology that melts and tightens skin simultaneously without downtime.

COOLSCULPTING® has been a good fat reduction treatment for many of my patients. It is a way to non-invasively destroy fat cells by freezing fat, however it takes about 1 hour per area and depending on the patient, it could take up to 4 to 6 hours in one day! Also, the cost of CoolSculpting® is pretty much equivalent to liposuction.

A newer technology has just been FDA approved for the same application of destroying fat cells non-invasively, but it uses heat. It's called SculpSure™ by Cynosure®. SculpSure™ is a laser device that uses a 1060 nm wavelength to target fat cells and destroy them without any incisions.

Unlike CoolSculpting®, SculpSure™ takes less time, the treatment areas are much larger and there is no downtime. One treatment takes only 25 minutes and there have been no reported side effects.



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SculpSure™ is a breakthrough non-invasive body contouring treatment for fat that has been unresponsive to diet and exercise.

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The treatments applicators are placed on the skin and a balance of laser wavelength with cold is projected to the fat layer, making it hot enough to achieve the right temperatures to destroy fat cells, but cold enough to be comfortable. The destroyed cells are disposed of by the body's lymphatic system.

The results are seen in 6-8 weeks and most people require just 1 treatment. Another major advantage and game changer is the skin tightening effects of this laser.

So in summary, SculpSure™ is less expensive, takes less time and tightens skin very effectively. I'm very excited and happy to share this information!



Medical Director, Daniela Dadurian M.D.
 * Board Certified Anti- Aging Medicine
 * Board Certified Laser Surgery

Daniela Dadurian, M.D. received her medical degree from the University of Miami School of Medicine. She is certified by the Board of Anti-Aging & Regenerative Medicine and the Board of Laser Surgery. Dr. Dadurian has also completed a fellowship in Stem Cell Therapy by the American Board of Anti-Aging Medicine. She is a member of the International Peptide Society, the American Academy of Anti-Aging Medicine and the Age Management Medicine Group. Dr. Dadurian is the medical director of several medical spa and wellness centers in palm beach county with locations in West Palm Beach and on the island of Palm Beach. She is a leading expert in anti-aging & aesthetic medicine. Her state of the art facilities offer an array of anti-aging, functional medicine, cosmetic and laser therapies.

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WHAT YOU NEED TO KNOW ABOUT SKIN CANCER

Skin cancer is the most common type of cancer in the United States, affecting an estimated one in five Americans over the course of their lives. There are three main types of skin cancer: basal cell carcinoma (most common type), squamous cell carcinoma, and melanoma (most deadly/serious form of skin cancer). The majority of skin cancer is caused by exposure to ultraviolet light, both natural and artificial.



Basal Cell Carcinoma (BCC)

Basal Cell Carcinoma is the most common type of skin cancer. BCC most often develops on the face, scalp, ears, chest, back and legs in patients who get intense, intermittent sun exposure (to the point of burning). The most common presentation of a BCC is a shiny or pearly white bump on the skin. Another common presentation is a sore or growth that bleeds and heals, only to recur again. BCCs can also look like red patches or scars and can even appear pigmented. BCC is typically a slow growing cancer, and it rarely spreads to other areas of the body. If left untreated, BCC can grow, ulcerate, destroy healthy tissue surrounding it and become disfiguring. The good news is that BCC is highly curable with treatment. Unfortunately, if you have had one basal cell carcinoma, the likelihood of having a second is 40% within the next five years.

*basal cell carcinoma**squamous cell carcinoma**melanoma*

Squamous Cell Carcinoma (SCC)

Squamous cell carcinoma is the second most common skin cancer. They typically appear as red crusted or scaly patches on the skin, open/non-healing sores, elevated growths with central depression or warty growths. SCC is caused by cumulative sun exposure over the course of a lifetime and is most commonly found on the face, neck, arms, scalp, backs of hands and ears. Often the skin in these areas exhibits other signs of sun damage, including wrinkles, pigment changes, freckles, broken blood vessels, etc. SCC can also occur on the lips, inside the mouth, on the genitalia or other areas of the body. SCC can be more aggressive, depending on the specific type and location, and in some cases can spread to other parts of the body. With early diagnosis and treatment, SCC is also highly curable. However, if detected late or untreated, they can become disfiguring and sometimes deadly if allowed to grow.

Melanoma

Melanoma is the most serious form of skin cancer. Melanomas can occur spontaneously but they can also develop from an existing mole. They most frequently appear on the back, torso, legs, head and neck. The majority of melanomas are brown or black, but they can also be skin-colored, pink, red purple, blue or white. If melanoma is detected and treated before it reaches the lymph nodes, melanoma it is almost always curable (99% five-year survival rate). If not detected early when it is superficial in the skin, the cancer can advance and spread to other parts of the body where it becomes harder to treat and can even be fatal.

Melanoma can affect anyone but certain people are at higher risk. Risk factors that increase the incidence of Melanoma include fair skin, light-colored eyes, and red/blonde hair. You are also more likely to develop melanoma if you have more than 50 moles, have large and/or atypical moles, or have a blood relative who has had melanoma. Lastly, the risk increases significantly if you have already had a

melanoma but also increases if you have had either a basal cell or squamous cell carcinoma.

Recognition of changes in the skin is the best way to detect early melanoma. The ABCDE method of melanoma detection may help identify an abnormal growth on your skin that may be melanoma:

A – Asymmetry – One half does not match the other half.

B – Border Irregularity – The edges are not smooth, they may be ragged, notched or blurred.

C – Color – The pigmentation is not uniform, different shades of tan, brown or black are often present. Red, white or blue can add to the appearance.

D – Diameter – The spot is larger than 6mm (the size of a pencil eraser).

E – Evolving – A mole or skin lesion that looks different from the others or is changing in size, shape, color or texture.

If you have a changing mole, a new mole or a mole that is different, make an appointment to see a dermatologist as soon as possible.



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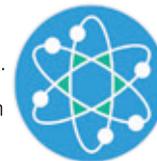
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CBD DOSING



MILD DOSAGE

Weight 2-25 lb = 2mg (10mg Daily Max)
Weight 26-75 lb = 4mg (28mg Daily Max)
Weight 75 lb+ = 30mg+ (As Needed)

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Weight 126-175 lb = 3 x 50mg Pills
Weight 175 lb+ = 3 x 75mg Pills

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SEVERE DOSAGE

Weight 90-125 lb = 3 x 50mg Pills
Weight 126-175 lb = 3 x 75mg Pills
Weight 175 lb+ = 3 x 100mg Pills

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By Aaron Rosenblatt, MD

AVOID BACK AND SPINE SURGERIES!!!



