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North Palm Beach Edition - Monthly



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DOS AND DON'TS**

**PDO BODY THREADS**

**RETINAL TEAR AND  
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Read more about neurofeedback on Pages 14-15



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# Hair Transplant DOs and DON'Ts

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

It is every patient's goal is to have their hair restored in a way that is safe comfortable and, of course, undetectably natural. Thankfully, today, minimally invasive hair transplant techniques, the use of small grafts called follicular units and careful artistic design make this absolutely possible for patients.

Here are four “Dos” and “Don'ts” for men and women considering a hair transplant. Following these guidelines can help ensure you achieve optimum results and permanently change your “follicular fate” by restoring the youthful confidence of a fuller head of hair!

## **DO: Research Your Hair Transplant Surgeon**

There is one unfortunate downside to the rise in hair transplant technology. Some doctors unqualified to perform hair transplant surgeries may mistakenly believe that these new devices make up for a lack of technical expertise or clinical experience. Patients who undergo hair transplants from non-hair loss specialists are at a greater risk of botched surgeries from poor planning or poor execution as well as scarring and other postoperative complications.

When selecting a hair transplant surgeon, it is important to make an informed and educated choice. Many hair loss patients are unaware of the qualifications, training and expertise needed to properly perform a hair transplant. As with other medical specialties, hair restoration even has its own certifying board, called ABHRS. Before choosing a surgeon, it is important to know their credentials, qualifications, visit the clinic (virtually online, if not in-person), read reviews, ask for before-and-after pictures and most importantly, ask questions. Lots of questions. Not only should you look for a surgeon with technical skills, but also the artistic talent to recreate the natural patterns of hair growth and achieve realistic looking results. Also, experience matters. A surgeon who performs a procedure once or twice a month will never in his entire career obtain the skill-level of a full-time surgeon who performs the same procedure multiple times every single day.

## **DON'T: Opt for an Outdated Procedure**

FUE or “Follicular Unit Extraction” is the least invasive type of hair transplant. The less-invasive FUE method is appealing to patients looking for an alternative to the “strip” or “linear” harvest transplants, and the hairstyle-limiting telltale scarring they leave behind. Artistic use of the harvested follicles by an experienced surgeon delivers a permanent

restoration of your own living and growing hair that's never pluggy or unnatural.

## **The three most advanced devices that may be used for hair follicle harvesting and transplantation are:**

- **SmartGraft FUE:** SmartGraft is an FDA-cleared mechanical, minimally-invasive surgical hair transplant instrument that works like an extension of the surgeon's hand, allowing the removal of individual follicular units from the donor area located at the back of the patient's scalp which are then implanted into the bald areas. This means no scalpels, sutures, or staples for the patient in the donor area—leaving absolutely NO linear scar. SmartGraft also has an on-board graft collection and storage system that preserves grafts within a carefully controlled environment for optimal hair growth rates and quality.
- **ARTAS Robotic-Assisted FUE System:** The FDA-cleared ARTAS robot is a state-of-the-art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using the FUE technique. The robot's sophisticated micron-level precision allows patients to benefit from an unprecedented level of safety, accuracy, efficiency and comfort during their hair transplant procedure. The innovative ARTAS robotic FUE system uses advanced digital imagery to “see,” map and analyze the hair in natural groupings on the scalp for harvesting. The system features stereovision sensors to detect and analyze follicular units—calculating density, exit-angles, orientation and location and proceed with precision robotic harvesting based on algorithms programmed by the surgeon.
- **NeoGraft FUE:** The original “game-changing” device for Follicular Unit Extraction is still in use today to help surgeons extract grafts from the Donor Area without leaving behind a telltale linear scar.

As with any cosmetic surgery, hair transplants can be costly, but patients should always consider that



repairing a poorly planned or poorly-executed hair transplant can add additional financial burden, and in most cases, the results will still never be as good as if the procedure was performed correctly the first time. This is why it is essential that patients take advantage of the new, state-of-art technology available, even if it comes at a higher price point than other outdated surgical techniques.

## **DO: Be Proactive, But Not Premature**

When it comes to hair loss, the biggest takeaway for patients should be that early intervention is the key to preventing and managing hair loss. There are many considerations your hair restoration physician will discuss with you in determining if you are a good candidate for hair transplant surgery. Among these deciding factors is lifestyle, health conditions, health of the scalp, amount of healthy “donor” hair, hair loss classification, commitment to follow-up care and age.

Patients are always encouraged to seek the counsel of a hair restoration physician while in the early phases of hair loss. Early effective medical intervention can prevent the need for immediate transplantation and also reduce the amount and size of hair transplants needed over time.

## **DON'T: Stop Treatment After Your Transplant**

New, less-invasive technology has made recovery faster and easier; most patients are able to resume regular activities within just a few days following a hair transplant. However it is important for patients to understand that the process doesn't end with the procedure. Follow up care and commitment is necessary to ensure optimal results from the procedure and also to effectively maintain the non-transplanted hair. Some of the regimens that may be used in conjunction with a hair transplant may include Platelet Rich Plasma (PRP), which assists with wound healing and graft yield, and low-level laser therapy, which helps stimulate rapid recovery and healthy hair growth. It is essential to follow your doctor's post-op instructions carefully and thoroughly, to ensure the best long-term results.



1: (NOT a Bauman patient.)

**BEFORE:**

Patient with bad “plug-style” hair transplantation.

**2: AFTER:**

Bauman patient after corrective work with FUE grafts



1: (NOT a Bauman patient.)

Old-style linear or “strip-harvest” hair transplant leaves a telltale linear scar.

2: FUE techniques allow for the harvesting of grafts as small as a single hair follicle directly from the donor area, leaving absolutely NO linear scar to hide.

### Dr. Bauman’s tips for keeping your hair transplant a secret:

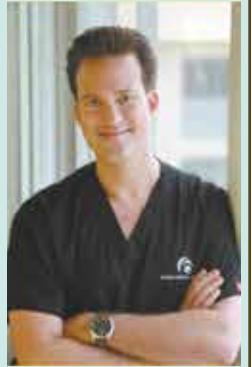
- Select minimally invasive SmartGraft FUE or ARTAS Robotic System as your treatment – which leaves no telltale linear scar, no stitches to be removed, and offers a shorter, more comfortable recovery.
- For small procedures, grow your hair to more than one inch in the Donor Area – this allows you to easily conceal the ‘stealth-shave’ for a no-shave process.
- Wear a bandana or hat for one week following your surgery to cover the transplanted areas until the crusts flake off.
- Use healing treatments (low level laser therapy, healing mist sprays, topical PRP, etc.) to accelerate skin recovery.
- Choose a surgeon who can create an aesthetically natural and undetectable hairline.

### What Do Hair Transplant Credentials Mean?

- ABHRS-American Board of Hair Restoration Surgeons. Only approximately 200 doctors worldwide have received this certification through a rigorous written and oral board examination process. It is the only recognized certification in the field of Hair Restoration Surgery.
- FISHRS - Fellow of the International Society of Hair Restoration Surgery. Less than 10% of all ISHRS members worldwide have achieved the coveted “Fellow” status recognizing their continuing commitment to excellence and having met exceptional educational criteria.
- IAHRS - International Alliance of Hair Restoration Surgeons. This elite group was hand-selected by the premier consumer organization dedicated exclusively to protecting hair restoration patients through their commitment to excellence. IAHRS members represent only the best in the discipline and the true leaders in surgical hair restoration.
- AHLA - American Hair Loss Association. The AHLA is committed to educating and improving the lives of those affected by hair loss. They are the authoritative source of information for people with hair loss and the healthcare professionals that care for them.

### 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 was recently named one of



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

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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# LIFE BEYOND CANCER

While the end of successful cancer treatment is a time for celebration, it can also mean new challenges for survivors. Returning to work and managing the ongoing emotional and physical effects of cancer and cancer treatment often presents unanticipated changes for patients and their families. The key to returning to a normal life after treatment may be found in establishing new habits in diet and exercise, and learning to cope with a range of emotional and physical challenges.

## Nutrition and Exercise

Cancer survivors should first turn to their care team for information and advice about nutrition, physical activity and dietary supplements to improve quality of life and long-term survival. In the past, doctors often advised patients to rest and reduce physical activity to avoid fatigue associated with cancer and treatment. If patients experience pain, shortness of breath or rapid heart rate, this is good advice. However, recent research also indicates that exercise during and after treatment can be safe and beneficial. Your cancer team is the best resource for beginning or resuming a more active post-cancer lifestyle. They have answers to many questions about maintaining a healthy diet and exercise routine during and after treatment, and they can refer patients and family caregivers to other professionals for a tailored post-treatment plan.

## Physical and Emotional Challenges

The aftereffects of chemotherapy, surgery or radiation therapy should not be underestimated. Pain, fatigue and nausea are common; more serious conditions can include anemia, lymphedema (a buildup of fluid in fatty tissues just beneath the skin) and even severe infections. For both men and women, cancer and cancer treatment can cause changes in fertility and sexual side effects. Your oncology team is trained to monitor and manage the short and long term effects of treatment, so it's important to discuss your concerns with your team and follow their instructions.

The emotional side effects of cancer survivorship touch both patients and their families. The stress associated with a cancer diagnosis and the physical effects of



*Not long ago, there were not many options for patients diagnosed with cancer. Today, thousands of patients can look forward to many healthy and productive years after cancer.*

treatment are often still fresh in memory. Survivors and their families can feel a complicated mixture of relief and worry about the future; some suffer episodes of anxiety and even depression. These are all matters to discuss with your oncology team, who can help you achieve emotional balance or refer you to another appropriate professional, if needed.

## Healthcare after Cancer

In the rush to put cancer behind you, it's important to remember that the end of treatment doesn't mean the end of seeing your cancer team. Most often, long-term follow-up appointments and tests, followed by routine checkups and health screenings, will continue for many years. It's important to keep your follow-up appointments and undergo these tests and screenings as recommended by your oncologist. While there is no absolute certainty that seeing your oncologist will prevent cancer from returning, it will help make sure that any recurrence is detected and treated early.

As a cancer survivor you've come a long way; with the help of your oncology team, your family and even your employer, there's a lot of promise in your future as well. Your life after cancer offers the prospect of many years of good health, rewarding work, happiness and fulfillment.

