

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

Health & Wellness[®] MAGAZINE

October 2018

North Palm Beach Edition - Monthly



FREE

www.sflhealthandwellness.com



**WINNING THE FIGHT AGAINST
BREAST CANCER**

**PAIN RELIEF TREATMENT
FROM THE LEADERS
IN THE INDUSTRY**

**HAIR LOSS:
WHAT ARE MY OPTIONS?**

**THE SCARY TRUTH ABOUT
"INVISIBLE BALDNESS"**

**OCTOBER IS NATIONAL
AUDIOLOGY AWARENESS MONTH**



FACT:

**YOU CAN LOSE UP TO 50% OF YOUR HAIR
BEFORE YOU EVEN NOTICE.**

**BUT THE GOOD NEWS IS
THAT IT'S 100% TREATABLE,
AND CAN BE SLOWED OR EVEN
REVERSED IF DETECTED EARLY.**

Hair loss affects both men and women alike. Let Bauman Medical help you detect and treat hair loss, if necessary. No matter what degree of hair loss you have, we have a treatment option that will work for you.



HAIR RESTORATION FOR MEN AND WOMEN

SCHEDULE YOUR HAIR CHECK TODAY BY CALLING 561 948 6157

SEE BEFORE AND AFTER IMAGES AT BAUMANMEDICAL.COM

1450 S DIXIE HWY | BOCA RATON, FL 33432



ALAN J. BAUMAN, MD, ABHRS, FISHS

#1 Top Rated Hair Restoration Surgeon
—by Aesthetic Everything



MD

BEAUTY LABS
SPA AND WELLNESS CENTER

Daniela Dadurian, M.D.
Medical Director

Board Certified Anti-Aging
and Regenerative Medicine
Board certified Laser Surgery

**A LUXURY MEDSPA FEATURING THE
LATEST IN LASER TECHNOLOGIES**

- Botox / Juvederm
- Skin Tightening
- Medical Facials
- Smart Lipo
- Tattoo Removal
- Cellulite Reduction
- Weight Loss
- Toe Fungus Removal
- Skin Resurfacing
- Laser Hair Removal
- VI Peel
- Ulthera- Skin Tightening
- Pellet Hormone Therapy
- IV Vitamin Therapy
- SculpSure - Fat Melting
- Endymed
- YLift Non-surgical Facelift
- Vaginal Rejuvenation



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

320 S. Quadrille Blvd.

West Palm Beach, FL 33401

340 Royal Poinciana Way

Suite 325D, Palm Beach, FL

1000 N. Olive Avenue

West Palm Beach, FL

561-655-6325

www.mdbeautylabs.com

Bring in this ad to receive \$100 off*
your first medical service.

* Valid on purchases of \$300 or more



**It's time.
Stop Hurting...
Start Living Today.**

Resolute Pain Solutions' board certified anesthesiologists and pain care specialists use state-of-the-art procedures to relieve pain and get you moving. **We offer same day/next day appointments for:**

- Chronic back pain
- Sciatica
- Neuropathy
- Degenerative disc disease
- Arthritis pain
- Migraines
- Sports injuries
- And much more...

Stop suffering from debilitating pain, visit our website or call to set up your appointment today.

ResoluteMD.com/mag | 855.678.8403

Offices conveniently located in Boca Raton, Jupiter, Stuart, Port St. Lucie, and Okeechobee.

The team of physicians at Resolute include:

Ray Alvarez, MD
Marc Levine, MD
Daniel Battaglia, DO
Jay Kuchera, MD
Sidney Swartz, MD
Steven Stein, DO
Ian Schaja, DO
Stuart Feldman, MD

Resolute.
Pain Solutions™



The Retina Institute of Florida

Providing expert specialized care for over 25 years

- Commitment to Treatment and Diagnosis of Retina, Macula and Vitreous
- Personalized Patient Care
- Several Locations for Patient Convenience
- Advanced Treatment for Macular Disorders
- Advanced Surgical Techniques
- Affiliation with "State-of-the-Art Surgical Center"



Lauren R. Rosecan,

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

Diplomate American Board of Ophthalmology

"A center of excellence for the diagnosis and treatment of retinal, macula and vitreous diseases and disorders."

We Have Emergency Care!

(800) 445-8898

www.theretinainstituteofflorida.com

LOCATIONS

WEST PALM BEACH

901 North Flagler Drive, 33401
(561) 832-4411 Office
(561) 832-1591 Fax

PALM BEACH GARDENS

11382 Prosperity Farms Rd., #128, 33410
(561) 627-7311 Office
(561) 627-6791 Fax

STUART

618 East Ocean Blvd., #3, 34994
(772) 287-7026 Office
(772) 220-4186 Fax

BOCA RATON

1050 NW 15th Street, #114, 33486
(561) 368-7723 Office
(561) 368-0093 Fax

HEARING HAPPENS IN THE BRAIN



CONNECTIONS HAPPEN IN THE HEART

Hearing Health Seminar

October 16 • 11:30am-1:30pm

Duffy's Sports Grill • 11588 US Hwy 1 • North Palm Beach

Space is limited —
call today to RSVP!

561.536.5557

Complimentary lunch included with
RSVP. First-time attendees only.

 **Audiology & Hearing Aids**
of the Palm Beaches, Inc.

Your home for hearing healthcare

Affordable financing options available on approved credit

Topics of Discussion Will Include:

- Risk factors of hearing loss
- The relationship between untreated hearing loss and dementia
- What to look for in a hearing care professional
- The value vs. price of hearing aids
- Learn about our hearing-aid donation program

4266 Northlake Blvd • Palm Beach Gardens
HearingCareFL.com



Bio- Electric Digital Device System (DDS)

Features:

- It is painless
- Provides the benefits of acupuncture (without the needles), body massage, scraping, and cupping
- Clears the blockage of meridians
- Helps relieve pain
- Helps promote wound healing
- Helps boost the immune system
- Helps with insomnia
- Helps anti-aging
- Helps to improve blood circulation
- Helps minimize fatigue
- Activates nerve and muscle tissue
- Regulates the digestive system
- Anti-inflammatory effect

Schedule
Your
FREE
CONSULTATION



Gina Meng, A.P., D.O.M.

561-656-0717

4060 PGA Blvd., Suite 202
Palm Beach Gardens



Meng's Acupuncture Medical Center
Over 18 years of experience as a doctor of Chinese medicine

**Invest In Yourself,
Invest In Your Health**
www.mengsacupuncture.com

Most Major
Insurance Accepted,
Workman's Comp

acupuncturecenterpalmbeach.com

6 Pain Relief Treatment
From the Leaders in the Industry

8 The Scary Truth About
"Invisible Baldness"

10 Does Sagging Skin
Have You Down?

11 Winning the Fight Against
Breast Cancer

12 Hair Loss:
What Are My Options?

13 October is National
Audiology Awareness Month

14 Bio-Electric DDS:
A Total Health Balancer with
Remarkable Results

15 Laser Periodontal Therapy:
Saving Your Teeth Without
Traditional Surgery

16 New Mapping Technology
Pinpoints Brain Deficits

18 What Is
Macular Telangiectasia?

19 Knee Pain
Doesn't Mean You Need Surgery –
Alternative Therapy Approved by
the FDA for Knee Arthritis Relief

21 Navigating the
Medicare Puzzle

22 Revolutionary New Treatment
for Erectile Dysfunction and
Peyronie's Disease

24 How to Stay Healthy
While Flying

25 Your Jaw Pain
May Be in Your Neck

26 Rolling with the Changes

28 Sciatica, Bulging Discs,
Herniated Discs and Arthritis –
What's the ONE THING they All
Have in Common?

30 Understanding Dry Eye
and Blepharitis

31 Spiritual Wellness: Selfie



Thorough hair and scalp analysis

Invigorating scalp therapy treatments

Ultra-lux European hair extensions

Non-surgical, state of the art hair replacements

The Salon

at 

1501 Northpoint Parkway,
Suite 100 West Palm Beach, FL 33407
Phone: 561-253-3007
Email: salon@newimagingelabs.com
 <https://www.facebook.com/thesalonatnewimage/>

SCHEDULE AN APPOINTMENT TODAY FOR A COMPLIMENTARY HAIR & SCALP ANALYSIS.

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com



South Florida's Health & Wellness Magazine can be found in over 1,800 South Florida medical facilities including, hospitals, doctors, chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2018. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



Joanne Foley Insurance

Independent Senior Health Insurance Representative



1080 E. Indiantown Rd. Suite 106B
Jupiter, FL 33477
(845) 494-3414
joannefoleygross@gmail.com
JoanneFoleyInsurance.com



PALM BEACH CENTER for PERIODONTICS & IMPLANT DENTISTRY, P.A.

- Implants • Laser Therapy
 - Tissue Grafting
 - Bone Regeneration
 - IV & Oral Sedation
 - 3D CT Scans



Lec R. Cohen, D.D.S., M.S., M.S.
Dual Board Certified, Periodontics and Implant Dentistry
NYU, Emory and University of Florida Trained
Clinical Associate Professor, Shands Hospital (UF)
State Certified, IV & Oral Sedation
LANAP (Laser Periodontal Therapy) Certified
Past President, Florida Association of Periodontists

561-691-0020
4520 Donald Ross Road, Suite 110
Palm Beach Gardens, FL 33418
www.pbcperio.com



Pain Relief Treatment From the Leaders in the Industry



Treating the underlying cause of acute pain and chronic discomfort is essential. Having a comprehensive evaluation to define your level of nerve damage, inflammation, and degenerative disease are critical steps to improving your outcome. An experienced physician will walk you through the best treatment options available depending on your specific circumstances after they determine and streamline your underlying diagnosis.