Back surgeries can fail for a devastatingly simple reason; the operation was not the right treatment, because the surgeon never pinpointed the source of the pain. As a result, patients may be just as miserable as they were before, or worse off. Unfortunately a desperate number choose to try surgery again. This is usually the wrong decision as well and this should be avoided. Statistics show also that by two years after a patient's first surgery, about 8% of patients have had another operation and by 10 years after, the rate jumps to 20%, an analysis of Washington State hospital data found.

There is no one best way to treat everyone. But the chance of finding relief for ongoing pain unquestionably lies in understanding what has gone wrong. This is not an easy task. Then seeing the most appropriate specialist for your problem and asking the right questions is quite important. With back problems, perhaps more than with any other medical condition, getting the best care at the utmost importance. The most important doctor you can see, at this point, is an Interventional Pain Management Specialists like Dr. Aaron Rosenblatt. A well qualified and certified doctor like him can evaluate a patient completely. He will order the appropriate scans and or test needed in order to come up with a plan to properly diagnose and the treat the issues **WITHOUT SURGERY**.

Once all of the appropriate tests are done Dr. Rosenblatt can see what diagnostics need to be completed in his state-of-the-art pain management facility. That's why it's critical to have a thorough workup. To get a sense of the cause of your pain X-rays and MRI/CT scans can be helpful but just because these scan say you have a disc problem here and or an arthritic problem there does not mean that this is where your pain is generated from.

As an interventionalist, Dr. Rosenblatt will take this information and set up diagnostic tests within his office to properly pinpoint the exact regions of the spine which require any type of treatment. Without these diagnostic tests, the wrong diagnoses can be made and then ineffective treatment with

surgery becomes likely. That's because high-tech images routinely uncover bulging discs and other "abnormalities." Dr. Rosenblatt will use this information and interventional techniques to avoid surgery.

Trouble is, many findings on scans often have nothing to do with what's hurting. If you take 100 people off the street and give them MRI's or Cat Scans, 33% of them, even if they had no back pain whatsoever, would have obvious structural problems. Data also points out that less the 5% of all patients who experience back pain will **EVER** require surgery but, unfortunately, a much higher percent of patients wind up with an operation. We will help avoid this situation.

Here's the real problem... Patients tend to think of back surgery as the **BIG CURE** or consider it the treatment that will work successfully. Sometimes, in our desperation to get our lives back, it may seem like a good idea to jump over those less invasive procedures and go right to the big one. This is rarely true.

Dr. Rosenblatt says, "Per my experience, it is rarely the case that a patient I see in my office will ever require surgery for pain. I also see too many patients who have already had 1 or more back surgeries without any relief." Surgery should **NEVER** be seen as worth trying for pain. This approach usually fails to help patients overcome their pain and now their spines are complicated and worse off due to after effect of surgery.

If a doctor recommends an operation, get a second opinion as soon as possible. A good surgeon should understand that you need to be comfortable with any decision and prior to having a surgery other opinions are necessary. For a truly useful second look, Dr. Rosenblatt can fully evaluate this situation and give what options exist.

Dr. Rosenblatt explains, "There have been too many times where patients were scheduled for one type of surgery and something totally different was causing their pain. Specifically, issues with sacroiliac

joints, hips and other regions of the body can mimic pain which would also **NOT** require surgery."

Dr. Rosenblatt continues, "I'm always trying to help a patient fully understand what is causing them a pain issue. This is usually pinpointed easily, diagnosed properly and then treated successfully without the need for any type of surgery."

Avoiding surgery is our number one goal to help to treat a growing older and active community. At Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, he serves at the medical director and is board certified. Every patient is evaluated by Dr. Rosenblatt himself and a comprehensive treatment plan is always tailor made for each individual. Patients are **NOT** seen by PA's (physician assistants) or NP's (nurse practitioners). You will see the doctor at each and every visit. Dr. Aaron Rosenblatt specializes in performing Interventional Pain Management procedures and also in the field of Physical Medicine and Rehabilitation. His knowledge encompasses each region of the body which can cause pain. He runs on time and does not make patients wait hours in his office to see him. He is not only a pleasure to talk to regarding pain issues, but also enjoys every day topics such as sports, movies, entertainment and current events. 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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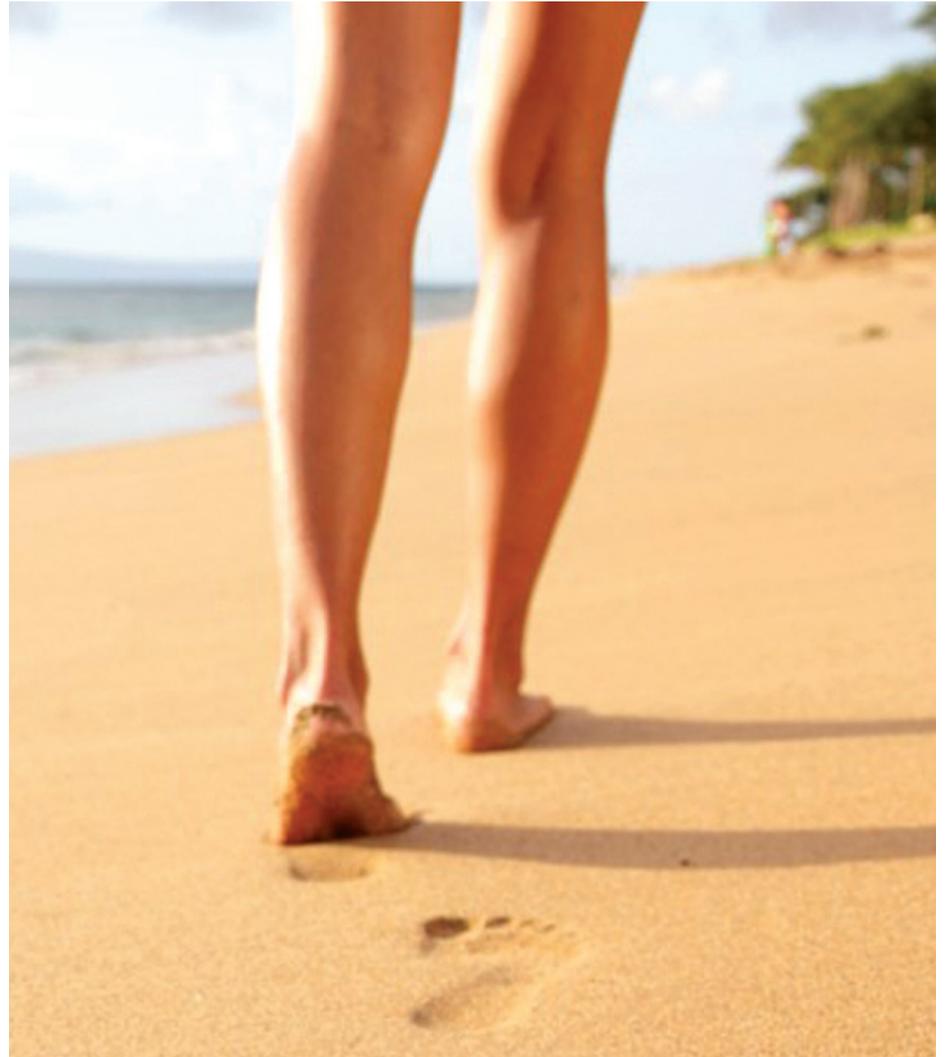
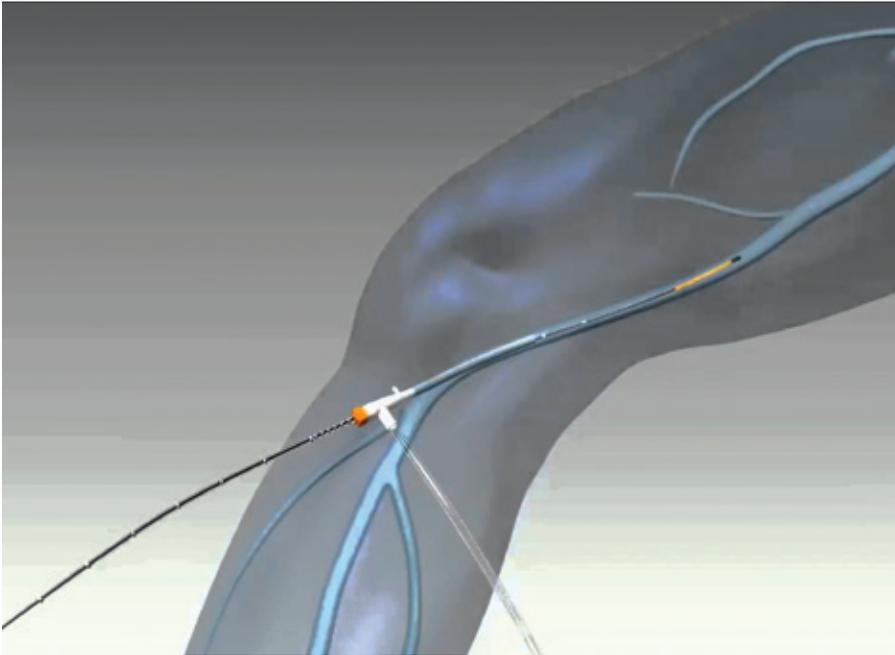
MY LEGS ACHE But They Look Normal – Could I Have VENOUS INSUFFICIENCY?