## World-Class Cancer Treatment 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 this practice on the leading edge of clinical trial research, and gives FCS physicians access to the newest and most innovative treatments.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services including an in-house specialty pharmacy, an in-house pathology lab, and financial counselors at every location, all of which deliver the most advanced and personalized care in your local community.



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# PDO BODY THREADS

One of the hottest trends in body smoothing and lifting are PDO Threads. PDO Threads have gained great popularity in Europe and Asia over the past decade and their use is now growing rapidly in the US with recent FDA approval.



PDO (polydioxanone) is a safe biocompatible, biodegradable synthetic fiber that has been used in surgery for more than 40 years. Also known as absorbable suture material. The effects of using the PDO fiber as a treatment, rather than part of a surgical procedure, can provide a lifting, toning and smoothing effect that helps restore a youthful definition to our body skin.

**What is the Scientific Logic behind PDO Threads?** The threads stimulate production of new collagen protein and elastin in our tissue, which results in better hydration, improved circulation, greater elasticity and firmness of the skin.

**How do PDO Threads work?** An immediate improvement in the appearance of the skin can be seen after placement of the threads. After 4-6 weeks the body will start to increase the production of proteins. This building of collagen and elastin thickens the skin in a natural way which continues up to 6 months until the PDO threads are safely absorbed. The stimulation will produce an aesthetic effect that may last up to a year or more for most people.

**Which body areas can be treated?** Body areas that can benefit from the rejuvenating, lifting and smoothing effects are the belly, belly button, knees, arms, buttocks, thighs and décolleté. For example, one of common places we may notice loose skin is above the knees, especially here in Florida where they are on display most of the time. Threads can build a collagen mesh that lifts and thickens the skin, fades lines and softens folds for a better overall look to the area.

**How do the PDO Threads lift?** The treatment uses threads that are carefully placed under the skin to subtly elevate the area to smooth and soften the surface appearance of the skin. A combination of a smooth fiber thread and a textured fiber thread are used to provide a lift. A textured thread has been modified with tiny tags that help anchor them to the tissue under the skin to pull up the sagging area. The threads are completely dissolved by the body

and replaced by the skin's natural collagen and elastin that preserves the lifting effect.

**Who would benefit most from PDO Body Threads?** Those who have sagging or wrinkled skin due to ageing, sun exposure, hormonal changes and weight loss. Those that want a natural rejuvenation of their body skin that is safe for all skin types, convenient and effective. Those with realistic expectations for a non-surgical lift especially in areas of the abdomen and buttocks. Realistic results would include smoothing of lines, wrinkles and improvement of surface texture for abdomen, buttocks, thighs and décolleté. Realistic actual lifting results would be more apparent for knees, arms and belly button.

**What to expect during & after the PDO Body Thread procedure?** Prior to the procedure a local anesthetic to numb the area being treated is applied. A tugging sensation may be felt as the threads are passed under the skin. It takes about 30-45 minutes to complete the procedure depending on the number of areas to be treated. Light bruising, redness or mild temporary swelling may be experienced for 3-5 days. A mild sensation of tightness may last 1-2 weeks. There is minimal downtime. Personalized post treatment instructions are given to each person to ensure they have a comfortable recovery and achieve long lasting results.

PDO Threads can be used as a stand-alone treatment or combined with other non-surgical body contouring procedures such as Smart Lipo, Venus Legacy and SculpSure to greatly enhance overall results and increase satisfaction.

The best way to discover if you or someone you know would benefit from a PDO Body Thread Lift is to have a complimentary consultation. Each body area is unique and costs are determined based on individual anatomy and quantity of PDO Threads used.

For more information or to receive a complimentary consultation call **561-655-6325**.



**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.

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



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# Retinal Tear and Retinal Detachment

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

**T**he retina is the light-sensitive tissue lining the back of our eye. Light rays are focused onto the retina through our cornea, pupil and lens. The retina converts the light rays into impulses that travel through the optic nerve to our brain, where they are interpreted as the images we see. A healthy, intact retina is key to clear vision.

The middle of our eye is filled with a clear gel called vitreous (vi-tree-us) that is attached to the retina. Sometimes tiny clumps of gel or cells inside the vitreous will cast shadows on the retina, and you may sometimes see small dots, specks, strings or clouds moving in your field of vision. These are called floaters. You can often see them when looking at a plain, light background, like a blank wall or blue sky.

As we get older, the vitreous may shrink and pull on the retina. When this happens, you may notice what look like flashing lights, lightning streaks or the sensation of seeing “stars.” These are called flashes.

Usually, the vitreous moves away from the retina without causing problems. But sometimes the vitreous pulls hard enough to tear the retina in one or more places. Fluid may pass through a retinal tear, lifting the retina off the back of the eye — much as wallpaper can peel off a wall. When the retina is pulled away from the back of the eye like this, it is called a retinal detachment.

The retina does not work when it is detached and vision becomes blurry. A retinal detachment is a very serious problem that almost always causes blindness unless it is treated with detached retina surgery.

## TORN OR DETACHED RETINA SYMPTOMS

Symptoms of a retinal tear and a retinal detachment can include the following:

- A sudden increase in size and number of floaters, indicating a retinal tear may be occurring;
- A sudden appearance of flashes, which could be the first stage of a retinal tear or detachment;
- Having a shadow appear in the periphery (side) of your field of vision;
- Seeing a gray curtain moving across your field of vision;
- A sudden decrease in your vision.

Floaters and flashes in themselves are quite common and do not always mean you have a retinal tear or detachment. However, if they are suddenly more severe and you notice you are losing vision, you should call your ophthalmologist right away.

## WHO IS AT RISK FOR A TORN OR DETACHED RETINA?

People with the following conditions have an increased risk for retinal detachment:

- Nearsightedness;
- Previous cataract surgery;
- Glaucoma;
- Severe eye injury;
- Previous retinal detachment in the other eye;
- Family history of retinal detachment;
- Weak areas in the retina that can be seen by an ophthalmologist during an eye exam.

## TORN OR DETACHED RETINA DIAGNOSIS

Your ophthalmologist can diagnose retinal tear or retinal detachment during an eye examination where he or she dilates (widens) the pupils of your eyes. An ultrasound of the eye may also be performed to get additional detail of the retina.

Only after careful examination can your ophthalmologist tell whether a retinal tear or early retinal detachment is present. Some retinal detachments are found during a routine eye examination. That is why it is so important to have regular eye exams.

## TORN OR DETACHED RETINA TREATMENT

A retinal tear or a detached retina is repaired with a surgical procedure. Based on your specific condition, your ophthalmologist will discuss the type of procedure recommended and will tell you about the various risks and benefits of your treatment options.

### Torn retina surgery

Most retinal tears need to be treated by sealing the retina to the back wall of the eye with laser surgery. Both of these procedures create a scar that helps seal the retina to the back of the eye. This prevents fluid from traveling through the tear and under the retina, which usually prevents the retina from detaching. These treatments cause little or no discomfort and may be performed in your ophthalmologist’s office.

### Laser surgery (photocoagulation)

With laser surgery, your Eye M.D. uses a laser to make small burns around the retinal tear. The scarring that results seals the retina to the underlying tissue, helping to prevent a retinal detachment.

## Detached retina surgery

Almost all patients with retinal detachments must have surgery to place the retina back in its proper position. Otherwise, the retina will lose the ability to function, possibly permanently, and blindness can result. The method for fixing retinal detachment depends on the characteristics of the detachment. In each of the following methods, your Eye M.D. will locate the retinal tears and use laser surgery or cryotherapy to seal the tear.

## Vitrectomy

This surgery is commonly used to fix a retinal detachment and is performed in an operating room. The vitreous gel, which is pulling on the retina, is removed from the eye and usually replaced with a gas bubble.

Sometimes an oil bubble is used (instead of a gas bubble) to keep the retina in place. Your body’s own fluids will gradually replace a gas bubble. An oil bubble will need to be removed from the eye at a later date with another surgical procedure. Sometimes vitrectomy is combined with a scleral buckle.

If a gas bubble was placed in your eye, your ophthalmologist may recommend that you keep your head in special positions for a time. Do not fly in an airplane or travel at high altitudes until you are told the gas bubble is gone. A rapid increase in altitude can cause a dangerous rise in eye pressure. With an oil bubble, it is safe to fly on an airplane.

Most retinal detachment surgeries (80 to 90 percent) are successful, although a second operation is sometimes needed.

Some retinal detachments cannot be fixed. The development of scar tissue is the usual reason that a retina is not able to be fixed. If the retina cannot be reattached, the eye will continue to lose sight and ultimately become blind.

After successful surgery for retinal detachment, vision may take many months to improve and, in some cases, may never return fully. Unfortunately, some patients do not recover any vision. The more severe the detachment, the less vision may return. For this reason, it is very important to see your ophthalmologist regularly or at the first sign of any trouble with your vision.



**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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# KEEP YOUR HEARING AIDS DRY IN THE SUMMER MONTHS

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



It's important to clean your hearing devices every day, either before you put them in your ears every morning or when you removed them at night. Your Audiologist can instruct you on how best to clean your particular hearing aid model and will give you some small tools to brush the aid and clean ear wax from the sound bore and vent hole.

To best protect your instruments from humidity or moisture, use a DRY-AID kit or Electronic Dryer such as AGXProtect. These kits use UV lights to remove moisture that has accumulated in the instrument (from perspiration, humidity, etc.) and can extend the life of your hearing aids. Electronic dry-aid kits as well as small dry jars are available for purchase from your Audiologist. Electronic dry aids include a germicidal light that kills most bacteria and other germs, desiccants to absorb moisture, and fans to circulate air through the internal components of the hearing aids. Dry jars use the desiccant beads to draw out moisture the hearing aid has accumulated throughout the day and are typically less costly.

Now available is the AGX PerfectClean. This electronic case washes out wax, then dries then disinfects your hearing devices in a one-hour cycle. It uses a safe solution to make daily cleaning easier. Most hearing aid

repairs are due to moisture and earwax accumulating in the hearing aid. The vast majority of these repairs are preventable. Hearing aids are simple to care for. Dr. Dana Luzon Coveney, Board Certified Doctor of Audiology with Audiology & Hearing Aids of the Palm Beaches recommends scheduled maintenance at the office every 3-6 months for a check up on the health of your devices.