When pain persists from an illness or accident, it can disrupt the flow of your life. But the good news is there are more ways than ever to effectively deal with your pain: diagnose it, ease it, control it, or end it. This is what Resolute Pain Solutions does for countless patients. They specialize in advanced therapies, innovative modalities and multidisciplinary strategies to customize a

comprehensive care plan individually tailored just for you. They practice appropriate and responsible use of pain management medication for patients needing that type of therapy. And they do it all from a 360° holistic care perspective, addressing not only the physical manifestations of pain but also the emotional and psychological toll chronic pain often produces.

Resolute Pain Solutions Treatment Options and Therapies

- BOTOX Therapeutic Injections
- Caudal Epidural Injections
- Celiac Plexus Blocks
- Cervical Epidural Injections
- Epidural Steroid Injections
- Facet Blocks
- Facet Joint Injections
- Intercostal Nerve Blocks
- Lumbar Sympathetic Blocks
- Major Joint Injections
- Medical Management of Pain
- Occipital Nerve Blocks
- Peripheral Nerve Blocks
- Platelet Rich Plasma Therapy
- Regenerative Stem Cell Therapy
- Rhizotomy
- Sacro-iliac Joint Blocks
- Spinal Cord Stimulator
- Stellate Ganglion Block
- Sympathetic Nerve Block
- Thoracic Epidural Nerve Blocks
- Transforaminal Epidural Injection
- Trigger Point Injections

What sets Resolute apart from other pain management providers? Many things do. Most notably, their depth of knowledge in the field of chronic pain and the professional collaboration that comes from being part of a larger family of pain mitigation experts: Resolute Anesthesia and Pain Solutions. The collective skill set they bring to your care, the proven experience behind it, the access to state-of-the-art tools, technologies and modern resources, their commitment to excellence, and their genuine culture of compassion — these all culminate in a level of pain care unprecedented in scope and leadership.

Resolute physicians are anesthesiologists and are field-proven and board-certified by the American Board of Pain Medicine, the American Academy of Pain Management, the American Board of Interventional Pain Physicians, and the American



Board of Anesthesiology. Possessing decades of hands-on practice experience across an extensive range of pathologies and modalities, their pain care physicians are supported each day by a highly skilled ancillary clinical team. Together, creating the pain care solution you need is their number one priority.

Resolute Physicians

Ray Alvarez, MD	Sidney Swartz, MD
Marc Levine, MD	Steven Stein, DO
Daniel Battaglia, DO	Ian Schaja, DO
Jay Kuchera, MD	Stuart Feldman, MD

The objective is simple: to control, alleviate or end your pain and to help you regain your quality of life. They are deeply committed, in all they do, to delivering clinical excellence. Every day, their focus is on enhancing patient experiences and improving care outcomes. In this singular mission, as their name implies, they remain—Resolute.

“
The objective is simple:
to control, alleviate or
end your pain and to
help you regain your
quality of life.

”
To find out more about how they can help you rise above the pain, call Resolute Pain Solutions at **855-678-8403** or visit us online at **ResolutePainMD.com**

Resolute.
Pain Solutions™

ResolutePainMD.com
855-678-8403



THE SCARY TRUTH ABOUT “INVISIBLE BALDNESS”

One of the scariest aspects of hair loss is that the process is often well underway before you can see it in the mirror. “Invisible baldness” is essentially the initial stage of a chronic hair loss condition such as androgenetic alopecia that is especially difficult to spot with the naked eye. Scientific research confirms that it generally takes about 50% of the hair to be gone before baldness or lack of coverage becomes visibly detectable (e.g., receded hairline, widening part, thinning on top, etc.). In general, hair loss is a chronic, progressive condition that gets worse over time without treatment – making it essential for men and women to learn their risk and take a proactive approach to managing and treating their hair loss.

Some of the factors that determine visible scalp coverage and perceived volume of hair include:

- Density: The number of hair fibers per area of the scalp
- Diameter: The thickness of each hair fiber
- Length: The length of each strand of hair

A CLOSER LOOK AT “INVISIBLE BALDNESS”

A common mistake when detecting hair loss is to rely on the “mirror test” before taking action. Relying on this type of visual confirmation puts patients at a disadvantage because, as noted above, by the time hair loss is noticeably visible, half of the follicles could already be gone.

We often hear from patients, “I’m finding a lot of hair on my pillow, or “lately there has been more hair than usual in the drain,” but in many cases, the hair loss simply seems to come out of nowhere. But the reality is, in these cases, the hair loss process has been underway for some time, without them knowing. These initial changes in hair volume and density are so gradual that they may only be detectable with the help of a microscope or other scientific tool like a HairCheck trichometer. For these patients, their hair loss appears to be quite sudden because it does not become noticeable to the untrained eye until the hair density dips below a certain threshold.

For these reasons, it is important to schedule a visit with a qualified Hair Restoration Physician when these symptoms are first observed. He or she will be able to run the proper diagnostic tests to determine the true cause of your hair loss, and what types of treatments might be needed. These tools make it possible to detect hair loss in its earliest stages, and in some cases, before it even begins. Hair restoration physician can also run tests that will help predict the likelihood of future hair loss.

EFFECTIVE HAIR LOSS

EVALUATION TOOLS INCLUDE:

- **Genetic Tests** – A new genetic test by HairDX can accurately determine a person’s risk for losing their hair, so they can begin preventive treatments early. The analysis uses a simple cheek swab and can determine the genetic risk of developing male and female pattern hair loss.

- **Hair Density Measurements** – The HairCheck® device is a highly sensitive hand-held ‘trichometer,’ which measures hair caliber and hair density together, and expresses them as a single number known as the Hair Mass Index (HMI). Hair restoration physicians and Bauman Certified HairCoaches routinely use this scientific measurement to accurately assess percentages of hair loss, growth and breakage on any area of the scalp. Not just diagnostic at the time of initial evaluation, this information also helps monitor and track the efficacy of any treatment regimen.



Hair Density Measurements with HairCheck

- **Scalp Exam** – Newly developed “Scalp Makeover” evaluations are highly effective at determining if an underlying problem with the scalp may be the root cause of a hair disorder. Patients are evaluated with non-invasive, pain-free skin diagnostic tests that check and measure the scalp’s pH, sebum and hydration levels to determine any imbalance. Scalp testing is available for both men and women.

- **HairCam™ Microscopy** – Specialized hand-held scalp microscopes with special dual-polarized LED lighting can detect miniaturized hairs vs. areas of depleted density as well as help diagnose rare hair loss conditions and other scalp problems.

The biggest takeaway should be that early intervention is the key to preventing and managing hair loss. Once you understand the cause of your hair loss, you need to determine the best way to stop losing more hair, enhance the hair you have and restore the hair you’ve lost. For most patients, this means using a combination, or ‘multi-therapy,’ approach: non-invasive treatments to protect the hair you have and hair transplantation to restore the hair you’ve lost. Some patients might accomplish their goals using only non-invasive treatments.

If you are interested in learning more about diagnosing “invisible baldness,” or would like to schedule a in-person or virtual consultation, visit www.baumanmedical.com or call 1-877-BAUMAN-9 or 561-394-0024.

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

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



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

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

Hair Loss Study Candidates Needed!

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

If you are interested in being added to our database, please visit www.844GETHAIR.COM



BAUMAN™
MEDICAL

**Hair Restoration
for Men and Women**
www.BaumanMedical.com
(561) 948-6157



Dr. Alan J. Bauman, MD, ABHRS

Does Sagging Skin Have You Down



We can all relate to looking in the mirror, turning our head from side to side and using our fingers to pull that skin along our jawline up and back. Instantly our face looks better and we think “just this little change makes me look so much younger!” We want a natural, refreshed look and we want that youthful change to happen quickly, easily and safely without surgery.

One of the hottest trends in body smoothing and lifting are PDO Threads. PDO (polydioxanone) is a safe biocompatible, biodegradable synthetic fiber that has been used in surgery for more than 40 years. 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.

Which body areas can be treated? Jowls, nasolabials, marionette lines, brows, tear trough, vertical lip lines. Other 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 aging, 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.

PDO Threads will give you a smoother, firmer and more lifted reflection that you want to see in the mirror. This is an exciting new procedure that has gained great popularity in Europe & Asia as a non-surgical “lifting” technique.

The best way to discover if you or someone you know would benefit from a PDO 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 and 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.



**Complimentary Consultation / Gift Cards
Financing Available**

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discount fee, or reduced fee service, examination or treatment.

320 S. Quadrille Blvd., WPB
West Palm Beach, FI
561-655-6325

340 Royal Poinciana Way, Suite 325D
Palm Beach, FI
561-797-9090

1000 N. Olive Avenue,
West Palm Beach, FI
561-223-2707
mdbeautylabs.com

WINNING THE FIGHT AGAINST BREAST CANCER

Regardless of age, race or family history, all women – and about 1 percent of men – have some level of risk for breast cancer. Primary risk factors include age and gender, along with a number of other factors such as obesity and alcohol use, which can be moderated through healthy lifestyle choices.

Can Breast Cancer Be Inherited?

Certain types of breast cancer do seem to run in some families; however, it is important to note that what is inherited is the abnormal (mutated) gene that could lead to breast cancer, not the cancer itself. The most common genetic risk factors for breast cancer are in women who have a mutation to the BRCA1 and BRCA2 genes. Women with this inherited gene mutation have up to an 80 percent chance of developing breast cancer during their lifetimes. If you have a close relative (mother, sister, daughter, etc.) with breast cancer, you should speak with your doctor about genetic testing.