Perhaps you've probably written it off as getting older or pain that everyone has. Perhaps you've asked your physician about it and, seeing normal looking legs without bulging varicose veins, he's reassured you that it's nothing. Perhaps you've even had an ultrasound of your legs, only to be told you "don't have a blood clot."

These are all things we hear frequently from people who have leg heaviness, pain, cramping, and fullness – people who have Chronic Venous Insufficiency (CVI). CVI is a condition where some of the veins of the legs have a defect resulting in inability to circulate blood from the legs back to the heart, against the force of gravity. In addition, blood may actually flow backwards down these veins (venous reflux), resulting in the calves and lower legs becoming engorged with fluid by the end of the day.

CVI sometimes results in obvious varicose veins, leg swelling, darkening of the skin, and ulceration. It can also occur with no obviously visible findings – the legs may look completely normal – causing patients and doctors to dismiss the symptoms. Left untreated, CVI can progress to injure the skin of the lower legs, resulting in frequent infections (cellulitis), skin damage (venous stasis), and even chronic wound (venous ulcers).



About 80% of patients with CVI have a parent with circulatory issues like varicose veins. Exacerbating factors include occupations with prolonged standing (nurses, flight attendants, and restaurant workers are regularly affected), multiple pregnancies, excess weight, and advanced age. About 1 out of 5 people over 70 years of age may be affected.

The diagnosis of CVI can be made definitively by an ultrasound performed by a credentialed physician (look for someone with an RVT or RPhS designation) with the patient in the standing position, the position being critical to assessing the function of the veins under the force of gravity. During testing, your physician should be able to demonstrate to you where veins are weakened or blood flow is reversed (reflux), the cardinal sign of CVI.

Treatment for CVI, EndoVenous Laser Ablation (EVLA), is performed in the office in about 30 minutes with no subsequent downtime and is covered by Medicare and commercial insurance. Once treated, 98% of patients have a lifelong cure with many commenting afterwards, "I didn't realize my legs were supposed to feel this way! I feel great!"



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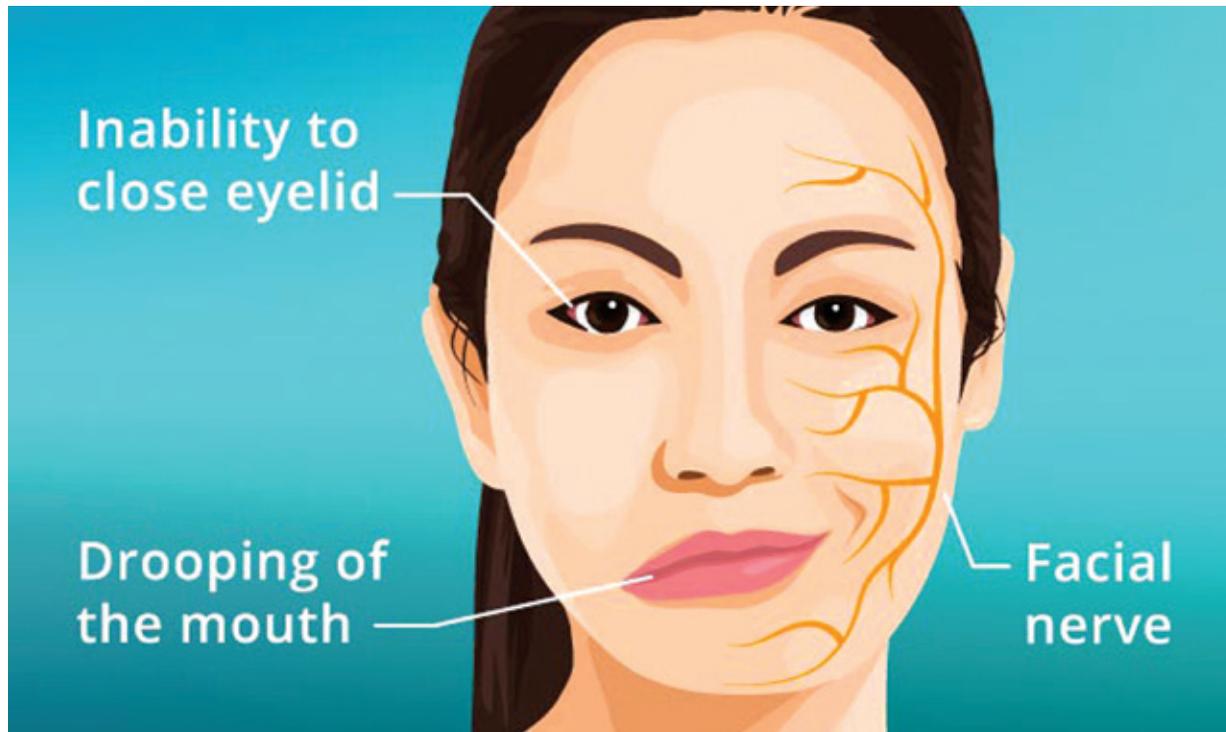
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WHAT IS BELL'S PALSY?