Avoid dropping your hearing instruments on hard surfaces; the shock can damage the receiver or other miniature electronic components. Keep your instruments in their case or your dry aid kit when they're not in your ears. It is common for hearing aids to get lost when they're put in a pocket or purse without their designated case. It's also not uncommon for dogs to chew on hearing aids left lying out, so keep them in a protective case to prevent damage to your devices.

Preventive maintenance is the key to longer lasting hearing aids. Well maintained hearing aids can last four to five year, so a little maintenance will go a long way! To purchase an AGXProtect or PerfectClean please call Audiology & Hearing Aids of the Palm Beaches at (561) 627-3552 and schedule an appointment with Dr. Luzon Coveney. We look forward to being 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.  
Your home for hearing healthcare

# Feeling Better About How You Look Can Change Your Mental State:

## LOOK YOUNGER NATURALLY *with an Established Technique*

In psychology, there have been numerous studies on the social and psychological effects that appearance has on many individuals. If we're feeling insecure, social withdrawal or having difficulty looking someone in the eyes and maintaining confidence can unfortunately be diminished.

A study called, *Beauty in Mind: The Effects of Physical Attractiveness on Psychological Well-Being and Distress*, concluded that being confident, influential and more outgoing, were common attributes associated in individuals that were aesthetically appealing. Obviously, being attractive isn't the end all be all of happiness, but feeling good about the way we look definitely plays a role in a positive outlook.

### SAY NO TO CHEMICALS

Instead of filling your face with synthetic injections like Botox or fillers, there are proven natural methods to give your face a fresh new look, along with tightening the underlying muscles. For countless individuals, cosmetic acupuncture is the solution.

### SKIN REJUVENATION WITH ACUPUNCTURE

Acupuncture has of course been around for centuries, providing the Yin and Yang properties to release the flow of Qi (energy, pronounced chee) to pathways and vital organs for peak health and wellness. When the tiny flexible needles are placed strategically in the dermal layer of the face or neck area (depending on your concerns), the stimulation brings notable contour along with brightness and a youthful glow.

You will first have an advanced evaluation to see which channels are blocked in your body that may be exacerbating facial wrinkles, age spots, acne, laxity, dark circles or other areas of concern. Many times the symptoms that show signs of aging on the face are brought on by blocked energy and inflammatory responses in our internal organs. The acupuncture needles will be placed strategically in specific areas on your face and neck in need of rejuvenation.

Living in a culture that's so focused on healthy living through diet and exercise, it's hard to imagine why so many individuals are willing to fill their faces with painful synthetic injections full of toxins. The ideal solution and natural alternative is to utilize the micro-circulation technique through increasing the Qi and Xue (energy and blood-flow), which creates the

youthful luminosity that most people want to achieve. As the flow of energy improves, a greater amount of vitality and blood are circulated into the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin and muscle tone.

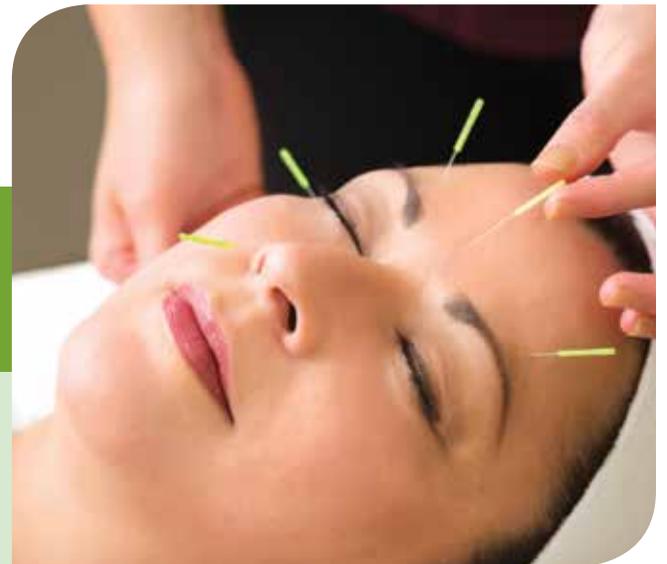
### COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS

In 6000 BC, acupuncture originated in China. Instead of needles, at that time they utilized tiny hair-thin bones. Cosmetic Acupuncture for skin rejuvenating purposes has been the treatment of choice for thousands of years in China. As early as the Sung Dynasty (960 AD – 1270 AD), acupuncture was performed on the Empress and Emperor's concubines. For centuries, the Chinese have known that beauty radiates from the inside out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance.

Several years ago, a study was conducted in the International Journal of Clinical Acupuncture, which reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The results included: the skin becoming more delicate and fair, improvement of the elasticity of facial muscles and leveling of wrinkles, a bright complexion, and overall rejuvenation.

**Trusting your delicate face in the hands of a practitioner can be intimidating, that's why when you chose to have cosmetic acupuncture, it's imperative to see an experienced licensed Acupuncture Physician and Doctor of Oriental Medicine.**

For over 20 years, Dr. Yanhong Meng has been practicing acupuncture. She is a licensed Acupuncture Physician and Doctor of Oriental Medicine. Dr. Meng graduated from Shan Dong Traditional Chinese Medicine University in 1996. In 1996, Dr. Meng began practicing at the Shan Dong Lai Wu Traditional Chinese Medicine Hospital, and for three years



worked under the direct guidance of Dr. Gu Dao Xia, the inventor of Acupuncture Point Nutritional Injection Therapy.

Dr. Meng attended Shen Yang Western University from 1999-2001, where she deepened her knowledge of Traditional Chinese Medicine (TCM) Theory and Practical application in conjunction with Western Medicine. In 2002, Dr. Meng completed a rigorous clinical rotation at the Beijing Traditional Chinese Medicine University.

Also, from 2002-2004, Dr. Meng operated a TCM Clinic in Dublin, Ireland. After moving to the United States, Dr. Meng graduated with honors from The Atlantic Institute of Oriental Medicine in 2007, where she received her Masters in Oriental Medicine. Since 2007 she has owned and operated Meng's Acupuncture Medical Center in Palm Beach Gardens, Florida.

If you want to look younger and feel more confident, please call **(561) 656-0717**.



Dr. Meng, MD (China), AP, received her medical degree from the prestigious Shandong University in China and has also completed several advanced training courses in oriental medicine from well-respected TCM hospitals in China. She has over 18 years of experience as a doctor of Chinese medicine. She has owned and operated Meng's Acupuncture Medical Center since 2007.

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# The Gummy Smile:

## Reducing The Excess Gum to Enhance Your Smile

One of the things we notice when meeting a person for the first time is their smile. A smile does not just involve the teeth themselves, but also the gum tissues that act as the frame around the teeth. If either the teeth or the gum tissue are out of proportion, unwanted attention may be brought to these areas. Our eyes tend to be drawn to things that “do not seem” right. Imagine purchasing the latest, greatest TV and noticing a big dent in the frame around the television. Very typically, our attention will be brought to the dent and not the beautiful picture on the screen. We frequently see this type of issue in dentistry with patients who are bothered by a “Gummy Smile”.



### Gummy Smile Treatments:

A variety of treatment options exist based on the cause of a “Gummy Smile”. In the case of inflamed gums due to excess plaque, initial periodontal treatment including scaling and root planning (deep cleaning) may be all that is needed.

In the case of excess gum tissue, the proper amount of visible tooth and gum can be restored to a more natural and esthetically pleasing ratio to fit the frame of your smile with a “Gum Lift”. This procedure, also known as esthetic crown lengthening, can help reshape your gums to reveal the part of the tooth covered by excess gum tissue. Depending on the specific situation, this procedure may be performed in conjunction with cosmetic dental procedures (such as veneers or crowns) on the teeth being treated. In either case, the outcome is to provide you with a more pleasing smile. This type of procedure may be possible with a laser alone in certain circumstances.

It is possible to have the appearance of excess gum tissue, even if the appropriate amount exists, due to a very mobile upper lip. In these cases, the “curtain” or lip moves very high towards the nose when one smiles. A variety of treatment options exist for this type of situation. Use of Botox® can help prevent the excess lip movement,

but must be repeated every number of months. Small periodontal procedures to help reduce lip movement are also an option. In some extreme cases, more involved surgical procedures may be recommended.

### Causes Of Excess Visible Gum Tissue:

It is fairly common to see excess gum tissue around one’s teeth. This type of problem can give the appearance of very short teeth or a smile dominated by gum tissue. A variety of reasons exist why a “Gummy Smile” may appear. In some situations, a skeletal deformity may exist, but more typically a number of very treatable issues cause this presentation.

One common condition leading to this appearance is called “altered-passive eruption”. This type of problem occurs as the teeth erupt through the gums and descend toward their final position. The gum tissue does not completely retract upwards to its ideal position, leaving excess gum covering part of the tooth that should be visible.

Inflamed gum tissue can also appear due to plaque and bacteria accumulation around the teeth. This excessive, puffy, red-blue tissue can occur from ineffective oral hygiene. Often, plaque retention from appliances like braces make proper home care more difficult and this situation more likely to occur. In addition, certain medications make the gums more sensitive to plaque and increase the chance of gum inflammation becoming a concern.

Another common reason for the appearance of excess gums is the presence of a “big smile” or a “high lip line”. If we think of the lip as a curtain, the amount of tooth and gum that will show depends on how high the curtain is pulled up. Many individuals have an upper lip that barely moves even with the biggest of smiles (showing almost no gum and minimal teeth during smiling), while others with a broad smile reveal every part of their tooth and gum tissue up to their nose.

Lastly, the appearance of excess gum tissue can occur when teeth become significantly worn down, altering the balance between the visible tooth structure and the gum tissue.