Early Detection

Identifying any type of cancer at an early stage before it has spread extensively (metastasis) provides a much better outcome for patients. Florida Cancer Specialists' physicians concur with the American Cancer Society's recommendation that women over 40 with no family history of breast cancer should get a mammogram once a year; for women under 40, a clinical breast exam is recommended at least once every three years. In addition, monthly breast self-examinations can be an effective way of discovering any changes in the normal look and feel of the breasts.

New Findings Offer Guidelines for Chemotherapy

Today, there are many types of effective treatments for breast cancer including surgery, chemotherapy, radiation and hormone therapy, to list a few. Results of a recent study released in June 2018 confirmed with better accuracy which patients will benefit from chemotherapy and which will not. It is now estimated that, because of this new understanding, about 70,000 breast cancer patients can safely skip chemotherapy. The study was recently published in the *New England Journal of Medicine (NEJM)* and, according to its findings, almost 70 percent of women with early stage



breast cancer and an intermediate risk of recurrence can now safely skip chemotherapy after their tumors have been surgically removed.

Over 10,000 patients in the clinical study received a genomic test that estimates the individual risk that cancer will recur. Known as gene expression testing, this assessment helps determine which breast cancer patients are most likely to benefit from chemotherapy following breast surgery.

Those with a high-risk score (above 25) were advised to have chemotherapy and hormone therapy, which is standard treatment; those with a low-risk score (0 to 10) would still need hormone therapy, but could forego chemotherapy and avoid its sometimes harsh side effects.

Prior to this study, the group of patients with test results in the intermediate risk range (between 11 to 25) did not have a clear course of action with regard to chemotherapy; however, the results of the study found that, within the intermediate-risk group, all women over 50 whose tumors responded to hormone therapy and tested negative for the HER2 gene had no significant benefit by adding chemotherapy and could safely skip it. Chemotherapy did offer some benefit for those 50 and younger who had a recurrence score between 16 and 25.

Florida Cancer Specialists is proud to have participated in this study. Its findings provide more certainty about which patients in the intermediate-risk group need chemotherapy and which do not. This is just one example of the incredible benefit that clinical research brings to both current and future cancer patients.

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.



World-Class Medicine. Hometown Care.

Atlantis/JFK

5507 South Congress Ave
Suite 130
Atlantis, FL 33462

Palm Beach Gardens

3401 PGA Blvd
Suite 200
Palm Beach Gardens, FL 33410

Wellington North

1037 S State Road 7
Suite 303
Wellington, FL 33414-6140

West Palm Beach

1309 North Flagler Drive
West Palm Beach, FL 33401

For more information, visit FLCancer.com

HAIR LOSS: WHAT ARE MY OPTIONS?

Whether it's because of stress, genetics, hormones, chemotherapy, alopecia, etc., hair loss can seem like the end of the world for many. Humans have around 100,000 hair follicles and usually shed about 60-100 hairs per day. If you're experiencing hair loss beyond the norm, check out the following solutions that are available to you whether you're at the beginning stages of hair loss or experiencing total hair loss.



SCALP TREATMENTS – The first sign of hair loss is gradual thinning of the follicles along the hairline. For men, it's often a receding hairline that begins at the temples. For women, it's common to see a wider part where the hair has become thinner. An invigorating scalp treatment using a stimulating scrubber and deep cleansing products helps to strengthen the hair root for healthier & stronger hair growth.

HAIR EXTENSIONS – When your hair loss has gone to the next level, where there's a dramatic change in hair thickness and fullness, then it's time to transition from scalp treatments to hair extensions that will provide a naturally thicker appearance. For those with thinner hair, it's best to do individual keratin tip extensions with a cold fusion machine to avoid further damage or hair loss. Look for 100% human hair that's double drawn to get the best out of your extensions.

NON-SURGICAL HAIR REPLACEMENT – Now, when you've gotten to the point where you're experiencing total hair loss, then your best bet would be to try a non-surgical hair replacement system. These uniquely designed hair effects will provide you with a natural looking, full head of hair that fits your individual style. With different bonding methods and attachment styles, you'll be confident that your specific needs will be accommodated.

It's natural to see strands of hair stuck in your brush or at the drain of your shower, but when it becomes excessive, clumps of hair falling out at once, then it's time to get it checked out or fixed. The cause for your hair loss may be because of genetics or stress, diseases or vitamin deficiency, maybe even over-styling, and the devastation of losing your hair can affect your lifestyle in more ways than one. Once you've discovered the root of the problem, then you can use one of

the techniques we mentioned above to fix it. Whether it's minor hair loss or total hair loss, there is always a solution.

Learn more about our non-surgical hair replacement solutions by visiting [Facebook.com/thesalonatnewimage/](https://www.facebook.com/thesalonatnewimage/) or call 561-253-3007

The
Salon
at 

1501 Northpoint Parkway,
Suite 100 West Palm Beach, FL 33407
Phone: 561-253-3007
Email: salon@newimagelabs.com

 <https://www.facebook.com/thesalonatnewimage/>

OCTOBER IS NATIONAL AUDIOLOGY AWARENESS MONTH

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

OVER 36 MILLION AMERICAN ADULTS HAVE SOME DEGREE OF HEARING LOSS. THAT IS OVER 4 TIMES THE AMOUNT OF PEOPLE WHO LIVE IN NEW YORK CITY.



The statistics are shocking and even more so knowing that over half of those 36 million Americans are **under the age of 65**. Hearing loss is an increasing health concern in the USA. Make an appointment with an audiologist this October during **National Audiology Awareness Month**.

“Hearing loss can be caused by exposure to loud noises, family history of hearing loss, trauma, or ear disease; harm to the inner ear, illness and deterioration due to the normal aging process,” explains Dr. Luzon Coveney. The amount of noise Americans are exposed to today plays an important role in the recent increase of hearing loss across the nation. It is no longer just a health concern for seniors.

Some tell signs of hearing problems are:

- Trouble hearing conversation in a noisy environment such as restaurants
- Difficulty following along in group conversations
- Asking friends or family members to repeat their words
- Increasing the volume on the television and the sound still not being clear
- Difficulty or inability to hear people talking to you without looking at them
- Withdrawal/isolation from social gatherings
- Difficulty hearing in the workplace

If you think you may have a hearing loss, you need to see a Doctor of Audiology. A hearing evaluation will determine the degree of hearing loss you have and what can be done. Although most hearing loss is permanent, an audiologist can determine the best treatment plan for each patient’s listening needs and lifestyle.

In celebration of Audiology Awareness Month, Audiology & Hearing Aids of the Palm Beaches is having a **Hearing Health Seminar on October 16th from 11:30am-1:30pm** at Duffy’s Sports Grill in North Palm Beach.

Topics of discussion include:

- Risk factors of hearing loss
- The relationship between untreated hearing loss and dementia
- What is tinnitus?
- What to look for in a hearing care professional
- The truth about the cost of hearing aids-value vs. price

Space is limited for this event and attendees should RSVP before 10/12 by calling **561-627-3552**. Complimentary lunch is included, first time attendees only.

About Audiology and Hearing Aids of the Palm Beaches

Being the only “Audigy Certified” Audiology practice in the Palm Beach County area requires us to keep the highest standards of care in the nation with the highest level of credentialing in America. Dr. Luzon is a Board Certified Doctor of Audiology, and keeps current on changes in the hearing care industry. We take great pride in our unsurpassed patient care standards and take a personalized concierge approach to hearing care.

We at Audiology & Hearing Aids of the Palm Beaches offer at **No Extra Charge:**

- 75 day retraining periods
- 3 year repair warranties
- 3 year loss and damage protection
- 3 years of office visits and service
- Free batteries for the life of their devices
- A home for your 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.

561. 627. 3552

4266 Northlake Blvd,
Palm Beach Gardens, FL 33410

HearingCareFL.com



Audiology & Hearing Aids

of the Palm Beaches, Inc.
Your home for hearing healthcare

Bio-Electric DDS: A Total Health Balancer with Remarkable Results

Would you like to look better, feel younger, recover faster, alleviate chronic pain, have less fatigue, regulate your immune system, and increase your bodies Qi (energy flow)? There is a relatively new procedure that is a combination of pain relief, needle-free acupuncture, massage, lymphatic drainage, PH balance, and anti-aging benefits. This FDA approved Device was introduced in Southeast Asia but is now permitted in Europe and the United States for patient care.



This device, called Bio-Electric DDS, delivers precise doses of bio-electric current through electrodes that are placed on the skin in combination with herbal, organic serums to penetrate the skin muscles and organs.

BIO-ELECTRIC DDS' SCIENCE

Bio-Electric DDS (Digital Device System) is a perfect combination of Chinese Traditional Medical Theory and modern bio-electricity principles. The DDS machine is being used to implement traditional Chinese medicine and energize meridians within the body. Bio-Electric DDS is a drug-free therapy option for people in pain by prompting the body to produce endorphins to help relieve pain. It is a safe and reliable alternative for acupuncture, cupping therapy, therapeutic massage, etc. By applying a bio-electric field in conjunction with a specially formulated alkaline cream, the patients own body bio-electricity is enhanced. Bio-Electric DDS technology also aids in regulating the body's acid-base balance.

