

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

Health & Wellness[®] MAGAZINE

October 2018

South Palm Beach Edition - Monthly

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FREE



**PAIN MANAGEMENT
FOR FACET JOINT PAIN:
RADIOFREQUENCY (RF)
ABLATION/RHIZOTOMY**

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

**WINNING THE FIGHT AGAINST
BREAST CANCER**

**LITTLE-KNOWN VA PENSION
CAN BE A LIFE-SAVER**

**HAVE YOU TRIED
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LAW OFFICE OF ANDREW CURTIS, ESQ

- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- BS Cornell University 1977

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

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

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

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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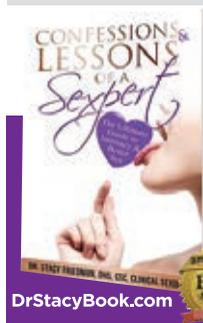
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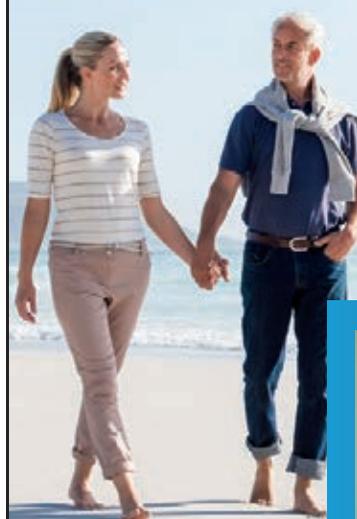
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Little-Known VA PENSION Can Be a LIFE-SAVER

Written By Thomas Gregory – U.S. Navy Veteran



Established in 1952 under Title 38 of the United States Code, Congress created two types of benefits for war Veterans and their survivors within the Department of Veteran Affairs. The first is “compensation for service-related disability or death” and second, “a pension for non-service connected disability or death”. A little-known VA pension, which falls under the non-service connected section of Title 38, is called **Aid & Attendance**. The **Aid & Attendance** Pension pays for a caregiver to assist with activities of daily living such as meal preparation, bathing, dressing/undressing, transportation, light-house keeping, laundry and various others.

If you are a war veteran or surviving spouse of a war veteran 65 years of age or older, who served 90 days or more on active duty, with one of those days occurring during a declared period of war, you may qualify for Aid & Attendance. In addition to the war service requirements, to qualify, you must have the medical need (i.e. assist with activities of daily living) and meet certain financial requirements. In general, Aid & Attendance is intended to pay for homecare or assisted living care and in some rare cases, independent living facilities. This significant monthly benefit can pay as much as \$25,000 per year toward your care. Very few war veterans know about this benefit and even fewer surviving spouses are aware of this help available from the VA.

There are approximately 600,000 war veterans currently living in Florida that are 65 years of age or older. If we include surviving spouses of war veterans, the number is easily in excess of one million. Conservative estimates indicate that at least 25% of these veterans and spouses would qualify for Aid & Attendance Pension, if they only knew it existed. Maybe that's you.



If you are veteran of foreign war or the surviving spouse of a war veteran, and you feel you may qualify, please **call Attorney Andrew Curtis at 561-998-6039** and his staff will review your situation with you and determine if you qualify.



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.

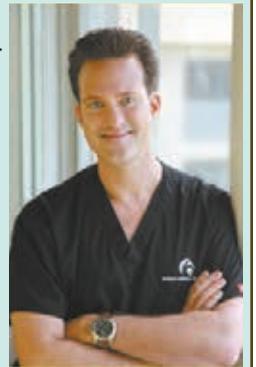
- **HairCam™ Microscopy** – Specialized hand-held scalp microscopes with special dual-polarized LED lighting can detect miniaturized hairs vs. areas of depleted density as well as help diagnose rare hair loss conditions and other scalp problems.

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.