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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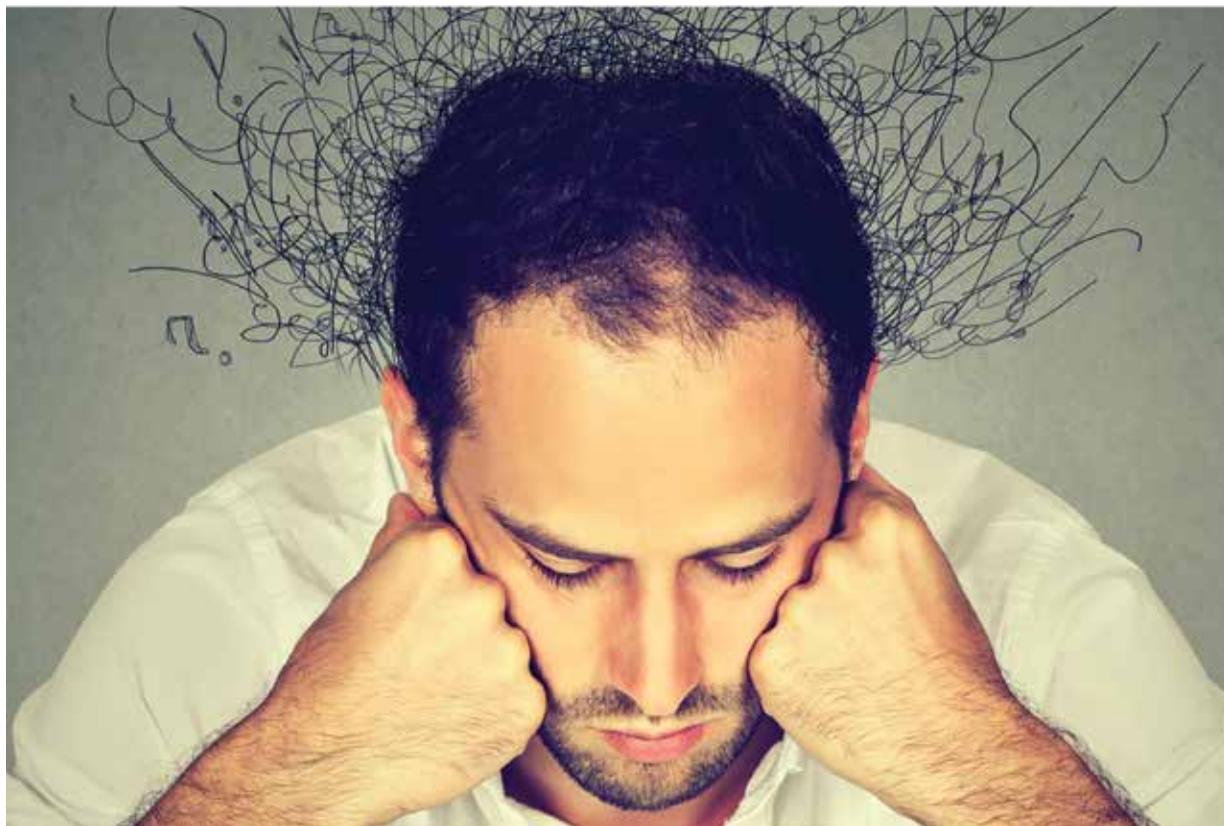
**561-691-0020**

# Is your Brain “Off Track”?

## If you're off track – what do you do?

### Can neurofeedback help?

Michael Cohen  
Director and Chief of Neurotechnology



**A**lmost every day someone comes to me for help saying that they know something is wrong but can't quite pinpoint the problem.

My typical response: It sounds like your brain can't quite get on track.

Their typical response: That's exactly what I'm talking about!

Perhaps they (or their child) are experiencing anxiety, depression, an attention deficit, or a mind that races or loops. They get too easily frustrated or triggered.

Each of these symptoms is a brain issue. When brain issues are at play, life can be miserable or, at best, more complicated than necessary. Adults struggle

with succeeding at work or in their personal life. Children struggle academically or with peers or are frequently in trouble at home and school.

#### Nowhere to Turn

Most of our clients have tried just about “everything” attempting to “take control” of their brain.

They believe they've exhausted all their options and are on the verge of accepting their “fate.”

They've gone through talk therapy and relaxation techniques. They've hired coaches or tutors. They've changed their diet, added vitamins and sought out alternative treatments such as acupuncture. Many have tried numerous prescription medications like Xanax, Concerta, Adderall, Prozac and Ambien – or self-medicated with illegal drugs or alcohol.

Some have experienced short-term success without really solving the problem.

Just about all of them felt they had nowhere to turn until they stumbled across neurofeedback – intrigued about a technology that could help the brain change itself. They see neurofeedback as their last resort.

It's incredibly rewarding to be able to tell them that neurofeedback is a tool that can help – an evidence-based treatment to gently guide their brains back on track.

Sometimes they cry. Sometimes they hug me, but in all of them I see a glimmer of hope in their eyes.

#### An Explanation of Neurofeedback — No Heavy Lifting Required

I used to find explaining neurofeedback a bit difficult until one day I thought of the analogy of going to the gym.

I see neurofeedback as a high-tech gym for your brain, without the sweating.



What if you could go to the gym and work out the parts of your brain which need to be stronger in order to function better? That's what neurofeedback does.

Neurofeedback training results in more resilience, flexibility and balance. With repeated “workouts” your brain learns to handle more, with less stress. You notice improvements in attention, staying calm, quieting your mind, and not getting easily triggered or overwhelmed.

Neurofeedback is not an overnight fix. If you were out of shape, you'd need more than two or three workouts in order to look like your fitness trainer.

It's hard to predict how many neurofeedback sessions it will take, since everyone is different. However, we can provide an estimate based on your symptoms and history.

One way neurofeedback training differs from gym workouts is that once changes in the brain occur, they tend to stick around. Neurofeedback is a learning process like riding a bicycle. Once you know how to ride, you don't forget. Wouldn't it be nice if the benefits of the gym were more permanent, too?

**Customized Treatment —  
Just Like Your Trainer!**

Each neurofeedback session is targeted to elicit changes in the brain that you specifically need... your temporal lobes for emotions and handling frustration, speech and expression; your frontal lobes for getting things done, for executive function, decision-making, attention and organization; your parietal lobes for efficiently handling information-processing and not getting overwhelmed.

I use more than 20 years of clinical experience to determine the right protocols for you, and if appropriate I will suggest we conduct a brain map for even more targeted training.

**Brain Mapping**



Brain mapping is a highly-sophisticated tool – one of the most vital diagnostic tools available for neurofeedback. An optional brain map allows us to identify where key issues are in the brain. These areas may be overactive, underactive, or not connecting to other areas. It helps us target your neurofeedback treatment.

Center for Brain has been using brain mapping technology since 2001. Over the years the technology has evolved, and we've stayed on top of it. Since 1998, I've been at most of the key conferences in the field, keeping our center on the cutting edge.

**In addition to using brain mapping data, we adapt the technology to fit each client's uniqueness, just as your trainer would at the gym.**

**We've evolved to using several kinds of brain maps and more than eight types of neurofeedback and biofeedback. These all help the brain and nervous system get back on track as quickly as possible.**

**The Neurofeedback Session**



Here's what occurs during a typical neurofeedback session:

Sensors are placed on your head to read your brain's electrical activity. Nothing goes into your head (it just reads what's there, like a blood pressure cuff). We then use our clinical experience and optional brain map data to analyze that information and program a training goal into our computer.

Next we run what looks like a simple video game (think Pac-Man). If you're anxious, your brain needs to slow down. Whenever it does, if even momentarily, your Pac-Man eats a dot, and you hear a beep.

With the help of those "rewards," and with repetition, the brain learns to more easily and frequently slow itself and operate at this different, calmer level. Once that occurs, many bothersome anxiety symptoms dissipate. Neurofeedback is learning, so repetition over a series of sessions is important. It's the same process that helps you get better at a sport. Each time you practice, you improve.

**Learn more about  
neurofeedback  
at our free  
informational seminar**

**Wednesday, July 18, 6-8 p.m.**

Call **561-744-7616** for details  
or visit  
**www.centerforbrain.com**

**Free Consultation**

Since people often don't know much about neurofeedback and its impressive capacity to help brain-based problems, I offer a free consultation. You will meet one-on-one with me. Together we will decide if I think I can't help you – or if another approach is better – I'll tell you. That's a promise

**Call my office today to find out how  
neurofeedback can help you – or your  
loved one – get your life back.**



**Michael Cohen**

Director and Chief of Neurotechnology

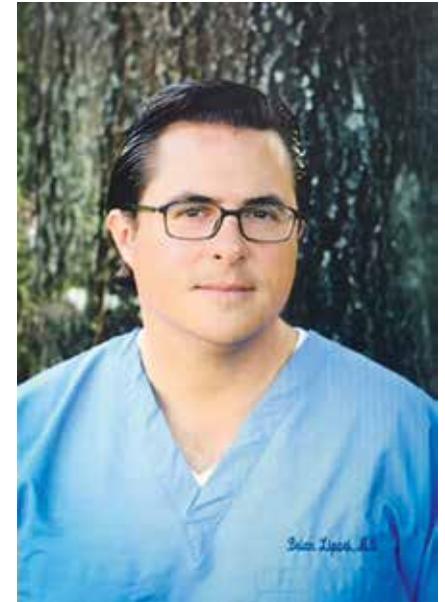
Michael Cohen is a leading expert in brain biofeedback. For over 20 years he's worked with clients, taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate into their practices new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.



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# PALM BEACH WELCOMES NEW STATE OF THE ART MEDICAL PRACTICE



*Dr. Brian Anthony Lipari*

**B**Y DESIGN, THE office of WellingtonMD feels more like a Manhattan spa or a ritzy skin care boutique than a doctors' office. But the latter thing is true. Despite the sun shining through large bay windows onto pastel walls, blond-wood surfaces and a quartz countertop check-in desk (casually dressed receptionists with iPads offer you a water), WellingtonMD is a like a breath of fresh air compared to typical medical offices.

WellingtonMD is considered a hybrid practice offering both traditional family medicine services (insurance based) as well as concierge medical services (Testosterone Replacement).

Dr. Brian Anthony Lipari is a Family Medicine trained physician who completed his residency at the prestigious Northwell Health Medical Center in New York. Dr. Lipari furthered his medical expertise by completing two years of fellowship training under the guidance of his mentor, Dr. Milton Waner, at Columbia University College

of Physicians and Surgeons as well as Lenox Hill Hospital in New York.