ONE DDS TREATMENT EQUALS:

- Same benefits of 10 whole body acupuncture treatments
- 45 lymph drainage treatments
- 6 hours of tuina body massage
- Running 3.7 miles and excess fat depletion
- 3x increase in your whole body fluid supply
- 3 hours of increased oxygen supply (ie oxygen bars)
- 50x oxygen opening the chest exercise (open the lungs, enhance breathing)
- 36,000 x enhanced movement of the cells
- Depletes 4.1 grams of internal toxins

BIO-ELECTRIC DDS THERAPY FEATURES:

- It is painless
- Provides the benefits of acupuncture (without the needles), body massage, scraping, and cupping
- Clears the blockage of meridians
- Helps relieve pain
- Helps promote wound healing
- Helps boost the immune system
- Helps with insomnia
- Helps anti-aging
- Helps to improve blood circulation
- Helps minimize fatigue
- Activates nerve and muscle tissue
- Regulates the digestive system
- Anti inflammatory effect



For over 20 years, Dr. Yanhong Meng has been practicing acupuncture and anitaging. 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 alleviate pain, look younger, and increase your energy and health, please call **Meng's Acupuncture Medical Center** today at **(561) 656-0717**.

**LOSE WEIGHT, REDUCE STRESS,
ACHIEVE OPTIMUM HEALTH**

Call Today for Details and Schedule Your **FREE**
Consultation Appointment
561-656-0717

Meng's Acupuncture Medical Center
Gardens Cosmetic Surgery Center Bldg.
4060 PGA Boulevard, Suite 202
Palm Beach Gardens, Florida 33410
Phone: **(561) 656-0717**
Toll-Free: **(877) 307-0005**

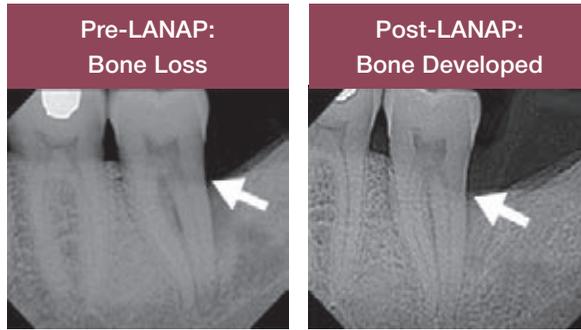
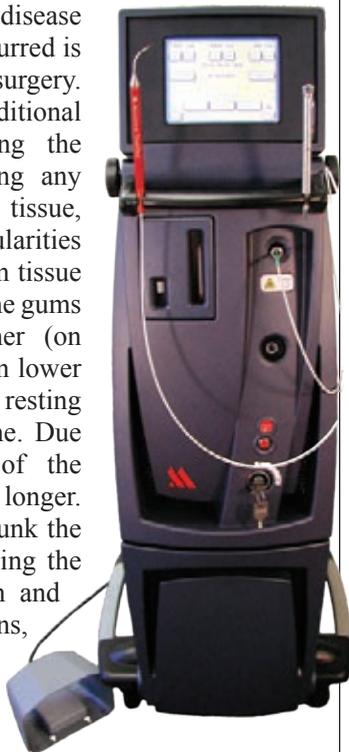
Laser Periodontal Therapy: Saving Your Teeth Without Traditional Surgery

One of the most common diseases we face in our lifetime is periodontal disease. This typically painless disease involves infection and loss of the supporting gum and bone around our teeth. As the gum tissues become inflamed and bone is lost, the chances of losing our teeth increases considerably.

Many of us routinely see our dentist and hygienist on a regular basis. At these appointments, measurements to evaluate our gum “pockets” are recorded. The numbers we hear our hygienist calling out represent how inflamed our gum tissue is and how much bone has been lost around our teeth. In cases where the depths below the gum line are significantly deep (more than 4mm usually), the hygienist can no longer reach the bottom of the “pocket” therefore leaving the potentially dangerous bacteria undisturbed. Such situations typically require more advanced treatment. The goal of any periodontal therapy where bone is being lost is to arrest the disease, slow the progression of the bone loss and try to maintain one’s teeth for years to come. Today we have two primary advanced treatments for periodontal disease.

TRADITIONAL PERIODONTAL SURGERY:

One of the best tools we have to combat periodontal disease where bone loss has occurred is traditional periodontal surgery. Our efforts with traditional surgery include opening the diseased areas, removing any tartar and infected tissue, adjusting any bone irregularities and then closing the gum tissue with sutures. Typically the gums are placed either higher (on upper teeth) or lower (on lower teeth) so that they are resting near the underlying bone. Due to this repositioning of the gums, teeth usually look longer. Ultimately, we have shrunk the deep “pocket” by reducing the space between the gum and bone. In some situations, we are able to add bone graft material in an effort to grow some of the lost bone back.



LASER PERIODONTAL THERAPY (LANAP®): The simplest comparison would be how LASIK revolutionized eye surgery. Laser Assisted New Attachment Procedure (LANAP) is the only FDA approved laser protocol that has been shown to successfully treat periodontal disease while regenerating new gum and bone. LANAP requires NO INCISIONS and therefore NO SUTURES. Due to this fact, post-operative swelling and recovery are almost non-existent.

The goal of LANAP is exactly the same as traditional periodontal surgery, but the approach is completely different. In this procedure, a specialized laser (only one laser and protocol have been approved for this patented procedure) is used to vaporize the diseased tissue. The wavelength of the laser is only attracted to the dark, diseased gums and leaves the healthy tissue virtually undisturbed.

Once this unhealthy tissue is vaporized, the entire area is cleaned and tartar deposits removed. In the small space between the gum and tooth tiny clots are formed that help stimulate the growth and development of new, healthy gum and bone tissue. As the gum reattaches to the tooth (almost like zipping a zipper between the gum and tooth) the deep “pocket” decreases in size. Therefore, in the case of LANAP, the teeth typically do not look any longer when the procedure is completed. Additionally, minimal to no post-treatment swelling or discomfort is typically seen.

TREATMENT COMPARISON:

Research has shown that 5 years after treatment there is no statistical difference between the results of traditional surgery or LANAP. It is important to understand that not everyone is a good candidate for LANAP and that both traditional and laser therapy cannot guarantee success. It is clear that many patients are aware that they have these painless, deep “pockets” but opt not to treat their disease due to the potential issues associated with surgery. LANAP offers patients a chance to help keep their teeth and treat their disease without having to undergo traditional surgery.

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.



**PALM BEACH CENTER
PERIODONTICS &
IMPLANT DENTISTRY, P.A.**

www.PBCPERIO.com

561-691-0020

New Mapping Technology Pinpoints Brain Deficits

New technology helps identify where the brain isn't functioning well

By Michael Cohen, Director and Chief of Neurotechnology



Fifty years ago when neurofeedback was in its infancy, brain mapping did not exist. Serious practitioners got pretty good at identifying what areas were playing a role in conditions such as ADHD, sleep, anxiety and learning challenges. However, when EEG brain mapping (known as a qEEG) came along, it became possible to more precisely administer neurofeedback training.

Today, with the help of brain maps, neurofeedback practitioners are able to see *which areas of the brain aren't working* the way they should. This information helps create more targeted training to address the types of brain issues that can benefit from neurofeedback.

In a nutshell, sophisticated qEEG brain mapping helps reveal *what's going on* inside your brain.

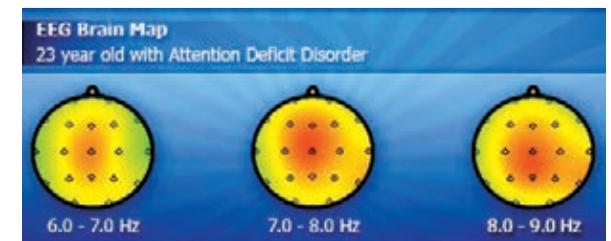
What is neurofeedback?

Neurofeedback is biofeedback for the brain. It uses modern computer technology to regulate and stabilize the brain to improve cognitive function, attention, mood, anxiety, sleep, and behavior. This is accomplished without the use of medication.

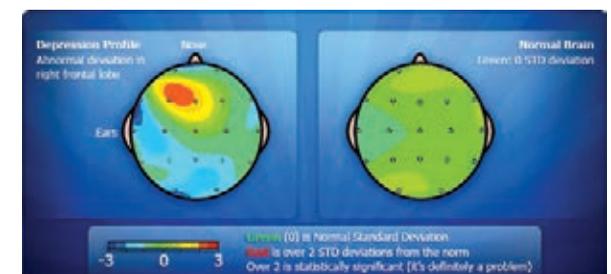
I have been using brain mapping technology at Center for Brain to create *targeted brain training protocols* since 2001. Over the years our center's technology has evolved, along with the science, to the benefit of our clients.

Seeing a brain map might help you understand it, so here are two examples:

The first shows the brain of a 23-year-old man who had trouble listening and paying attention. He also disliked reading. The red in the middle of the images below from his brain map indicated he had excessive amounts of slow activity (6-9 Hz). Excessive slow activity interferes with attention and is a common pattern for ADHD. It's also often associated with people who dislike reading because they have trouble paying attention to the content. We trained this client to reduce his excessive amounts of slow activity, and his attention and ability to read improved.



The images below are from two people. The map on the left shows the brain of a person with a long history of depression. The orange and yellow areas indicate an excess of slow brainwave activity typical of someone with depression. The picture on the right displays a normal brain.



The above examples make it easy to see how this type of very specific information can be a powerful tool for designing a pinpoint-accurate neurofeedback training protocol.

Personal stories

Here are two stories of clients of ours which illustrate the value of a brain map:

The boy who didn't have ADD after all

The parents of an 11-year-old client of ours spent five years trying to find out what was wrong with their son. He experienced both academic and social problems. He was tested three times over the years by multiple specialists and M.D.'s., resulting in uncertain diagnoses and only one treatment option: stimulant medication.