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



BELL'S PALSY is a nerve problem that affects the muscles of your face. It causes weakness or partial paralysis of the muscles on one side of your face. With Bell's palsy, your eyelid may not close properly and your smile may seem uneven.

Bell's palsy usually affects adults only. It is more likely to happen to people who have diabetes, are pregnant, or have a family history of Bell's palsy

WHAT CAUSES BELL'S PALSY?

Generally, it is not known what causes Bell's palsy. However, doctors believe it may be due to one or more of these problems:

- problems in your body's immune system (how it fights disease)
- reduced blood flow to a nerve that goes to your face (the 7th cranial nerve)
- infection from a virus, causing swelling of the facial nerves

BELL'S PALSY SYMPTOMS

Bell's palsy symptoms can appear all of a sudden. You may notice that you cannot smile on one side of your face. You may have trouble speaking clearly, and you may lose feeling in your face. You may have some facial pain just before or as it becomes weakened or partially paralyzed.

Your eyes may become dry and you may have blurry vision. One eye may not close completely, and it may feel irritated.

You might not be able to taste food as well as you could before. Also, you could have hearing problems, such as having things sound distorted or unusual.

Tell your primary care doctor or ophthalmologist if any of your symptoms get worse.

If you have symptoms on both sides of your face, you may have something other than Bell's palsy. If your symptoms do not improve in a few weeks, your ophthalmologist may recommend an MRI. An MRI is a scan that provides images of tissue inside the body.

HOW LONG DO

BELL'S PALSY SYMPTOMS LAST?

For about 8 out of 10 people, symptoms of Bell's palsy start to improve in about 3 weeks. Symptoms should be nearly gone in about 2–3 months.

Some symptoms may remain, such as a small amount of facial paralysis or reduced movement on one side of your face. For about 2 out of 10 people, Bell's palsy symptoms never go away.

Your ophthalmologist can tell you how to relieve uncomfortable eye-related symptoms with Bell's palsy.

BELL'S PALSY TREATMENT

There is no treatment for Bell's palsy. In most cases, it goes away on its own in a few weeks. However, your ophthalmologist can help manage the symptoms affecting your eye. Eye drops or other lubricants provide relief if you cannot fully shut your eye.

In some cases, corticosteroids, antiviral drugs or other medicine may be prescribed to help you heal from Bell's palsy.



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Lauren R. Rosecan

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

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EUROPE'S COVETED FAT REDUCING PROCEDURE: *Wanted by Countless Patients*

Many individuals struggle with losing and sticking to a weight loss plan. With the sheer number of people discouraged with the scale and the stubborn areas of fat that don't seem to budge, the disappointment from carrying around excess pounds can be overwhelming.



Doctors notice the frustration is not only geared towards female patients, but men as well, and all varying ages from young and old alike seem to have some type of body issues. Not only are extra pounds unhealthy, they sometimes hold people back and hinder their self-confidence. When anxiety from being over-weight sets in, the struggle to lose the pounds gets even more difficult.

When Bella Shape (known as Icoone® in Europe) was introduced to the US, practitioners were clamoring to be some of the first clinics to offer this patented technology to their patients for body shaping and skin rejuvenation using the power of light and laser. This innovated combination of FDA cleared techniques provides a gentle yet efficient skin stimulation for improving the appearance of cellulite while reducing body contouring. The Bella Shape can be used for lymphatic drainage, which has a detoxing effect and can relieve pain, edema, and inflammation.

Patients want Bella Shape

Preparing for summer vacation parties, dinners, family get-togethers, and events are always a little easier when clients feel confident about their body. We've all been there, stubborn bulges, dreaded cellulite, and loose skin can make us feel less likely to wear our favorite clothing with self-assurance. 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. Now that Bella Shape is available here in the U.S., educated patients are researching where they can get this treatment.

Bella Shape Value

- 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
- Improve wound healing process
- 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
- No downtime
- 100% natural cell stimulation

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.

For years, Europe has benefited from Bella Shape's revolutionary Cellulite Removal, Fat Reduction, Anti-aging and Wellness treatments, AND now it's finally available in the U.S. With no pain and fast results, isn't it time for patients to get their confidence back?

For physician's, if you're interested in adding Bella Shape to your Services, please contact them at **(614) 778-3509**, or to find out more about Bella Shape, please visit at bellashapeusa.com.



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What is CBD

AND THE MEDICAL TREATMENT IT PROVIDES?



Jeff Mandall, owner of Vapor Rocket, South Florida CBD, and an advisor to the board of directors for Miami Beach Community Health Centers is the local expert about CBD and its use. He prides himself in working with area medical providers to educate and facilitate treatment of patients with a multitude of different health problems. We went straight to the expert to get our questions answered and here's what we learned:

CANNABIDIOL—CBD—is a cannabis compound that has significant medical benefits, but does not make people feel “stoned” and can actually counteract the psycho activity of THC. The fact that CBD-rich cannabis is non-psychoactive makes it an appealing option for patients looking for relief from inflammation, pain, anxiety, psychosis, seizures, spasms, and other conditions without disconcerting feelings of lethargy or dysphoria.

Scientific and clinical research—much of it sponsored by the US government—underscores CBD’s potential as a treatment for a wide range of conditions, including arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, depression, antibiotic-resistant infections, epilepsy, and other neurological disorders. CBD has demonstrable neuroprotective and neurogenic effects, and its anti-cancer properties are currently being investigated at several academic research centers in the United States and elsewhere.