As people tire of long wait times, rushed visits, a reliance on prescription medicines and dealing with the morass that is the insurance system, WellingtonMD is finding another way to deliver wellness.

WellingtonMD offers more time with a physician, and an office tricked out with more gadgets than a starship's sick bay and a state of the art facility with on-site lab for Testosterone Replacement Therapy. On intake, you have the option to complete the traditional paperwork with pen or do it digitally with an iPad.

In triage all the equipment is the best in medical practice from scales to vital machines to the EKG. In the exam room, you sit in a custom-designed Chic Chair surrounded by cleanliness and beautiful artwork. Digital images from your past visits flicker across a timeline made of your health records through their electronic health record.

In regards to the Men's Wellness division of the practice, many labs (Testosterone, PSA & Estradiol) can be done on-site, with the results ready in as little as 15 minutes. If patients are candidates for Testosterone Replacement, therapy can start same day. Patients get sent home with prescription medicine if need be. If there's a follow-up question, they're told they can expect an answer within minutes.

For the men interested in Men's Wellness, the \$149 fee covers the initial consultation with Dr. Lipari, a full physical exam and labs which the results will be obtained and reviewed with the patient at the same visit.

The most interesting part of WellingtonMD, though, is the level of care given to each patient.

"We've created this office to give patients the care, time and comfort they deserve," says Dr. Lipari, the CEO and Medical Director.



“  
 We've created this  
 office to give patients  
 the care, time and  
 comfort they deserve.  
 ”

A visit to WellingtonMD is indeed pretty cool. Before they opened their office, Dr. Lipari and his team meticulously built out and tried to think of every detail to make the office feel welcoming. “Not everyone likes to go to the doctor, but when you have to...we want it to be as comforting as possible” said Joseph Davidoff, Office Manager.

They brought in actual patients to talk to doctors, and then had the doctors meet with engineers about the design of the whole thing. The result is indeed slick. Some patients believe that the health care industry takes pride in not caring about the experience. And if fixing that means indulging in some things that people enjoy, well, that’s what we wanted to do says Dr. Lipari.

No question, WellingtonMD (and other concierge-style practices) want to benefit their patients. So, ah, about that: “You get long visits, greater acceptability of your clinician, and more patient-centered care, quote-unquote,” says Caleb Alexander, co-director of the Center for Drug Safety and Effectiveness at

Johns Hopkins Bloomberg School of Public Health and lead author, over a decade ago, of a paper on concierge medicine characteristics.

Of course, optimizing your healthcare for the greater good is the goal.

Like many of these pioneers attempting to reinvent medical services, WellingtonMD accepts insurance for family medicine but does not accept insurance for Testosterone Replacement Therapy.

WellingtonMD, which opened in December, describes it as a continuation of the “progressive, contemporary, inclusive approach” to wellness. The 3,000 square foot space — intends to hold classes and counseling sessions for anyone invested in health & wellness.

“We don’t want to just triage a patient with diabetes,” said Lipari. “We want to change the root drivers of chronic disease, helping people to get off medication and live a healthier life.”

**WellingtonMD**  
 Medicine • Aesthetics • Wellness

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 FL 33470  
 (561) 268-2880  
[www.wellingtonmd.com](http://www.wellingtonmd.com)**

# CRACKING THE CODE ON LIGHTHEADED DIZZINESS

By Dr. Jonathan Chung

**W**hen people say that they feel dizzy, most people, even healthcare providers usually think that you're talking about the room spinning sensation of vertigo. However, there are thousands of people around the country describe themselves as having dizziness but don't have the characteristic sensation of vertigo. Many patients may describe their dizziness as a rocking, swaying, floating, or disoriented feeling. More than anything, people with dizziness have a feeling of being out of sorts if it's not specifically related to vertigo.

In this article, we are going to breakdown a specific and very common feeling that people associate with dizziness. We are going to talk about lightheaded dizziness.



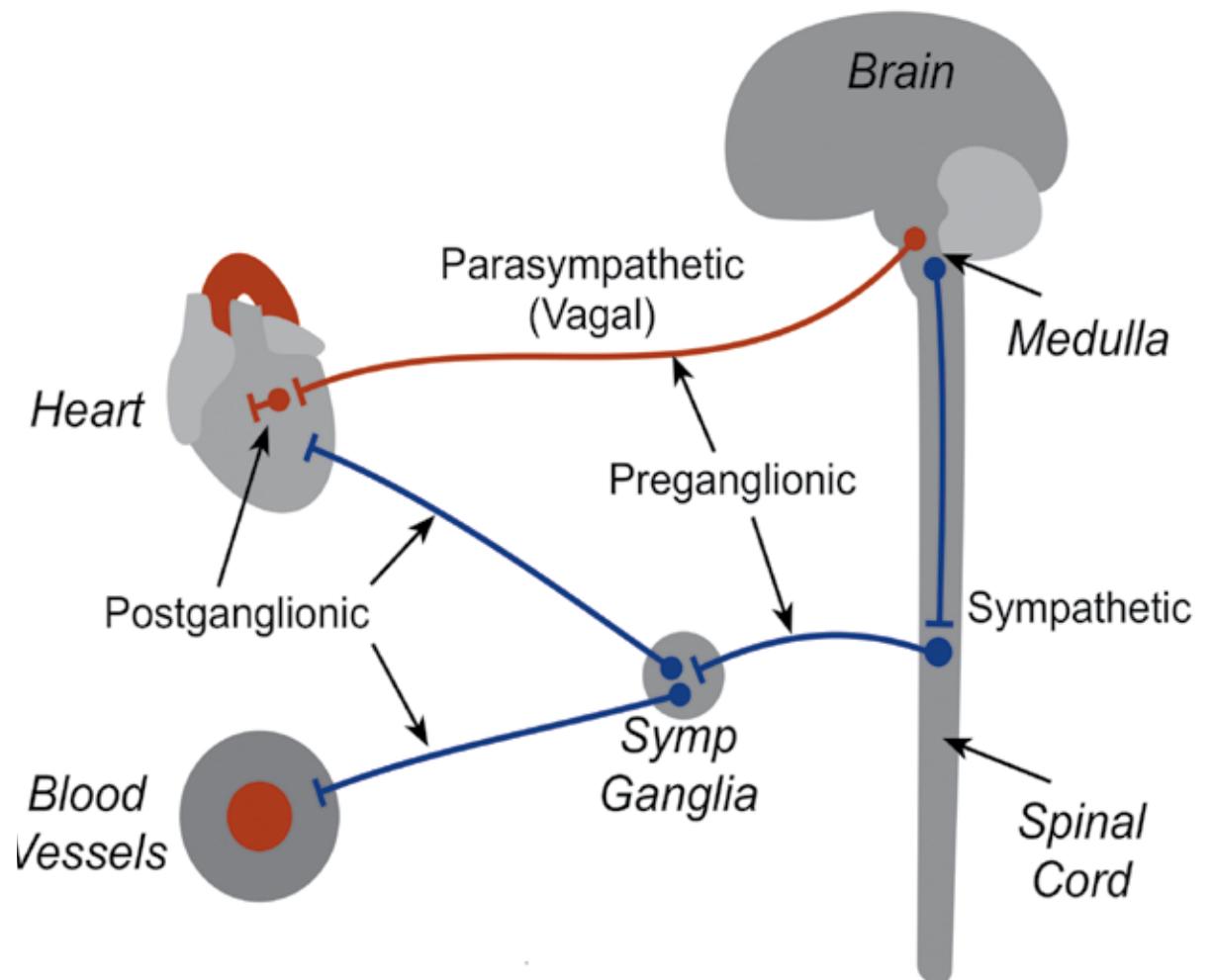
## ORTHOSTATIC INTOLERANCE – A BLOOD FLOW ISSUE

Most people have had a feeling of light headedness at some point in their life. It's most commonly felt when people go from laying down to standing too quickly. Your head feels funny and you might feel your vision get dark for a moment. After a few seconds, the feeling passes and you probably won't even think twice about it.

This sensation of feeling light headed on standing is called orthostatic hypotension or orthostatic intolerance. These are terms used to describe the fact that when you change positions, your blood pressure didn't meet the brain's demand for blood in that moment in time.

Your brain is a greedy organ when it comes to blood flow. Although it only makes up about 2-3% of the body's total mass, the brain hogs about 20% of the body's blood flow. Your blood pressure is not just a marker for the health of your heart, but the purpose of a tightly regulated blood pressure is to make sure that your brain is getting that 20% blood flow at all times.

While people generally think of their heart as the main controller of blood pressure, it is actually your nervous system that keeps it tightly regulated. It's so regulated, that in the moments right before you stand (when the idea of standing was just a thought), your brain is sending messages to your muscles and arteries to tighten up so it can keep your blood pressure constant when you are changing postures.



Pretty neat right?