Once we conducted a brain map and added the results to other testing data, the diagnosis of Asperger's syndrome became clear. His map also indicated that stimulant medication should not be used, despite what the doctors had all prescribed for him.

The bottom line: Once we knew what the problem was, we were able to target it appropriately, and he began doing much better academically and socially.

The anxious man who didn't have an anxiety disorder

A man we treated was plagued with anxiety for most of his life. Anti-anxiety medications did not help, and his quality of life suffered greatly.

A brain map revealed that his brain had sensory integration problems. These caused him to become overwhelmed by things in his environment (appearing as anxiety) like normal social settings – something that wouldn't cause undue distress in most people. He also became anxious and overloaded if he had too many things to deal with at one time.

Neurofeedback helped improve the sensory integration function in his brain, and his anxiety subsided. He reported feeling far less anxiety than he had in years, relief he had never experienced with medications.

Wrong treatments

Both people in the above cases had been treated for years for something they didn't have and given medications they probably didn't need. Why? Because no one looked at their brain function for the cause of their symptoms. A qEEG brain map can pinpoint brain patterns associated with the symptoms and help identify the appropriate neurofeedback training.

Why go to Center for Brain for a brain map?

Despite brain mapping's importance, not every neurofeedback practice offers it. Conducting a brain map requires special equipment as well as technical know-how and skill. Additionally, it takes a great deal of experience to interpret the findings and to be able to custom-design protocols for each client using those findings.

Learn more about brain mapping and how neurofeedback helps anxiety, ADHD and other conditions without medications at our free seminar:

Wednesday, October 17 6-7:15 p.m.

Call our office or visit our website for details.

It's also important to note that not all qEEG services are alike. There are less sophisticated maps available for less experienced practitioners. These do not provide the extensive type of information that Center for Brain's four types of qEEGs provide.

And finally, not everyone offering qEEG services has the depth of qEEG experience and understanding that Center for Brain offers. *It's important to investigate the level of a practitioner's experience before having a brain map.*



Do we recommend a brain map for everyone?

No. Some people's situation doesn't warrant the cost of a map, which can run from \$295 to \$695. Certain kinds of common issues such as insomnia may respond so quickly to neurofeedback without hyper-targeted protocols that doing a map doesn't make sense.

That being said, we conduct maps on about 80% of our clients because the information we gain from it can greatly enhance the speed and effectiveness of their training.

However, we never require anyone to have a map in order to receive our services.

Are you wondering why your healthcare professional hasn't conducted a brain map or recommended one for you?

Most psychiatrists and mental health professionals don't utilize brain mapping because it's not part of their conventional tools. Conducting a qEEG involves a huge learning

curve and is very technical. They also may not know enough about brain mapping to feel comfortable recommending it.

Free consultation

If you're interested in knowing whether a qEEG brain map might be right for you, contact our office for a free consultation with me.

"The brain has an enormous capacity to repair itself. We can help that happen. Brain mapping is a key tool." – Mike Cohen

About Center for Brain

Center for Brain is staffed by a team of compassionate professionals whose mission is to enhance the lives of people suffering from a variety of conditions that can be significantly improved with the help of neurofeedback and other brain technologies.



Michael Cohen,
Director and Chief of
Neurotechnology

Mike is one of the leading experts in brain biofeedback. For more than 20 years he has helped children and adults feel better who suffer with a wide range of problems including ADHD, anxiety, insomnia, and learning and processing issues. He has taught neurofeedback to over 2,500 healthcare professionals, including medical doctors, all over the U.S. and the world.



550 Heritage Drive, Suite 140
Jupiter, FL 33458
561.744.7616
www.CenterforBrain.com



What Is Macular Telangiectasia?

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

MACULAR TELANGIECTASIA (MacTel) is a disease affecting the macula, causing loss of central vision. MacTel develops when there are problems with the tiny blood vessels around the fovea.

There are two types of MacTel, and each affects the blood vessels differently.

TYPE 1 MACTEL

In Type 1 MacTel, the blood vessels become dilated. This forms tiny aneurysms, causing swelling and damaging macular cells. The disease almost always occurs in one eye, which differentiates it from Type 2.

TYPE 2 MACTEL

The most common form is Type 2 MacTel. The tiny blood vessels around the fovea leak, become dilated (widen), or both. In some cases, new blood vessels form under the retina and they can also break or leak. Fluid from leaking blood vessels causes the macula to swell or thicken. This is a condition called macular edema, which affects your central vision. Also, scar tissue can sometimes form over the macula and the fovea, causing loss of detail vision. Type 2 affects both eyes but not necessarily with the same severity.

MACULAR TELANGIECTASIA SYMPTOMS

In the early stages, people with MacTel will have no symptoms.

As the disease progresses, you may have blurring, distorted vision, and loss of central vision. You may need brighter light to read or perform other functions. Loss of central vision progresses over a period of 10 – 20 years. Macular telangiectasia does not affect side vision and does not usually cause total blindness.

Because MacTel has no early symptoms, it is important to get regular eye exams. This allows your ophthalmologist to detect any macular problems as early as possible.

WHO IS AT RISK FOR MACULAR TELANGIECTASIA?

Type 2 MacTel happens most often in middle-aged adults. Both men and women are equally affected. If you have diabetes or hypertension, you may be at increased risk. The disease seems to run in some families, so there may be a genetic predisposition. This is not yet completely understood. In most cases, there is no known cause for the disease if found.

Type 1 MacTel is associated with Coat's disease. This is a rare eye disorder present from birth, and is found almost entirely in males. Type 1 MacTel is usually diagnosed around age 40.

MACULAR TELANGIECTASIA DIAGNOSIS

Your ophthalmologist may find small, fine crystals in the center of your macula. This is a sign of macular telangiectasia.

First, your eye doctor will perform a thorough assessment of your vision. This will include testing with an Amsler grid to detect any wavy or dark areas in your central vision. The doctor will then dilate (widen) your pupils using eye drops. They will examine your eyes with an ophthalmoscope. This device allows him or her to see the retina and other areas at the back of the eye.

If your ophthalmologist suspects you have MacTel, he or she usually will take special photographs of your eye. The doctor will take them using optical coherence tomography (OCT) and fluorescein angiography (FA).

OCT scanning uses light waves to make images of the underlying structure of the retina. These images show the thickness of the retina. They can help your ophthalmologist detect swelling and abnormal blood vessels.

During FA, a vegetable-based dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. FA captures images of your retinal blood vessels as the dye passes through them. The dye highlights abnormal areas. Fluorescein angiography is often repeated occasionally, especially if vision is worsening.

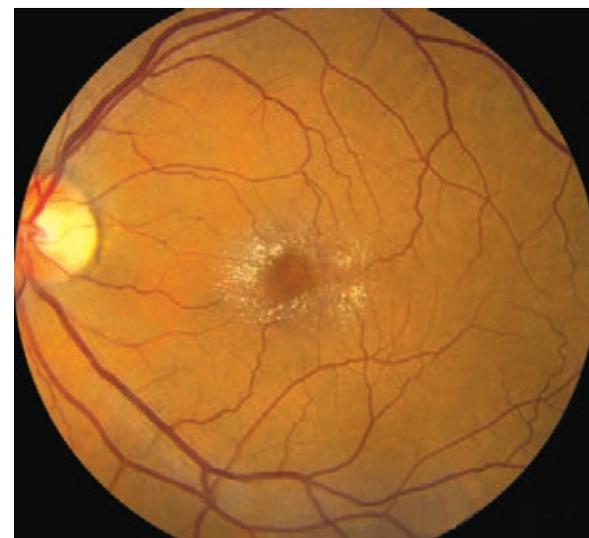
MACULAR TELANGIECTASIA TREATMENT

Over the years, researchers have studied many MacTel treatments. None have proven to significantly improve vision. Since the disease has a relatively good prognosis, most patients may not need treatment.

In certain cases, laser treatments may help seal leaking vessels. This treatment is less preferred because of potential harmful secondary effects. In other instances, ophthalmologists may treat MacTel with injections of steroids or other medicines.

One serious complication of MacTel is the growth of abnormal blood vessels under the retina. This is called choroidal neovascularization. Injections of a drug called vascular endothelial growth factor inhibitors (anti-VEGF) may help.

Anti-VEGF medicine targets a chemical in your eye that causes abnormal blood vessels to grow under the retina. That chemical is called vascular endothelial growth factor,



or VEGF. These injections reduce the growth of abnormal blood vessels, slow leakage, and help reduce swelling. In some cases, this treatment may even improve your vision.

Unfortunately, sometimes treatment does not appear to offer much benefit. Clinical studies are underway to better understand the disease and identify potential useful treatments.

Low vision aids can help people with MacTel make the most of their remaining 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.

Toll Free Phone Number:

1-800-445-8898 561-832-4411

West Palm Beach 901 North Flagler Drive, 33401.
(561) 832-4411 Office. (561) 832-1591 Fax

Palm Beach Gardens

11382 Prosperity Farms Rd., #128, 33410.
(561) 627-7311 Office. (561) 627-6791 Fax

Stuart 618 East Ocean Blvd., #3, 34994.
(772) 287-7026 Office. (772) 220-4186 Fax

Boca Raton 1050 NW 15th Street, #114, 33486.
(561) 368-7723 Office. (561) 368-0093 Fax

KNEE PAIN

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

DO 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.