Extensive preclinical research—much of it sponsored by the U.S. government—indicates that CBD has potent anti-tumoral, antioxidant, anti-spasmodic, anti-psychotic, anti-convulsive, and neuroprotective properties. CBD directly activates serotonin receptors, causing an anti-depressant effect, as well.

Here are five facts that you should know about this unique compound:

1. CBD is a key ingredient in cannabis

CBD is one of over 60 compounds found in cannabis that belong to a class of molecules called cannabinoids. Of these compounds, CBD and THC are usually present in the highest concentrations, and are therefore the most recognized and studied.

CBD and THC levels tend to vary among different plants. Marijuana grown for recreational purposes often contains more THC than CBD.

However, by using selective breeding techniques, cannabis breeders have managed to create varieties with high levels of CBD and next to zero levels of THC. These strains are rare but have become more popular in recent years.

2. CBD is non-psychoactive

Unlike THC, CBD does NOT cause a high. While this makes CBD a poor choice for recreational users, it gives the chemical a significant advantage as a medicine, since health professionals prefer treatments with minimal side effects.

CBD is non-psychoactive because it does not act on the same pathways as THC. These pathways, called CB1 receptors, are highly concentrated in the brain and are responsible for the mind-altering effects of THC.

A 2011 review published in Current Drug Safety concludes that CBD “does not interfere with several psychomotor and psychological functions.” The authors add that several studies suggest that CBD is “well tolerated and safe” even at high doses.

3. CBD has a wide range of medical benefits

Although CBD and THC act on different pathways of the body, they seem to have many of the same medical benefits. According to a 2013 review published in the British Journal of Clinical Pharmacology, studies have found CBD to possess the following medical properties:

MEDICAL PROPERTIES OF CBD	EFFECTS
Antiemetic	Reduces nausea and vomiting
Anticonvulsant	Suppresses seizure activity
Antipsychotic	Combats psychosis disorders
Anti-inflammatory	Combats inflammatory disorders
Anti-oxidant	Combats neurodegenerative disorders
Anti-tumoral/Anti-cancer	Combats tumor and cancer cells
Anxiolytic/Anti-depressant	Combats anxiety and depression disorders

Unfortunately, most of this evidence comes from animals, since very few studies on CBD have been carried out in human patients.

But a pharmaceutical version of CBD was recently developed by a drug company based in the UK. The company, GW Pharmaceuticals, is now funding clinical trials on CBD as a treatment for schizophrenia and certain types of epilepsy.

Likewise, a team of researchers at the California Pacific Medical Center, led by Dr. Sean McAllister, has stated that they hope to begin trials on CBD as a breast cancer therapy.

4. CBD reduces the negative effects of THC

CBD seems to offer natural protection against the marijuana high. Numerous studies suggest that CBD acts to reduce the intoxicating effects of THC, such as memory impairment and paranoia.

CBD also appears to counteract the sleep-inducing effects of THC, which may explain why some strains of cannabis are known to increase alertness.

5. CBD is legal in the US and many other countries:

If you live in the US, you can legally purchase and consume Cannabidiol in any state.

Cannabidiol from industrial hemp also has the added benefit of having virtually no THC. This is why it’s not possible to get “high” from CBD.

In fact various government agencies are taking notice to the clinical research supporting the medical benefits of CBD. The U.S. Food and Drug Administration recently approved a request to trial a pharmaceutical version of CBD in children with rare forms of epilepsy. The drug is made by GW Pharmaceuticals and is called Epidiolex.

According to the company, the drug consists of “more than 98 percent CBD, trace quantities of some other cannabinoids, and zero THC.” GW Pharmaceuticals makes another cannabis-based drug called Sativex, which has been approved in over 24 countries for treating multiple sclerosis.

We at Vapor Rocket are not medical doctors, however, we do pride ourselves on working closely with treating medical physicians, scientists, and leading researchers in the CBD field to ensure we provide our patients with the highest quality CBD to treat identified medical conditions. If you are interested in using CBD for treatment of an ailment, we recommend you consult your doctor to make sure it’s right for you.

South Florida CBD provides top of the line, high quality organic botanical oils, waxes, and pastes that offer numerous medicinal benefits. With no prescription required, our product captures the highest concentration of cannabidiol available, a chemical compound that triggers and modules receptors in the brain to offer the following benefits: Anti-seizure, Easing chronic pain, Psychological Health Benefits, Anti-inflammatory properties. If you have further questions about CBD or request that we work with your medical professional, please contact South Florida CBD knowledgeable staff at **561-200-0122**.



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GAINSWave is a Revolutionary New Therapy

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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.

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.

4 THINGS YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

#1 WHAT'S THE DIFFERENCE & HOW DOES IT WORK?

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and THC, and the second is the altered version of the plant that has been through a hybrid process to lighten the THC (tetrahydrocannabinol) level. CBD or cannabinoids can treat many different forms of diseases and disorders with no THC. THC is the mind-altering, euphoric component of marijuana that gives the "high" feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to little THC levels. CBD is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of THC to be included in the leaves of the marijuana.

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

#2 IT'S HISTORY & REGULATORY STANDARDS

Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema (fluid build-up) and also as an anesthetic. In ancient Greece, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye diseases and joint inflammation. Over 300 years ago, in one of Oxford's medical professional journals, it was touted as a means to reduce depression. In the early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate into medications.

The laws and regulations on Cannabis are continually updated, as federal regulatory officials better understand the advantages of medical marijuana. It is used legally in many states, including Florida.

#3—WHAT DOES IT TREAT?

Medical marijuana and cannabis oil can be used to treat and alleviate symptoms of the following medical conditions:

- Cancer • Seizures • Anxiety • Epilepsy • Glaucoma
- Parkinson's Disease • Reduces beta-amyloid plaque



- Reduces cognitive impairment • Multiple Sclerosis
- Crohn's Disease • Parkinson's Disease
- Multiple Sclerosis • Positive HIV/ AIDS
- Posttraumatic Stress Disorder (PTSD)
- Amyotrophic Lateral Sclerosis (ALS)
- Other Debilitating Medical Conditions of the same kind of class or comparable, as determined by the Florida Board of Medicine

#4 YOU NEED A CERTIFIED MEDICAL MARIJUANA PHYSICIAN

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing medical marijuana. Florida Medical Marijuana Health Centers has a longstanding reputation of experience in diagnosing and deciphering the need for THC and CBD in their practice.