While most people can have moments of lightheadedness like this from time to time, it usually goes away on its own. However, some people feel this sensation on a regular basis. It's been estimated that anywhere between 4% young adults and 30% of older adults experience orthostatic intolerance. About 42% of people with a complaint of dizziness have a complaint of light headed dizziness related to standing. [Source]

Whether you feel like you're spinning, rocking, or light headed, a persistent feeling of dizziness can lead to feelings of anxiety and depression because of the impact on your daily life activities. Orthostatic hypotension is also associated with increased incidence of cardiovascular events and overall mortality, especially in the aging population where fainting and dizziness can lead to falls

**WHY DOES ORTHOSTATIC INTOLERANCE HAPPEN?**

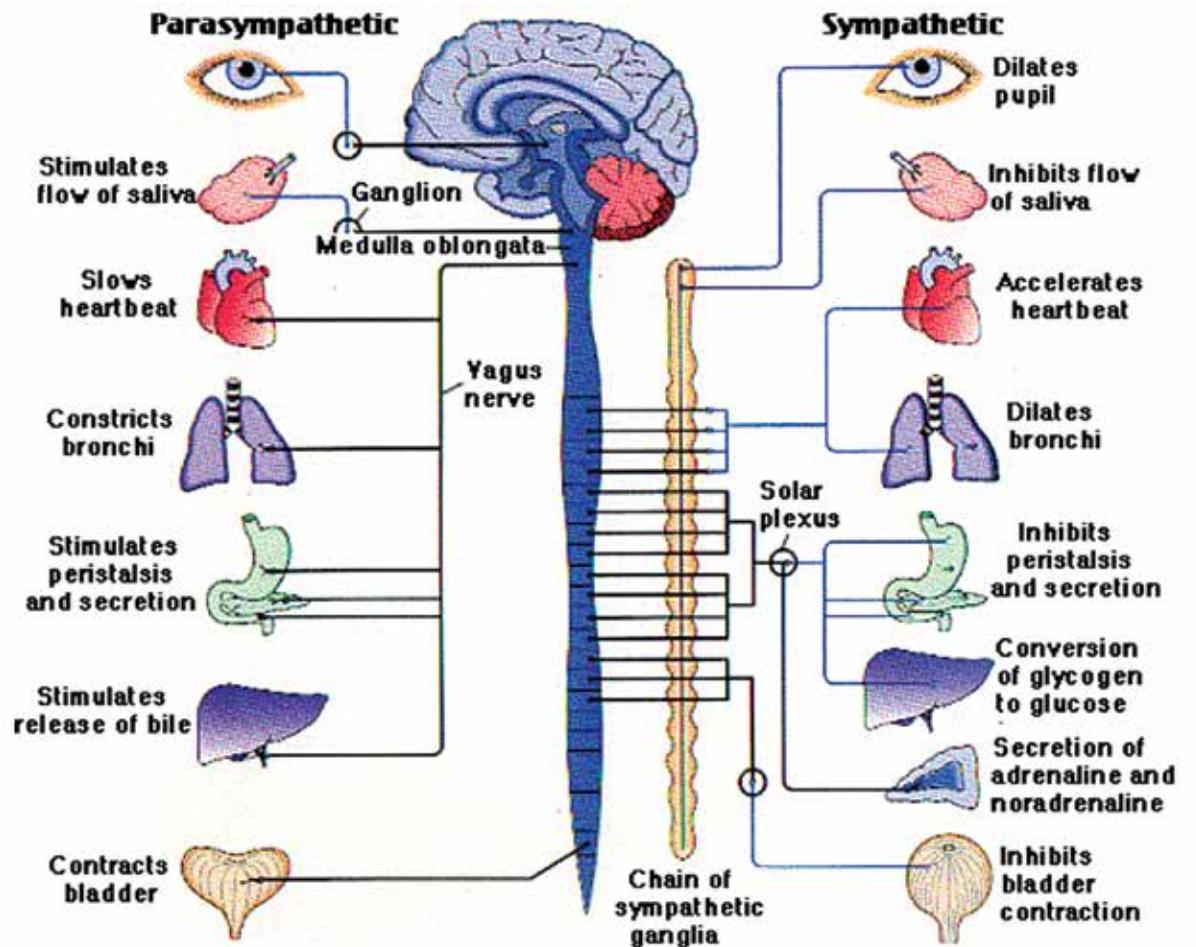
So far, research has shown that the light headed feeling from orthostatic intolerance is a blood flow issue in the brain. We also know that the autonomic nervous system is a major role player in this problem as many patients with this form of dizziness will have abnormal findings on head upright table tilt testing as well as abnormal blood pressure findings when using a valsava maneuver.

For many of these cases, there is a problem in the regulation of the sympathetic or parasympathetic nervous system. This gets further complicated by the fact that people who experience orthostatic hypotension may have the same symptoms, but the neurological mechanism that is causing the symptoms are different. [Source]. In general terms, the sympathetic nervous system may have problems constricting your arteries on standing, or the parasympathetic system may have difficulties in regulating your cardiac output. That's why many patients with orthostatic issues may get evidence-based treatment for the condition.

**HOW IS IT TREATED?**

This part is difficult, because unless you're in an area that does specialized autonomic laboratories, many people don't even know this condition exists. Many people get misdiagnosed with vertigo. Many others will just have their condition brushed off.

If you're lucky enough to have someone that understands orthostatic issues, then you will likely be managed with a regimen of blood pressure medication and IV's to help keep your blood pressure from tanking. This gets complicated if a patient has HYPERTENSION when they lie down which is obviously problematic to give therapies that will non-specifically increase your blood pressure.



**A NEUROLOGICAL APPROACH**

While many doctors are concerned with blood pressure numbers in of themselves, from a chiropractic perspective we ask why the body is having an abnormal autonomic response to changes in posture. This is particularly important when we are thinking about the head.

When the head and neck shift, it can disrupt normal proprioception into the brainstem and have wide ranging effects of the autonomic nervous system. Excessive twisting or rotation of the Atlas vertebrae may also affect the jugular vein and how blood flow returns to the heart leading to problems with the vagus nerve and cardiac output.

We have also seen patients with dysautonomia have small disturbances in the function of their vestibular system. In some cases patients with orthostatic hypotension can experience vertigo, but in many cases it simply makes head and eye movement far less efficient.

When we put this all together, we have found that a cervical-vestibular approach has the potential to create important improvements in the autonomic nervous system which can help patients overcome their poor relationship with gravity.

**DR. JONATHAN CHUNG** is a Doctor of Chiropractic who focuses on Structural Correction and is primarily concerned with Structural Shifts of the spine. He graduated from the University of Central Florida with a B.S. in Microbiology and Molecular Biology. Dr. Chung then went on and received his doctorate from Life University's College of Chiropractic. Dr. Chung is certified in pediatrics from the International Chiropractic Pediatric Association, and is a Structural Chiropractic Researcher who has been published in scientific peer-reviewed journals. Read more from Dr. Chung at [chiropractorwellington.com/blog](http://chiropractorwellington.com/blog)



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# KNEE PAIN

## Doesn't Mean You Need Surgery— Alternative Therapy Approved by the FDA for Knee Arthritis Relief

**D**O YOU HAVE KNEE PAIN? Does it keep you from certain activities? Do you take medication for knee pain? Do you have knee pain after exercise? Do you have difficulty going up and downstairs? Are you considering knee replacement surgery? Have you tried everything to get rid of knee pain without success? If you have answered yes to any of these questions you need to know your options.

Currently, an estimated 27 million people suffer from knee osteoarthritis, making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think their only option is surgery. Knee replacement surgery is indeed necessary for some people; however, there is a less invasive approach to relieving knee pain and potentially avoiding surgery.

### Causes of knee osteoarthritis

- Joint misalignment
- Postural imbalance
- Trauma
- Repetitive strain or overuse
- Abnormal gait pattern
- Age
- Previous knee injury
- Overweight
- Improper joint alignment

If you've been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take—there is another option. With knee arthritis, the cartilage breaks down and wears away leaving the bones to rub together causing pain, swelling, and stiffness, and limited range of motion in affected joints.

The American Academy of Rheumatology recommends the use of Supartz for one potential treatment option for osteoarthritis of the knee. Supartz has been shown to be effective for thousands of individuals relieving their knee pain without surgery.

At the Advanced Spine & Joint Institute, their goal is to give you the best chance of preventing knee replacement surgery, which is what arthritis frequently involves if left unprotected or untreated.

With knee replacement surgery, once done, there is no turning back to a more conservative approach. A total knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis.

Supartz is a gel like substance similar to the synovial fluid in your knees, which reduces inflammation and increases cushioning and lubrication of your knees immediately. Supartz is a purified compound, which is found naturally. This treatment protocol is used to treat the symptoms associated with arthritis.

Countless numbers of patients have experienced successful results with the Supartz treatment and are now experiencing life once again without knee pain.

*"I was told I was bone on bone and needed replacement surgery. Knees are very important to me, as I am a dancer. I decided to address the problems and began injections. What a difference this is made in my life. Words cannot express how grateful I am for all that has been given back to me. Icing on the cake is I'm getting triple twirls (I'm 82 years young), which I have not done in years I highly recommend this treatment." – Patricia M.*

### Why do knee injections often fail? What makes The Advanced Spine & Joint Institute different?

- We never perform blind injections without image guidance
- Video fluoroscopy is used on all of our injections for pinpoint placement
- We rarely use Cortisone, which can have severe side effects

Most blind injections result in needle misplacement. With this much inaccuracy, it's no wonder most people never find relief. When properly injected into the



knees, Supartz helps to cushion and lubricate the knee joint, nurturing the cartilage for natural pain management. This solution helps to restore normal function to the knee, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.

The Advanced Spine & Joint Institute offers the latest therapies and technology to relieve joint pain more effectively without drugs or painful surgery. Their protocol system offers many people a safe and straightforward technique to relieve chronic joint pain. They offer a **no-cost cost, no-obligation consultation** where you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options will be for your specific knee pain issues.

### Benefits

- No surgery
- Little to no recovery time
- Immediate reduction in pain
- Return to normal activities shortly after treatment
- Accepted by most major insurances and Medicare

With so many people suffering from knee arthritis, the demand for this procedure has been overwhelming. Therefore, the Advanced Spine & Joint Institute had to limit the number of no-cost, no-obligation consultations. Please call **(561) 721-0492** now to confirm your appointment. To learn more, please visit their website at [www.advancedspineandjoint.com](http://www.advancedspineandjoint.com).

**ADVANCED SPINE  
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JOINT INSTITUTE**

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[advancedspineandjoint.com](http://advancedspineandjoint.com)

# BACK PAIN!

## THE RESOLUTION YOU'VE BEEN WAITING FOR



Excessive surgery has unfortunately become an epidemic in our country. Failed surgery rates for joint replacements and the spine are higher than most people can imagine. At American Med Care Center it's not uncommon for them to see patients that have undergone multiple failed surgeries.

Over 80 percent of the population will experience back pain at one time or another in their lives. Unfortunately, as we age, our spinal discomfort tends to become progressively worse and can become chronic if left untreated.

The spine is made up of wedges of vertebral bone consisting of sacral, lumbar, thoracic and cervical vertebrae as well as, vertebral discs, ligaments, tendons and muscles that attach to the spine. Over 30 nerves run down the entire spinal column. The elements of what's causing the pain depend on your particular situation and biological makeup, but for the most part, it's frequently associated with compressed nerves that are literally being crushed by the narrowing of the vertebrae. The damaged nerves send signals to the brain transmitting the indication of pain.