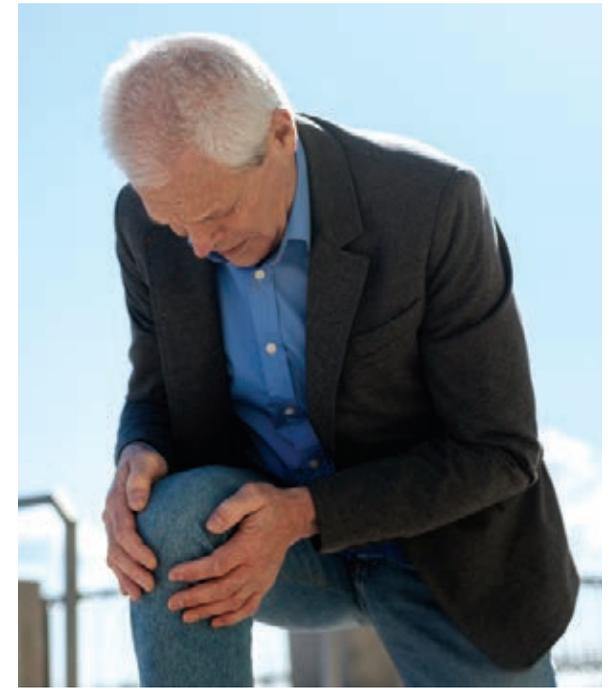
Countless numbers of patients have experienced successful results with the Supartz treatment and are now experiencing life once again without knee pain.

"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.

**ADVANCED SPINE
&
JOINT INSTITUTE**

**10233 Okeechobee Blvd, Suite B-6
West Palm Beach, FL 33411
561-721-0492
advancedspineandjoint.com**

END BACK PAIN NOW!

SPINAL DECOMPRESSION CAN HELP YOU
non-surgical, pain-free option

American Med Care

Dr. Brian Reimer, D. C.

Call Today for a
Comprehensive Consultation!
561-967-6655

3200 Forest Hill BLVD • West Palm Beach, FL 33406
treatingyourbackpain.com



ADVANCED SPINE & JOINT INSTITUTE

- MLS Laser Therapy
- Osteoarthritis Program -
Knee Pain Relief
- Physical Therapy

10233 Okeechobee Blvd, Suite B-6
West Palm Beach, FL 33411
561-721-0492
advancedspineandjoint.com



CBD (Cannabinoids)



PROVEN BENEFITS

- Relieves Pain and Inflammation
- Reduces Anxiety
- Helps to Fight Cancer
- Promotes Cardiovascular Health
- Relieves Nausea
- Helps Treat Seizures
- Helps To Relieve
Neurological Disorders

TOPICAL CBD Will help:

- Rashes
- Burns
- Acne
- Eczema
- Psoriasis
- Skin Cancer

WORKS GREAT ON: • Sore Muscles • Sore Joints
• Arthritis • Headaches • Pets too

Log on to find the locations nearest to you FLAMJCENTER.COM

FREE SEMINAR

Anxiety and ADHD

Looking for a non-drug solution?

Learn how Neurofeedback Can Help
Date: **Wed., October 17*** Time: **6-7:15 p.m.**
Where: **Center for Brain**
550 Heritage Drive, Suite 140, Jupiter



To register call **561-744-7616**
or go to www.CenterForBrain.com



*If you are unable to make this seminar, contact us and we'll be happy to notify you of the next one.

**Read more about
neurofeedback on Pages 16-17**

First Visit 1/2 price

Discover a 100%
natural alternative to
manage sinus, respiratory
& skin conditions



Conditions treated:

- Asthma
- Allergies
- COPD
- Stress

Contact us now at - **561.316.3105**



5510 PGA Blvd. Suite 105, Palm Beach Gardens, FL 33418

www.thesaltsuite.com

GOLDMAN EYE

DAVID A. GOLDMAN, M.D.

561-630-7120

www.goldmaneye.com



- CATARACT SURGERY
- FULL EYE EXAMINATIONS
- CORNEAL TRANSPLANTATION
- DRY EYE MANAGEMENT
- LASER VISION CORRECTION
- REPAIR OF CATARACT SURGERY COMPLICATIONS

3502 Kyoto Gardens Dr. Suite B, Palm Beach Gardens, FL 33410



When the SPINE SHIFTS...

- Arm Pain
- Assymetr
- Bone Spurs
- Carpal Tunnel (Wrist)
- Canal Stenosis
- Decreased Motion
- Degenerated Joints
- Digestive Disorders
- Disc Herniations
- Dizziness (Vertigo)
- Dowager's Hump
- Fatigue
- Fibromy Algia
- Golfer's Elbow
- Headaches
- Hearing Issues
- Itchiness
- Low Back Pain
- Mid Back pain
- Migraine Headaches
- Muscle Spasm
- Muscle Tensions
- Muscular Imbalance
- Neck Pain
- Numbness / Tingling
- Pinched Nerve
- Poor Posture
- Rotator Cuff Issues



Call for a Free Consultation.
It's a Conversation,
Not a Commitment.

561.247.0044

420 STATE ROAD 7
ROYAL PALM BEACH, FL 33411

REVOLUTIONARY NEW CURE FOR

- Erectile Dysfunction
in as little as 3 weeks
- No Pills, Needles, or Surgery
- 100% Safe

RECLAIM YOUR VITALITY

RejuvaWAVE[®]
only available
at Simply Men's Health



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

Navigating the Medicare Puzzle

Does Medicare confuse you? You are not alone. Medicare is a complicated program. Wisely managing your Medicare benefits starts with understanding the facts. Age 65 is a critical time in your life. The decisions you make now can have a tremendous impact on your health, welfare, finances and quality of life

Insurance issue and changes can be confusing. Trusting just any run of the mill company is very often intimidating for most individuals. How do you know you're getting the best advice? Joanne Foley Insurance has the answers that you need and is trusted because of their impeccable service and commitment to their clients.

Joanne Foley is dedicated to helping the Senior Marketplace throughout the nation. With the aging of America, the Baby Boomers are looking for assistance with their Health Insurance.

One of the major concerns a person has when they do retire or turn 65 is how to cover or cap their medical costs, which can be catastrophic. That is exactly what Joanne Foley will accomplish for you by finding the most comprehensive, suitable yet affordable plan tailored for you.

WHAT DO I NEED TO KNOW ABOUT MEDICARE?

Medicare is a sophisticated system, but maneuvering your way through the maze is the tricky part. You'll want to have the best coverage based on what your particular circumstances are what your income will allow.

Medicare has several parts:

- Part A (hospital)
- Part B (physician & out-patient services)
- Part C (Medicare Advantage Plan)
- Part D (prescription drug coverage)

Because Medicare only covers approximately 80% of Part B expenses, most individuals will need to enroll in additional coverage to cover the cost associated with outpatient services.

At age 65, most people enroll in Medicare Part A & Medicare Part B. As mentioned above, Medicare only covers about 80% of Part B expenses, you are responsible for the other 20%.

When you opt to enroll in Medicare Part C (Medicare Advantage Plan), it combines Part A, Part B and sometimes Part D coverage. This is similar to PPO & HMO plans, which have co-pays or deductibles instead of the 20% balance that Medicare does not cover. The benefits depend upon the policy you select. A Medicare advantage plan may help protect your savings and peace of mind as well as add additional benefits such as vision dental drug coverage.



One of the benefits of pairing a Medicare supplement insurance plan with Medicare is the flexibility. You can use any doctor or hospital that accepts Medicare, and a network does not limit you. Medicare supplement plans offered by private companies and are paid for by a premium.

If you do choose a Medicare Supplement, it is important to add an additional Part D plan to cover your Prescriptions. Medicare Supplement plans do not include Prescription Drug Coverage.

Joanne Foley Insurance is dedicated to assisting the senior population with their insurance needs. With Joanne's experience, seniors rely on her guidance to find the most comprehensive, suitable yet affordable coverage for their specific needs.

To find out more, please call Joanne Foley Insurance to arrange a no obligation explanation of these Medicare choices. They represent a carefully selected group of financially sound and reputable insurance companies to offer you the best service possible and most comprehensive coverage at competitive prices. They do more than sell insurance; Joanne Foley Insurance provides peace of mind.

For more information on Joanne Foley Insurance and how they can partner with you to get you on the right track, please call **(845) 494-3414**, or visit their website at **JoanneFoleyinsurance.com**.

OFFICE LOCATION

Oceanside Professional Centre
1080 E. Indiantown Rd. Suite 106B, Jupiter, FL 334
(845) 494-3414
joannefoleygross@gmail.com

Medicare Education

Seminar Schedule

Medicare & You

Join us on the following dates for a no cost Medicare Education Seminar

Hobe Sound Public Library

10595 Federal Highway, Hobe Sound

Sat., 10/6 – 12:30 p.m.

Tues., 10/9 – 10:30 a.m.

Wed., 10/24 – 3:30 p.m.

Thurs., 10/25 – 12:30 p.m.

Tues., 11/14 – 5:30 p.m.

Fri., 11/16 – 10:30 a.m.

Robert Morgade Library

5851 SE Community Dr. Stuart

Thurs., 11/1 – 10:30 a.m.