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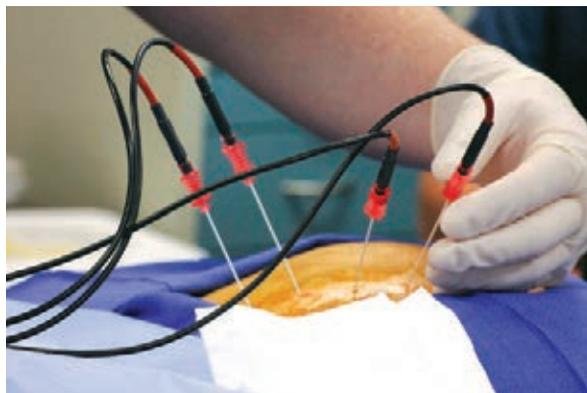


Dr. Alan J. Bauman, MD, ABHRS



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

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



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



By Aaron Rosenblatt, MD

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

BASIC FACET JOINT ANATOMY

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

What to Expect During and After the Procedure
The procedure is performed in a sterile setting similar to an outpatient procedure suite.

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

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

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

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

BENEFITS OF RADIOFREQUENCY ABLATION INCLUDE:

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

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

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

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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.



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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, FL
561-655-6325

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

1000 N. Olive Avenue,
West Palm Beach, FL
561-223-2707

mdbeautylabs.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.

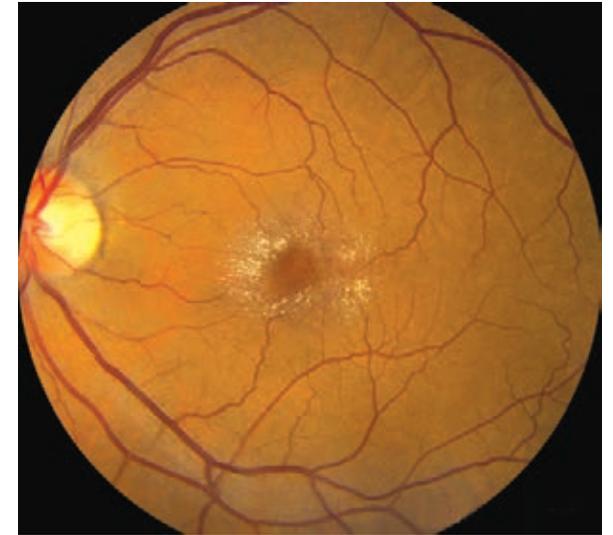
MACULAR TELANGIECTASIA TREATMENT

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



GAINSWave **is a Revolutionary** **New Therapy** **that Treats** **Erectile Dysfunction (ED)**

WHAT CAUSES ED?

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

COMMON TREATMENT FOR ED:

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

Expensive oral medications such as Viagra and Cialis may cause unwanted side effects, such as nasal congestion, headaches, upset stomach, vision changes, facial flushing, and dizziness. They also have to be taken before intercourse limiting spontaneity. Finally, there are many men with cardiovascular disease who are not candidates for treatment with these medications.