The typically recommended treatments for spinal compression are pain medication and surgery. BUT, there is a better way; a results-driven solution that doesn't include any drugs or surgery shows favorable results in relieving back pain. For many years chiropractors and physical therapists, have been utilizing a natural therapy for back discomfort called spinal decompression.

### SPINAL DECOMPRESSION VS. TRACTION

Traction is helpful at treating some of the conditions resulting from herniated discs or spinal degeneration. However, traction cannot address the source of the problem. Spinal Decompression can! How? Spinal decompression creates a negative pressure or a vacuum inside the disc. This effect causes the disc to reduce in the herniation. The increase in negative pressure also causes blood and nutrients to flow back into the disc allowing the body's natural fibroblastic response to heal the injury and re-hydrate the disc.

### THE AMERICAN MED CARE CENTER DIFFERENCE!

American Med Care Center (AMCC) focuses on the source of your pain and implements several protocols and therapies that work together to get you the best results without addictive, pain-masking drugs, and without risky surgery. They use a synergistic approach because of PROVEN results that are evident with chiropractic treatment combined with physical therapy methods. Studies show significant outcomes in patient recovery with this type of integrative medicine.

### PROVEN PATIENT SATISFACTION

There are statistics on how patient outcomes fare better when they seek alternative treatment methods first, as opposed to those patients that seek traditional surgery. Due to the vast majority of failed surgery mentioned earlier, it's unfortunate that more patients do not realize or hear about their non-surgical options.

With countless patient testimonials, American Med Care Center sheds light on how their proven methods help numerous individuals to get back to living the life they desire. One patient, in particular, Liz O. was an avid horseback rider, but her chronic neck and back pain took a toll on her daily activities, almost rendering her incapable of getting through the day. After unsuccessfully seeking traditional medical treatment, she

found AMCC. Dr. Brian Reimer treated her with customized spinal decompression and moderated physical therapy.

"I was referred to Dr. Reimer by a friend, and it was great! Out of all the doctors I saw, he spent the most time with me. He put my MRI scans on a board, spent a good half an hour explaining everything, and gave me a nice overview of how I ended up where I was and his treatment recommendations."

Now Liz is 100% off of pain medications and enjoys her ability to move freely without pain.

She added, "It's nice not to have pain be the first thing on my mind when I wake up in the morning, and to go to bed at night and not have it be the last thing on my mind before sleep."

She is quick to emphasize the ease and comfort of her treatment with AMCC and is elated to be back on her horse riding several times per week.

**Dr. Reimer of AMCC** explains his Practice standards, "American Med Care Center is part of a new model of healthcare that is emerging. With advances in technology, a Wellness Revolution is occurring. Science is allowing us to better study the natural design and true physiological function of the body. Pain is seen as an important clue, proper function is seen as the physician's goal and the stability of the systems of the body is the culmination of the therapy with the participation of the patient."

American Med Care Center offers a variety of treatment options for chronic back pain, sciatica, herniated or bulging discs, spinal stenosis, and Failed Back Surgery Syndrome. To schedule an appointment, call the office at **(561) 967-6655**, or visit [treatingyourbackpain.com](http://treatingyourbackpain.com).



**561-967-6655**

**3200 Forest Hill BLVD • West Palm Beach  
FL 33406**

[treatingyourbackpain.com](http://treatingyourbackpain.com)

# Revolutionary New Treatment For Erectile Dysfunction And Peyronie's Disease



**S**IMPLY MEN'S HEALTH is the leader in Men's Sexual Health and a pioneer in the field of regenerative medicine. Simply Men's Health was the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men's sexual health by introducing the state-of-the-art RejuvaEnhancement® Procedure to help reverse the inevitable aging process and treat ED and Peyronie's Disease. Peyronies 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

## INSTEAD OF MEDICATING — CURE WITH REJUVAWAVE®

Customary treatment for ED is prescription medications or injections that cause an erection. However, Simply Men's Health has revolutionized this standard of care by introducing the only ED Treatment that CURES erectile dysfunction. The RejuvaWAVE® is revolutionary, non-invasive, and heals the underlying causes of ED. RejuvaWAVE® uses FDA-cleared, scientifically proven technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation, and to stimulate tissue regeneration, which creates new blood vessels in treated areas. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. Our treatment is about regenerative medicine; helping men return to their younger healthier selves, and enabling a spontaneous, active sex life.



## RejuvaWAVE® 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 REJUVAWAVE® SAFE?

Yes. RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used worldwide. RejuvaWAVE® uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, anti-aging

treatments and wound healing. RejuvaWAVE® has virtually no risk and no side effects. Although acoustic pressure wave technology has been used for over 15 years to treat ED in Europe, it is relatively new to the United States for Erectile Dysfunction. As the leader in men's sexual health, Simply Men's Health introduced this technology in the spring of 2015, and the results have been nothing short of amazing.

## GO BEYOND MEDICATION –TREAT THE ROOT CAUSE OF YOUR ERECTILE DYSFUNCTION

It's natural for men to experience a decline in sexual performance as they age; this typically happens between the ages of 50 to 60 years old. For many years, this, unfortunately, was just accepted as an untreatable fact of life. Then came the "little blue pill" Viagra. For those men who could tolerate the headaches, stuffy nose and other side effects, the pills were a temporary "Band-Aid" that allowed men to continue performing in the bedroom, albeit robbing them of spontaneity. With time, these pills are known to become less and less effective, and eventually stop working altogether, because they do not address the underlying causes of ED and sexual dysfunction. Simply Men's Health believes in treating and curing the underlying issue with regenerative medicine.

## WHAT IS REGENERATIVE MEDICINE AND REJUVAWAVE® AND REJUVAENHANCEMENT® PROCEDURE?

Regenerative medicine, rather than treating symptoms, shifts the body into a healing and restoration state. RejuvaWAVE® stimulates your body's own healing response and creates new blood vessels in the area treated. The RejuvaEnhancement® Procedure magnifies the effects of the RejuvaWAVE®.

## 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 body's 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. These stem cells and growth factors work synergistically together with RejuvaWAVE® to restore patients to their younger healthier selves, rather than relying on oral medications or injections as a temporary fix for each sexual activity. Also, this procedure can increase both the length and the girth of the penis by up to one inch.

## RejuvaEnhancement® Amniotic Stem Cells

- REPAIR
- REGENERATE
- RESTORE

### 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, which can replace damaged or worn out tissue. Pluripotent stem cells, derived from amniotic/placental tissue have virtually 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.

### IS THE REJUVAENHANCEMENT® AMNIOTIC STEM CELL PROCEDURE 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.



## WHAT OUR PATIENTS ARE SAYING:

**Testimonial:** “I’m a 70-year-old widow and have had ED for over twenty years. Unexpectedly, I met a wonderful lady and when we wanted to take our relationship to the next level, I couldn’t perform. I came to Simply Men’s Health and after several months I started to notice improvements... and after about six months ED is no longer a problem. I have sex regularly without any pills or needles.” – Joseph M.

**Testimonial:** “I’m in my sixties, and I had always had a very active sex life, but over the last years even the pills had stopped working. When I first came to Simply Men’s Health, I was skeptical, but they were extremely caring and professional, and after several months of treatment I’ve got my life back... Just as they promised, no needles, no pills and no surgery and I’m performing as I did when I was much younger.” – Steve F.

**Testimonial:** “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, and I thought my sex life was over. I have been coming to Simply Men’s health for about six months, and the results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. The RejuvaWAVE The RejuvaEnhancement procedures are remarkable. I feel like Superman.” – E.M.

### 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 sexual health and create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. Simply Men’s Health’s innovative approach of regenerative medicine can restore your sexual confidence and allow you to enjoy a Spontaneous and Active Sex life again!



**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!**



by Andrew M. Curtis, ESQ



# TRUSTS ARE NOT JUST FOR THE WEALTHY



**P**erhaps 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.

**561-998-6039**

**for more information contact  
the Law Office Of Andrew Curtis.**

Offices located in Boca Raton and Fruitland Park, The Villages  
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# Do you want a transformation?

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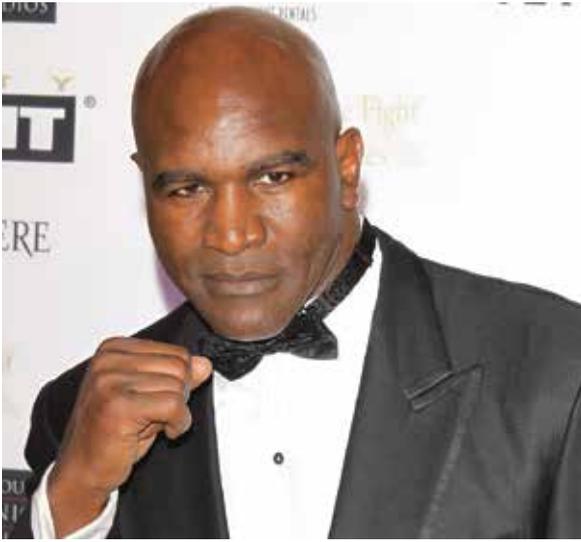
**W**ords and phrases like I'm stuck, I've plateaued, stagnation, limitations, and I'm at my peak are what we've all use to describe various moments in our lives. Whether those moments are days, month's or decades long, we often can fall into these deep pits with no ladder in sight, no rock's to climb, and no man or woman with a rope to help pull us up. What happens when you stay there for too long? What happens to your relationships, your business, your job, your spirit and your emotional intelligence? The answer is usually the same for most people; we lose a little bit of ourselves along the way, and it can be challenging to find your way out and move on.

Okay, okay, maybe you're not in a bottomless pit of despair. Perhaps you're just stuck on one side of the bridge. You know what you need? You need vision, the vision of someone that has devoted his life to helping others achieve success. A great visionary can show you precisely how to rebuild the bridge, right from where you are.

Whether what you need to achieve is success in your business plan, a new business model, and sales tactics, how to become debt-free, or perhaps the motivation to understand your addictions and how to overcome them, coach Marc Feinberg is a leading keynote speaker that is highly-sought after and highly-regarded by celebrities, professional athletes, CEO's and many others needing a transformation.