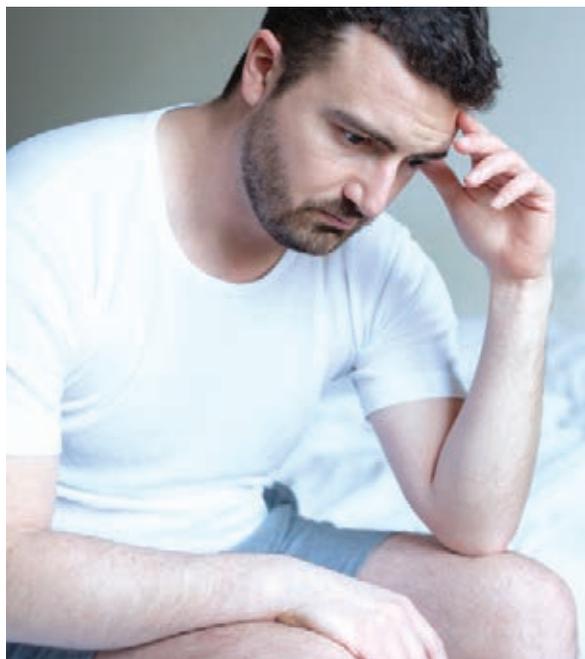
Wed., 11/7 – 6:00 p.m.



Joanne Foley Insurance
561-316-0120

JoanneFoleyInsurance.com
JoanneFoleyinsurance@gmail.com

Revolutionary New Treatment For Erectile Dysfunction And Peyronie's Disease



SIMPLY 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!

HOW TO STAY HEALTHY WHILE FLYING



Staying healthy when you fly starts with being well prepared. Here are ten pre-boarding secrets, from frequent fliers, on what to do to protect yourself from cold, flus, allergies and other ills.

1. SALT THERAPY SESSION BEFORE THE BIG DAY

Salt halotherapy is an all-natural way to keep your family healthy by preventing colds and boosting their immune system.

Exposure to pollutants, bacteria and allergens is unavoidable especially in a plane, but salt halotherapy helps counteract that negative exposure and leads to better lung function and thus better overall health.

Salt therapy also helps boost your KIDS immunity system in a natural and safe way for all ages.

2. KEEP MOVING

Keeping circulation flowing during a long trip is crucial so make sure to stretch your thighs however you can so the energy can move out and down through your legs. Walk up and down the cabin to avoid DVT (Deep Vein Thrombosis), a common travel ailment. Stand up at your seat, grab your foot and stretch. Or, kneel on your seat facing the back of the plane and lean back onto your heels.

3. EAT WELL

Unless you are bringing your own personal chef on board, you'll probably want to stay away from the airline food. Pack snacks like flax crackers or rice cakes with almond butter, bananas, apples, nuts and seeds or a granola mix. Bring some protein powder in case of a long flight delay – you can always mix with water or whatever beverages the airline offers.

4. STAY HYDRATED

Make sure to drink plenty of liquids before you hit the security checkout line and then splurge on coconut water that you can buy inside. Stay away from coffee, alcohol or even tea as these can all contribute even more to dehydration.

5. STRENGTHEN YOUR IMMUNE SYSTEM

Airplanes are essentially massive microbe parties with wings, so it's essential to keep your immune system strong. Pack a lemon in your bag and squeeze into some water for an easy vitamin C boost on board.

6. RELAX

If you're a member of The Salt Suite you probably learn how to breathe and relax. Eating detox-friendly foods, hydrating and exercising, are also great accomplishment but if you are stressed and tense, it will negate all of your other efforts to maintain balance. So breathe in, breathe out. You're almost there!

7. LISTEN TO MUSIC

Listening to music is a great way to relax the brain. Music has the power to shift consciousness and change the brain chemical activity.

8. PACK LAYERS

The air conditioning on board may seem like a lifesaver if you're just leaving a tropical climate, but the change in temperature is tough on the body. Pack a light sweater, light scarf and some socks. If your neck, shoulders and feet are warm, you should be OK. Heat is very important to maintaining healthy immunity, especially when traveling.

9. DON'T TALK TO STRANGERS

It may sound rude but traveling is one of the only times to enjoy the silence of your thoughts, so don't be afraid to put in some earplugs and block out the noise around you.

10. ADAPT TO THE NEW TIME ZONE BY STICKING TO ROUTINE

"Jetlag" is caused by a disruption to the body's clock. While the shift is inevitable, you can avoid mental and physical fatigue by trying to stick as closely as possible to your usual routine. If you're taking medications or supplements, try to adapt to the new time zone for the time you're away and take at the equivalent of the same time each day if possible. Try to eat at similar times during the day. And staying awake for as long as possible in your new time zone and going to sleep early is the best recommendation.

Don't forget a book and a few magazines. And bon-voyage!



Contact us **561.316.3105**

5510 PGA Blvd. Suite 105
Palm Beach Gardens, FL 33418
thesaltsuite.com

Your Jaw Pain May Be in Your Neck

by Dr. Jonathan Chung



One of the most common and troublesome problems that I'm noticing in my practice is a condition known as Temporomandibular joint dysfunction, or TMD for short. In fact, many of you may have heard someone talk about their TMJ or having TMD, but didn't quite know what it was.



TMD involves the joint that connects your jaw to your head. Proper movement of this joint is critical to proper function. Some of the symptoms caused by TMD include:

- *Sharp/stabbing jaw pain*
- *Inability to open the jaw properly*
- *Headaches*
- *Neck pain*
- *Painful clicking*
- *Teeth grinding*
- *Clenching*
- *and much more*

It has rapidly become one of the more common reasons for visits to a neurologist and pain clinics, because of the dramatic impact on your quality of life. Many times, this condition is treated with medications like neurontin or anti-depressants. In some cases, muscle relaxers or injections to the joint.

WHAT DOES THIS HAVE TO DO WITH THE NECK?

A search of PubMed will show numerous references for increased incidence of TMD in conjunction with a whiplash injury, or head/neck trauma. A review showed that people with whiplash/head injury actually have more severe pain and more pronounced dysfunction of the joint.

Another review showed that just treating the jaw in these whiplash related cases showed poorer outcomes suggesting that the cause of the problem may be outside the joint itself. The whiplash associated cases showed just a 48% improvement compared to the non-whiplash cases which improved 75% of the time. That leaves a huge amount of people who are still in pain and suffering because the primary insult to the body was not addressed properly.

TMD USUALLY COMES IN 2 VARIETIES.

1. Muscular dysfunction – the muscles of the jaw (pterygoids, masseter, temporalis) become hypertonic and dysfunctional creating pain ful musculature and sloppy movement.

2. Articular dysfunction – the joint itself can have problems. Dislodging of the disc, arthritic degeneration, and inflammation can irritate the very sensitive nerve endings that cover the joint.

Not much can be done about arthritic breakdown of a joint. However, this is a less common cause of TMD. The most common causes of TMD stem from muscular imbalance and dislodging of the articular disc. In a way, these two problems are intimately related. When you have bad jaw muscles moving the jaw abnormally, then it leaves more room for the articular disc to shift out of place.

So what can make these jaw muscles dysfunctional? To know that, we have to know what controls the muscle. Every muscle in your body is controlled by a nerve. Whether it be a big bulky bicep, an achy sore back muscle, or the strong pumping of a heart muscle, nerves signal how they fire.

For the jaw muscles, a special nerve called the **Trigeminal Nerve** emanates from the skull and provides nerve supply for the face, jaw muscles, teeth, brain, and other important structures.

The trigeminal nerve is one of twelve specialized nerves called Cranial Nerves. The unique thing about Cranial Nerves is that they do not exit out of the spine. They actually begin come out of the brain and the brainstem, and exit out of the skull. Therefore, a problem with one of the cranial nerves is usually indicative of a problem at the brain stem.

ATLAS DISPLACEMENT, WHIPLASH, AND THE BRAIN STEM

One of the reasons that my office gets referrals from dentists and neurologists for TMJ patients is because of how Atlas Displacement Complex impacts the health and function of the brain stem. While the top of the neck doesn't apply direct pressure to the brain stem, the movement and function of the neck has large implications for this important piece of anatomy.

When someone has an episode of whiplash, there can be substantial damage and injury to the neck, but the more concerning portion is what happens to the nervous system. A phenomenon known as **Central Sensitization** occurs. This problem happens when the brain stem fires inappropriately. When this happens, even the slightest touch or movement can trigger a pain sensation in the brain.

This is why many doctors can find no physical damage to the body, but people will suffer with chronic pain issues like fibromyalgia. People recognize this quickly when the pain is stemming from the neck, shoulders or back, but the reality is that this same thing is happening in the jaw muscles.

To get to the root of someone's problems, we have to evaluate this critical, but under studied part of the nervous system. How does an Upper Cervical Chiropractor address this?

1. Restore healthy positioning to the neck – create a state of Normal Structure in the neck so that the proper signals get to the brain.

2. Increase circulation through the brain – proper alignment ensures that blood flow to and from the brain stem properly. Proper blood flow means better nerve firing.

3. Restore healthy biomechanics to the jaw – Once the neck alignment is restored, most of the time the jaw will reset on it's own. However, sometimes gentle jaw adjustments may be necessary. This can be done with the help of a skilled specialist called a Neuromuscular Dentist.

But don't take our word for it. Here are what some of our patients have said on Google Business.

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



KEYSTONE
CHIROPRACTIC

561.247.0044

420 STATE ROAD 7, ROYAL PALM BEACH, FL 33411



ROLLING WITH THE CHANGES

Rolling with the changes continues for Florida Medical Marijuana Health Centers as they plan to grow into America's first Marijuana based national chain. The owners of the centers, Jerry Lee and Rob Fronrath recently signed an agreement with Canovis Health Centers of America. A merger that parlays into a name change and a national company. In the weeks to come you will see sign changes and label differences, but still delivering clean medical grade CBD oils and HEMP products manufactured in America. The health center's staffs are well prepared for the switch. They've been professional, knowledgeable, and helpful through a simple process in receiving a medical marijuana card. They specialize in the recommendations in obtaining your Florida Medical Marijuana card. They have licensed doctors Dr. Nicola Masse M.D. and Dr. Bennet Lewis M.D. on staff who are certified in the medical marijuana field. Here's a quick bullet point informational on the whole procedure.