Florida Medical Marijuana Health Centers are certified in the state of Florida for Medical Marijuana diagnosing and treating patients disorders and disease states. When you visit one of their clinics, you'll receive treatment from a physician that specializes in providing reliable access to those seeking a medical marijuana certification.

TESTIMONIALS:

"My 13 year old, 80 pound, chow/lab mix had to be helped to stand because of arthritis in her rear hips. I bought the CBD oil from this establishment and one hour after the first dose she actually stood on her own. She is also walking up and down the steps on her own. It hasn't turned her back into puppy status, but it sure has eased her pains. I started her on 7 drops, twice a day. Last week I upped it to 8 drops, twice a day. A 1 ounce bottle has lasted just over 2 months. Many thanks to the helpful, knowledgeable, and friendly staff at Florida Medical Marijuana Health Center for their excellent service and advice. Great place to go!!"

"I had the best experience ever in front of me when I had my appointment with Fla medical marijuana health. Center The doctor was so concerning and helpful in making my decision on getting my card. I would recommend this health center to anyone. Great experience!"

"Professional service with informative doctor and staff to help make the process go smoothly. I would highly recommend to anyone considering a medical marijuana card. They also have great quality CBD products."

"I have been with the Clinic since around September 2017 and I love these guys! They have helped me through the process to receive my MMJ card at an affordable price. I have even renewed there at my 6 months because the Medical Marijuana helps to relieve some of the pain I have due to a Tarlov Cyst 1.1cm on my S3. It helps with depression caused by the Cyst pain. The MMJ helps relieve some of the pain which allows me to be able to stand longer and walk better. I also suffer Wet AMD and take quarterly eye injections to prevent further blindness which is depressing too. I take it before receiving the shot which calms me. At night I use the Concentrate which improves my sleep. The clinic has an office lady named Stephanie that has helped me through issues when I was first certified. The owners have worked with changing their doctor that is much more understanding to patients needs. I will continue to use this place because I know I am taken care of!"

LOCATIONS:



700 W Boynton Beach Blvd.
Boynton Beach, FL 33426
561-223-0743



6266 S Congress Ave.
Lantana FL, 33462
561-429-2105



450 Northlake Blvd. #7
Lake Park FL, 33403
561-328-8384

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



Florida Medical Marijuana Health Centers
Flamjcenter.com
561-223-0743
Flamjcenter@gmail.com
<https://www.facebook.com/flamjcenter/>

WHY AM I SO STRESSED???

by Renee Chillcott



It's a beautiful South Florida day outside, the birds are chirping, the kids are finally off to school, everyone is healthy and happy, and life is good...right? Wrong! Why do I have this anxious, stressed out, overwhelmed, impending doom feeling? If there is no reason for it, why do I feel it? Do I have anxiety?

It's common to use the terms anxiety and stress interchangeably, however they are two very different issues. Stress as defined by Psychology Today: **Stress** is simply a reaction to a stimulus that disturbs our physical or mental equilibrium. In other words, it's an omnipresent part of life. A stressful event can trigger the "fight-or-flight" response, causing hormones such as adrenaline and cortisol to surge through the body.

Stress is all around us, every day, and believe it or not, is needed. For instance, if I'm driving on I-95 and a car quickly changes lanes in front of me, I need my stress levels to rise so that I can react immediately. Another example, if my employer comes to me and says "I need this report on my desk before lunch", I need stress to raise my arousal levels so that I think faster, block out external stimuli, and I'm focused and alert.

But it's not just about what I'm thinking, there's a response going on inside my body. Very simply,

handling stress is the job of the autonomic nervous system. The sympathetic nervous system sends out the "fight or flight" signal telling the body to feel stressed and then the parasympathetic nervous system comes in and tells us that stress is over and that it's time to rest and relax.

If handling stress is something that our bodies are designed to do, why do I continue to feel uncomfortable? Why isn't my body and brain calming and resting as it should? I thought I was stressed out by life events, so does this mean am I anxious? What's the difference between stress and anxiety?

The Merriam-Webster Dictionary defines **anxiety**: (1): apprehensive uneasiness or nervousness usually over an impending or anticipated ill: a state of being anxious (2): an abnormal and overwhelming sense of apprehension and fear often marked by physical

signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it: mentally distressing concern or interest.

So, in layman's terms, anxiety is stress that won't go away, it takes an ugly turn to "negative and fear town", and indicates that the "rest and relax" response from the parasympathetic nervous system isn't there.

What we see in the brain is similar but a little more simply stated. Stress is an event in our life that causes our brain to initiate a calming response and anxiety is a neuron pattern in the brain that impedes the calming response. An anxiety pattern in the brain is typically inherited, although still possible to change. This anxiety pattern can be triggered by major stresses, no stresses or by very minor stresses, thus making it an issue for all ages, even young children.

STRESS MANIFESTS IN MANY DIFFERENT WAYS SUCH AS:

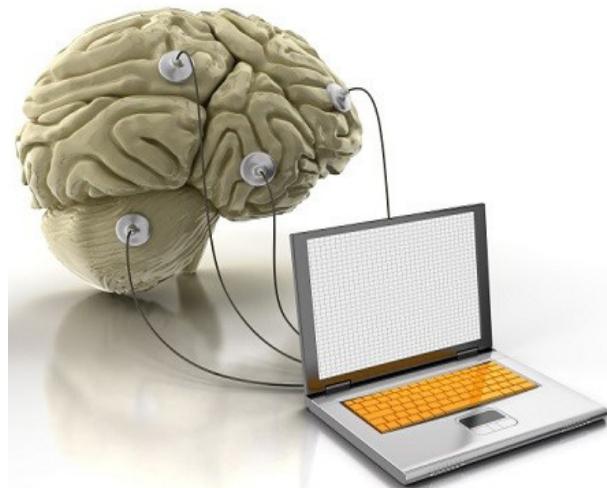
- excessive worrying
- nagging sense of fear
- restlessness
- overly emotional
- negative thinking
- catastrophizing
- defensiveness
- poor sleep
- irritability
- Lack of concentration
- feeling overwhelmed
- fatigue/exhaustion

The good news is... **Neurofeedback fixes stress patterns in the brain!**

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. Neurofeedback is exercise for your brain. It allows 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 visual recognition of the changes on the screen and the auditory reinforcement of "beeps".

WHAT RESULTS SHOULD I EXPECT TO SEE AND HOW LONG BEFORE I SEE THEM?