Coach Marc has been featured on Fox News, ESPN and ABC Sports to name a few. Marc Feinberg is spirit-filled, passionate and purpose driven. Coach Marc helps clients to activate the power of belief in every area of life by taking personal responsibility and standing as the "cause." Personal Responsibility is the #1 principle to all human success and achievement! Marc transforms roadblocks into building blocks and inspires new standards of thinking and behavior, creating outstanding outcomes with all of his clients.

He is the best selling author of *The Secret Money Pill: Prescriptions For Designing A Debt Free Company*. Marc is a Corporate Trainer, Sales and Enrollment Expert, a Customized Keynote Speaker and his #1 passion in life is to help his clients to accelerate personal healing from years of pain and past failure in one single day with his signature experience called, "The Day of Destiny."



**5X Heavyweight Champion  
Evander Holyfield**



**Swedish Athlete of the Year  
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# MEDICAL MARIJUANA GOES MAINSTREAM

It's been Twenty-two years since the first American state legalized Medical Marijuana. In the Spring of 1996 California changed the direction of health, healing, and happiness in America. This was after decades of countless arguments and court battles between the doctors with their scientific research and the legal titans with their politics. Ultimately Medical Science prevailed proving the facts that support Medical Marijuana and Cannabis Oil can 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 \* Positive HIV/AIDS \* Posttraumatic Stress Disorder (PTSD) \* and Amyotrophic Lateral Sclerosis (ALS). More are added** as Doctors prescribe treatment for **Other**

**Debilitating Medical Conditions of the same kind of class or comparable, as determined by the Florida Board of Medicine.**

At last count, twenty-nine states have followed suite behind California's lead and I can not believe anything other than "a matter of time" all states will legalize. Florida signed the law in 2016 and in October 2017 Florida Medical Marijuana Health Center opened to the public in Palm Beach County. With such an outstanding response, 2 additional locations were opened within 90 days, with an additional 3 to follow. FMMHC plans to continue to grow and serve you as the industry moves forward.

Florida Medical Marijuana Health Center makes the process as easy as possible. The highly experienced staff will guide and direct you through

the protocols to make sure you are receiving the best possible care and attention that you deserve. A typical patient process / evaluation consists of:

- 10-15-minute examination by the doctor
  - If you have a qualifying condition you will be entered into the state system and given a patient number.
  - They will supply you with all state required forms and instruct you on the application process
  - Once the application is submitted to the state you will receive an email in about 30 days with your card number
  - Once you obtain the card NUMBER you may purchase, possess, and use the medical marijuana according to your prescription
- Your actual card will typically arrive in 7 to 14 days. (Patient cases vary so a few may take longer)

## TREATMENT

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD (Cannabinoid) & THC (Tetrahydro cannabinoid). The second is the altered version of the plant that has been through a hybrid process to lighten the THC level. CBD can treat many different forms of diseases and disorders without THC. THC is the euphoric component of marijuana that ignites the mood altering “high” feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to very little THC levels. CBD is an excellent alternative for patients that benefit from Cannabinoids alone, while other more complex medical cases require the additional advantages of THC to be included with their treatment.

Our brains and nerve cells have cannabinoid receptors. We have the Endocannabinoid System (ES), it works synergistically. CBD and THC merge directly with our cells. Simply explained, our bodies naturally react to CBD oil and THC creating a multitude of beneficial reactions in the body.

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 are certified in the state of Florida and have a longstanding reputation of experience in diagnosing and deciphering the need for THC and CBD in their practice. When you visit one of their clinics, you will receive treatment from our physician that specializes in providing reliable access to medical marijuana certification.



A simple process with amazing results. The popularity grows daily, and access is gaining momentum.

Medical Marijuana is now Mainstream... and it happened only 22 years after the first state went “legal”. My guess is ... in another 20 years Medical marijuana will be standard procedure.

### 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.”



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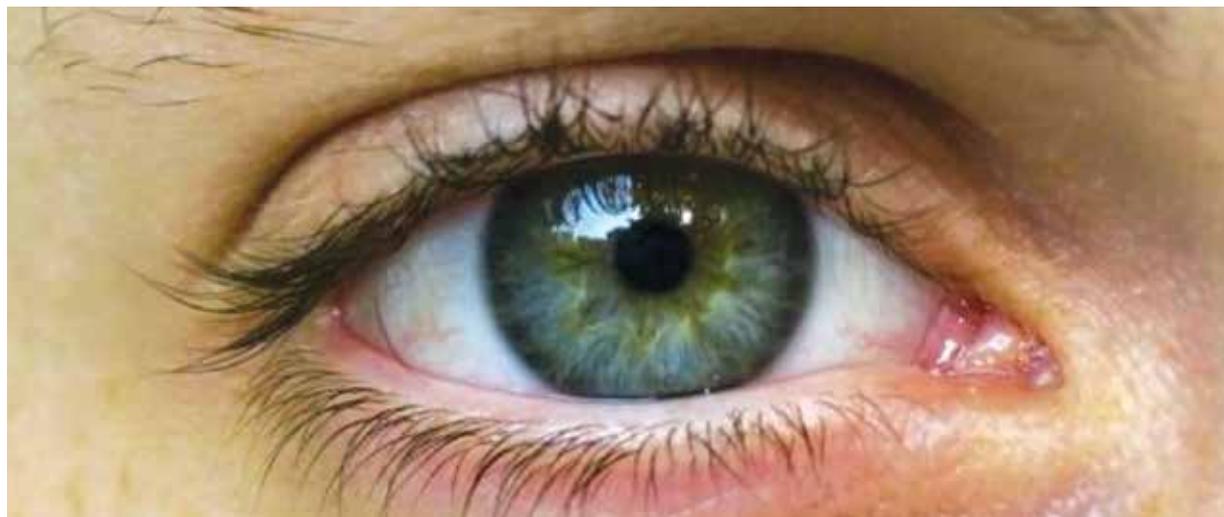
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# THE CORNEA

By David A. Goldman MD



**A**lthough people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



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 2<sup>nd</sup> place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

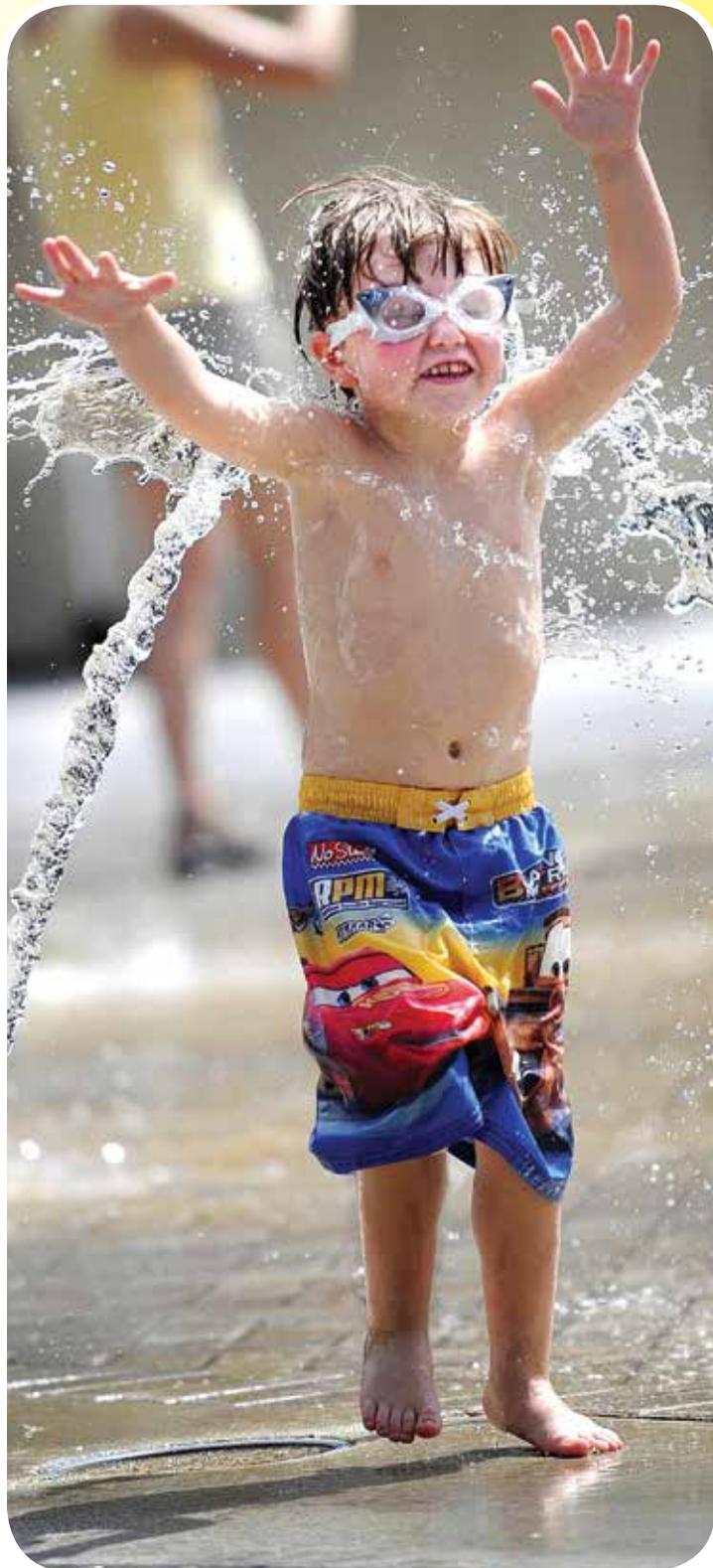
Dr. Goldman speaks English and Spanish.

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# IT'S HOT EVERYWHERE IN JULY

Brent Myers



**H**ave you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.

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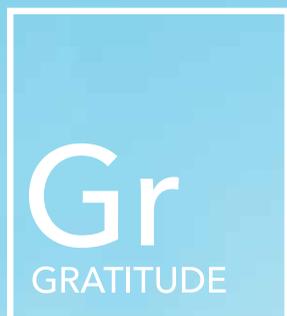
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## Gratitude. A powerful element in fighting cancer.

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 as a patient and a number."*

-Dave Norris, Cancer Fighter

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