Schedule an appointment with our doctor

- 10-15-minute examination
- If you have a qualifying condition, you will be entered into the state system and given a patient number
- We will supply you with the state required forms and instruct you on the application process
- Once your application has been submitted to the state you will receive an email in about 3 to 4 weeks with your card number
- Once your card number has been received you are able to purchase, possess, and use the medical marijuana according to your prescription
- Your actual card will arrive in the mail shortly there after

The switch from Florida Medical Marijuana Health Center to Canovis Health Centers of America will happen smoothly since they've maintained the entire medical and professional staffs. That eases the pressures of moving forward in the industry and becoming the first medical marijuana national chain.



Rob and Jerry did not set out to be pioneers. They believe so much in the benefits from these oils they wanted to help make it available to everyone around. October 2017, they open the doors to the public.

Only 90 days into business they found themselves opening two more locations. Florida Medical Marijuana Health Centers now has 3 locations and 3 additional locations in conversations. It has been only six months since then and they just merged with Canovis Health Centers of America. And now their help concept will reach more people than they ever dreamed possible. Rolling with the changes is changing people's lives.



TESTIMONIALS:

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

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

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

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

LOCATIONS:



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



**6266 S Congress Ave.
Suite # L-8, Lantana FL, 33462
561-429-2105**



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



**Canovis Health Centers of America
7158 N. Nob Hill Rd, Tamarac, FL. 33321**



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



SCIATICA, BULGING DISCS, HERNIATED DISCS AND ARTHRITIS –

What's the **ONE THING** they All Have in Common?



Back pain is one of the most common yet misunderstood conditions on the entire planet. And if you have back pain you know exactly what I mean. Chances are, if you have back pain, you may have been told you either have sciatica, bulging or herniated discs or arthritis (degenerative disc disease).

Sciatica

If a doctor told you that you have sciatica it means you have a condition that is affecting the sciatic nerve. The term sciatica is commonly used to describe pain traveling in the distribution of the sciatic nerve. Sciatica is a symptom caused by a disorder occurring in the lumbar spine.

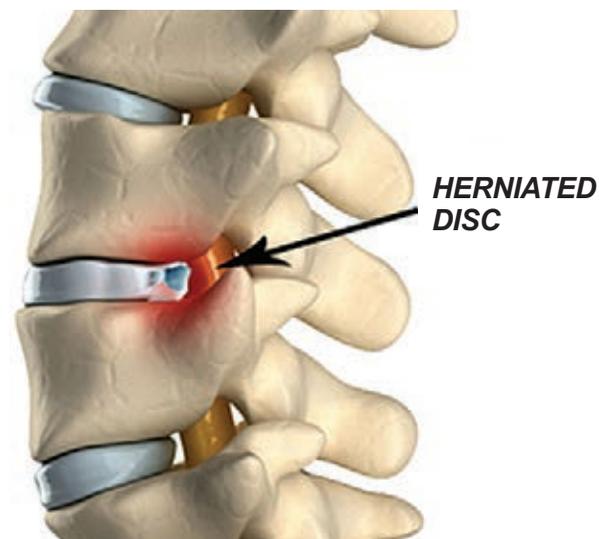
Usually sciatica affects one side of the body. The pain maybe dull, sharp, burning, or accompanied by intermittent shocks of shooting pain beginning in the buttock traveling downward into the back or side of the thigh and/or leg. Sciatica then extends below the knee and may be felt in the feet. Sometimes symptoms including tingling and numbness, sitting and trying to standup may be painful and difficult. Coughing and sneezing can make the pain worse.

Herniated discs are the most common cause of sciatica in the lumbar spine. Degenerative disc disease is known to cause disc weakness that can be a precursor to disc herniation.

Lumbar spinal stenosis is a narrowing of one or more neural passageways due to disc degeneration and/or facet arthritis. The sciatic nerve may become impinged as a result of these changes. There are other conditions which may occur and may mimic true sciatica, but these are difficult to diagnose, and once again not common.

Herniated disc

Herniation describes an abnormality of the intervertebral disc that is also known as a slipped ruptured or torn disc.



This process occurs when the inner core (nucleus pulposus) of the intervertebral disc bulges out through the outer layer of ligaments that surround the disc (annulus fibrosus). This tear in the annulus fibrosus causes pain in the back at the point of herniation. If the protruding disc presses on a spinal nerve, the pain may spread to the area of the body that is served by that nerve like sciatica.

The causes of herniated discs are not entirely known, but are probably due to the function of the spine and long-term wear and tear. The two most common locations for a herniated disc in the lower back are active discs between fourth and fifth lumbar vertebra, L4–L5, and at the disc between the fifth lumbar vertebra and the first sacral vertebra, L5-S1. These two discs account for 98% of all herniation. A disc can occur elsewhere along the spine, but lower lumbar herniation is by far the most common. It is also important to note the two most common discs for herniation can cause the symptoms associated with sciatica!!!

Usually a patient’s main complaint is a sharp cutting pain. In some cases, there may be a previous history of episodes of localized low back pain, which is present in the back and continues down the leg that is served by the affected nerve.

Degenerative joint disease/arthritis

When degenerative disc disease becomes painful or symptomatic, it can cause several different symptoms including back pain, leg pain, and weakness that are all due to compression on the nerve roots.

As a result, people complain of back pain and stiffness especially toward the end of today.

DEGENERATIVE JOINT DISEASE



The similarities, the solution

As you can see, whether you have a herniated/bulging disc, sciatica or degenerative joint disease, many of the symptoms are the same. In the end, no matter what it is called, you end up with abnormal pressure of your nerves from your disc. And that’s why all of these conditions are often helped buy the exact same treatment.

What our patients have to say about DRX treatments

“I have had pain in my lower back for many years with little relief from cortisone and epidurals. However, the relief I have gotten from the DRX9000 has been outstanding! I have been able to work on my feet with hardly any problem at all. I have been able to walk with a little zip in my step. I’m very happy I took the time to try the DRX9000. Also, the care I have been given by the staff here at American Med-Care has been outstanding and I could not of asked for anything better.” – Andrew M.

The DRX 9000 has had great success with:

- Herniated and bulging lumbar (low back) discs with or without complications
- Degenerative disc disease
- Sciatica and even more importantly to go along with the DRX 9000’s success rate, there were no documented side effects

“American Med Care Center is part of a new model of healthcare that is emerging.” Dr. Reimer states. “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 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 Surger Syndrome. To schedule an appointment, call the office at **(561) 967-6655**, or visit **treatingyourbackpain.com**.



561-967-6655
3200 Forest Hill BLVD
West Palm Beach, FL 33406
treatingyourbackpain.com

UNDERSTANDING DRY EYE AND BLEPHARITIS

Dry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women ≥ 50 years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having "dry eye", experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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

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

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

Dr. Goldman speaks English and Spanish.


www.goldmaneye.com 561-630-7120

selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “*Let us make human beings in our image, to be like us... So God created human beings in his own image.* In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece*...” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers

CHRIST 
FELLOWSHIP

hello@cftoday.org
gochristfellowship.com
561-799-7600

PALM BEACH GARDENS:

5343 Northlake Blvd. Palm Beach Gardens, FL 33418

JUPITER: 500 Military Trail, Jupiter, FL 33458

CITYPLACE:

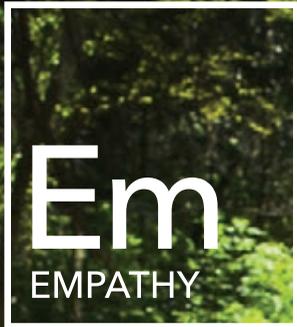
600 S. Rosemary Ave. West Palm Beach, FL 33401

ROYAL PALM:

9905 Southern Blvd. Royal Palm Beach, FL 33411

BOYNTON BEACH:

801 N Congress Ave. Boynton Beach, FL 33426



Empathy. A powerful element in fighting cancer.

Jeanie Harris has been the caregiver. As a Registered Nurse and an Oncology Certified Nurse with Florida Cancer Specialists, she has spent her career educating, delivering medication, empathizing and holding the hands of her patients. So when Jeanie found a lump in her breast, she knew Florida Cancer Specialists was the place where she would get science-driven care and the personal attention she needed to fight cancer. Now with the experience of being a cancer survivor, she connects with her patients on a deeper level, and she has a fresh perspective on how special each patient feels at Florida Cancer Specialists. In October and all year, we honor all of those who have fought this awful disease and all of those caregivers who help them in the fight.

"I always knew Florida Cancer Specialists had quality caregivers, but being a patient gave me a fresh perspective."

Jeanie Harris

-Nurse, Patient & Breast Cancer Survivor

Where Hope is Powered by Science®

FindHopeHere.com



World-Class Medicine. Hometown Care.

Proud to serve patients at our four Palm Beach County locations.

Elizabeth A. Byron, MD
Todd A. Gersten, MD
Howard M. Goodman, MD
Robert J. Green, MD
James N. Harris, MD

Antonella Leary, MD
Elisabeth A. McKeen, MD, FACP
Carisa Pearce, MD
Shachar Peles, MD

Marilyn M. Raymond, MD
Neal E. Rothschild, MD
Napoleon Santos, DO
Augustin J. Schwartz, III, MD

Avram J. Smukler, MD
Daniel L. Spitz, MD, FACP
Sumithra Vattigunta-Gopal, MD, FACP
Gerald Zemel, MD