As every brain is different, every response is different as well. Typically adults will notice feeling symptom relief within 10 sessions and notice things like being calmer, happier, sleeping better, less panic, less worrying, more relaxed and able to enjoy life. Treatments are individualized and as no two brains are alike, no two treatment plans are alike. We will evaluate your symptoms and how your brain is functioning to customize training for you. All you have to do is call our office to make the appointment!

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. **(561) 206-2706**, e-mail us at info@bocabraincenter.com, or text us at **(561) 206-2706** 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 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, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.



**7301 W. Palmetto Park Rd.,
Suite 102A, Boca Raton, FL 33433.
(561) 206-2706 • www.BocaBrainCenter.com**

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.

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

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 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?

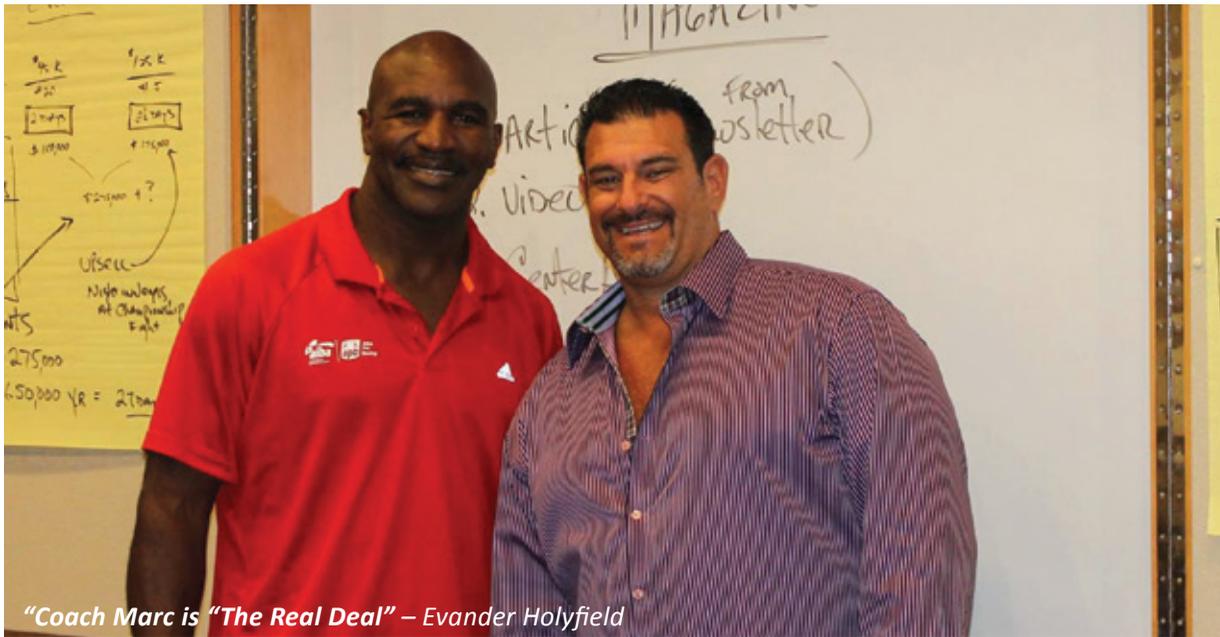
"I've been coming to Simply Men's Health for several months, but I never told my girlfriend. After my second treatment, my girlfriend remarked that my penis was getting bigger."
Anthony Z.

"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.



**Call TODAY,
Get your life back
tomorrow
561-316-8942**

Enjoy a SPONTANEOUS & ACTIVE SEX LIFE again in as little as 3 weeks – no pills, no needles, no surgery!



“Coach Marc is “The Real Deal” – Evander Holyfield

The \$400 Million Dollar Lesson

“5X Heavyweight Champion Evander Holyfield’s home is up for auction this Friday at 2:00pm.”
How is that even possible I pondered?

My heart was breaking as I stared at Huffington Posts online article that Wednesday afternoon. What could I do? How could I help my sports hero Evander Holyfield? At the time, I was the founder and CEO of Crown Financial one of the largest Christian Debt Relief companies in America. After careful consideration, I penned a 4-page handwritten letter to Evander, sharing the details of an encounter and random breakfast that I was privileged to enjoy with the late Whitney Houston back in the summer of 1996 in Aventura Florida. At the end of the 4-page Whitney story, I encouraged Evander that most of humanity faces very similar challenges in life, albeit finance, family, fitness, friendships and even faith. I invited “The Champ”

into a new possibility to overcome his obstacles with my assistance and a week later I was sitting in the lobby of The W Hotel in downtown Atlanta have breakfast with “The Real Deal” and my new client Evander Holyfield.

Over the years I have helped Evander re-invent his career outside of the ring endorsing companies, and sharing his story as a celebrity speaker. Evander is as healthy today as when he beat Mike Tyson for the heavyweight title back in 1996. The \$400 million dollars that he earned and spent during his boxing career doesn’t really bother him today. “I am grateful for all that I have experienced and the things that I have been through”, a motto that has helped Evander’s ongoing success both financially and physically. Evander says that “setbacks pave the way for comebacks and increase the measure of faith that God has put in each one of us.”

Often times when working with clients I hear them say things like; I’m not smart enough, I’m not good enough, I’m not strong enough, I’m not successful enough, I’m not handsome enough, I’m not pretty enough, I’m fat, I’m ugly, I’m a failure, I’ll never be successful, I’ll never lose the weight, I just can’t do it! Now, if you want to be right about these things you can, but are you inspired to be the best version of yourself with this kind of Self-Talk? Are these the kind of affirmations that are going to increase your faith? Are you going to trust yourself at a greater level by reminding yourself about all of your past failures? The answer is NO! Now, I don’t know your exact situation or the pain that you carry, but one thing I do know is that your past doesn’t define you, it prepares you for a bigger brighter future then you have ever dreamed possible. **Here is the key that I taught Evander, and that I will now share with you. Be GRATEFUL for all that you have been through in the past, be GRATEFUL for where your life has brought you today, and get clear about what you want to create in your future, make a plan and go for it!**

WHAT DOES THE BIBLE SAY ABOUT GRATITUDE?

This is the day that the Lord has made; let us rejoice and be glad in it. (Psalm 118:24)

Give thanks to the Lord, for he is good, for his steadfast love endures forever. (Psalm 136:1)

Therefore, let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe. (Hebrews 12:28)

Continue steadfastly in prayer, being watchful in it with thanksgiving. (Colossians 4:2)

But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the Lord!” (Jonah 2:9)

Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ. (Ephesians 5:20)

Allow yesterdays curse to become today’s blessing! Be GRATEFUL!



To schedule **YOUR FREE 30-Minute Power Session** and to eliminate whatever challenge is blocking **YOUR ATTITUDE Of GRATITUDE** and **YOUR PATH TO GREATER SUCCESS** call Marc Feinberg at **561.309.1334**

How Can Dental Implants Help My Denture?

Many patients suffer with loose and non-retentive dentures. This movement can cause a number of issues ranging from difficulty chewing food to embarrassing speech (or even the accidental falling of the denture out of one's mouth). Quick fixes often include using dental adhesive glue or having the dentist reline the denture to help try and improve stability. In many cases, these attempts only slightly or temporarily help the problem. The use of dental implants can offer dramatic improvement with these stability issues.



HOW A DENTURE WORKS:

In a typical situation, when the teeth are removed an impression of the mouth is taken. This mold is a snapshot of what the gum and bone structure are at that very moment. The laboratory then fabricates the denture and the dentist fits it for you. Initially (in most occasions), the denture is stable and is held in place by a snug fit against the gums.

Over time, gum and bone tissue shrink after teeth are removed. We typically see 25% loss in the first year and then slow continuous loss after that time. It makes sense that a denture would start to loosen as the shape of the gum and bone changes and shrinks. This is where the paste or dentist relining can help, but they do not completely resolve the problem.

HOW DENTAL IMPLANTS CAN HELP:

Many patients associate implants with replacement of individual teeth. Dental implants can be used in a variety of fashions, including the stabilization of dentures. As a simple reminder, a tooth consists of 2 parts: the crown (the part you see when

you smile) and root (the anchor in the bone). When a tooth is removed, a dental implant can be placed in the empty socket under the gum (it will act as a new root). Over time, the implant and bone fuse together and the implant itself can now have a variety of things attached to it. In some cases, a new crown is made and attached to the implant root. This example most closely simulates replacing a missing tooth.

Implants can also be used in a very different fashion. A simple example is to consider the way in which a ball and socket connect (like a trailer hitch). Imagine a few implants have been placed across the upper or lower jaw. Once they have healed, a "ball" can be attached to the implant roots. At the same time, "sockets" can be added to the underside of the denture. This allows a patient to actually snap the denture in place. The denture does not move or rock when speaking or chewing. In addition, the attachment can be made so that the denture can be removed for cleaning and then locked back into place.

Patient satisfaction when using implants to support and lock in dentures is amazing. Frequently, we hear comments such as, "I can eat whatever I want again."

It is important to remember that every patient has a different set bone and gum issues. A 3D CT scan and evaluation by your surgeon and dentist can help determine what options are available to you.



Lee R. Cohen, D.D.S., M.S., M.S.

Lee R. Cohen, D.D.S., M.S., M.S., is a Dual Board Certified Periodontal and Dental Implant Surgeon. He is a graduate of Emory University and New York University College of Dentistry.



Dr. Cohen completed his surgical training at the University of Florida / Shands Hospital in Gainesville, Florida. He served as Chief Resident and currently holds a staff appointment as a Clinical Associate Professor in the Department of Periodontics and Dental Implantology. Dr. Cohen lectures, teaches and performs clinical research on topics related to his surgical specialty.

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (LANAP procedure) to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.

Dr. Cohen uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.

Dr. Cohen formerly served on the Board of Trustees for the American Academy of Periodontology and the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American College of Maxillofacial Implantology and the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.



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CAPTIONING TELEPHONES FREE FOR INDIVIDUALS WITH HEARING DIFFICULTIES

Dana Luzon Coveney, Au.D., FAAA
Board Certified Doctor of Audiology



A dults with difficulty hearing will once again have an opportunity to receive free help communicating on the phone with captioning telephones, thanks to a recent District of Columbia circuit court ruling. The CaptionCall® phone, an assistive listening telephone previously available for free through a provision in the Americans with Disabilities Act, had previously been costing customers \$75 per phone. The recent court ruling has lifted this charge.

The recent reversal of cost for the phone is due to a Stay Request filed by Sorenson Communications, Inc., the company that owns CaptionCall. The Stay Request was filed with the D.C. Circuit Court of Appeals in October 2013 and was granted in January. The free CaptionCall offer will remain in effect according to the CaptionCall website. The service is paid for by a Federal Communications Commission (FCC) fund that fulfills a mandate of the Americans with Disabilities Act to provide functionally equivalent communication for those with hearing loss. Delivery and installation of the device are also free.

Captioning telephones work like a standard phone for the user but connect to the internet to gather captions of words spoken by the person on the other end of the line. The captions are displayed on the base of the phone near the receiver. CaptionCall offers amplification in superb sound quality while displaying smooth-scrolling captions in English or Spanish of what callers say on a large, easy-to-read screen. It helps people use the phone again with confidence!

“This is a great service for anyone with a measurable hearing loss,” says Dana Luzon Coveney, Doctor of Audiology with Audiology and Hearing Aids of the Palm Beaches. “Talking on the phone with a hearing loss can be difficult, leading to isolation and social withdrawal. CaptionCall, by showing the lines of speech on a screen, makes it much easier to fully understand someone on the other end of the line. People with hearing loss are able to gain an extra communication advantage through this device and program, and it’s free,” Dr. Luzon Coveney says. “I encourage anyone with a hearing loss who experiences difficulties hearing on the telephone to see if they qualify. An appointment for a hearing evaluation is all it takes!”

Advantages of a Caption Telephone include free delivery, free installation, free in-home instruction and training as well as ongoing support. Call Audiology and Hearing Aids of the Palm Beaches today at **(561) 627-3552**, to schedule a hearing evaluation to determine if you are a candidate for a free Captioned Telephone and let us be your home for hearing healthcare.



Dana Luzon Coveney, Au. D. , FAAA, Doctor of Audiology

Originally from Southern NJ, Dana Luzon received her undergraduate degree in Speech Pathology and Audiology from the Richard Stockton College of NJ, and continued on to receive her Doctorate of Audiology at Salus University’s residential program. Her varied clinical experiences throughout her doctoral studies include: VA hospitals, rehabilitation clinics, ENT and private practice settings. Her professional interests include: audiologic rehabilitation and progressive tinnitus devices. Her interests in the field outside of the clinic include: Humanitarian Audiology, and Audiology Awareness. Dr. Luzon currently lives in West Palm Beach, FL.



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of the Palm Beaches, Inc.

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4266 Northlake Blvd.

Palm Beach Gardens, FL 33410

HearingCareFL.com



Cataract Surgery in 2023: What should you expect?

By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The Ophthalmologist'.

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

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

Dr. Goldman speaks English and Spanish.

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Don't Give Up!

Brent Myers



OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.

Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!

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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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