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

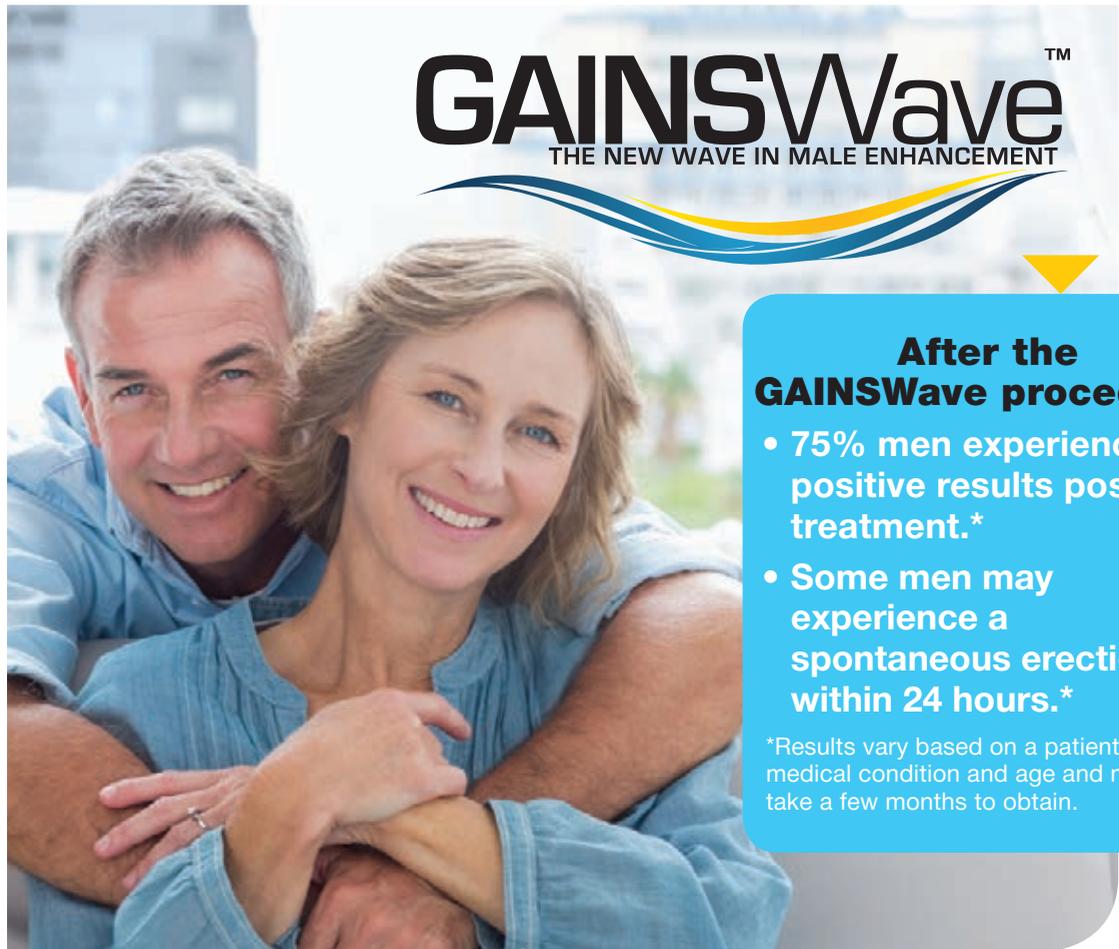
WHY MEDICATE WHEN YOU CAN CURE?

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

SCIENTIFICALLY PROVEN RESULTS

There are over 40 clinical studies showing GAINSWave technology to be effective in treating ED. Patients are reporting great improvements to their sexual health, including:

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



After the GAINSWave procedure:

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

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

IS IT SAFE?

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

HOW TO GET STARTED

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

Contact Dr. Erickson for a private consultation today, **561-808-7205.**

**Tricounty Center
for Integrative Medicine**
4800 Linton Blvd D502A
Delray Beach, FL 33445
Phone: (561) 808-7205
EDfixMD.com

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



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/>**



Low Libido?

How Can I Fix It?



LOW LIBIDO is a lack of or decrease in sex drive, which in medical terminology is called hypoactive sexual desire disorder, or HSDD. Both men and women can have low libido, but the loss of sexual desire is one of women's most serious sexual concerns and can be affected by physical as well as emotional issues. Just because you may have sex often, doesn't mean you are always in the mood. Many times, people in a relationship (more so women) will have sex just to keep their partner happy or from getting into arguments about how long it's been, but this is not what we as women want. We want to enjoy it, we want to feel good and we want to want it! Sex is meant to be fun, it is meant to be pleasurable and when you are doing it for obligatory reasons, you are missing one of the main purposes and reasons for sex. Intimacy, connection with your partner as well as pleasure should be your goals! Too many times the focus is on performance and not the pleasure of being sexual.

How many times have you come home from a long day at work just to get slapped in the face with dishes, laundry, schoolwork with your kids, having to cook dinner, and everything else that comes along with life? All you want to do is take your clothes off, slip into something more comfortable and be left to your comfy bed, close your eyes and just sleep. Everyone has such a busy life that in addition to all of these pressures of things that you have to do, you have your partner needing something from you too. You are just too tired, too stressed, too over not being in the mood and just don't know what to do.

Contrary to what many people may think, there is no normal amount of sex a married couple or a couple in a relationship should be having. Some couples are good with once a week and others want to be intimate 4 times a week. But when talking about women, hormones fluctuate as does sexuality and moods. There will be some months where you may have sex 3 times a month and another month where you are doing it 3 times a week and that's ok. Sexuality is fluid and both partners need to understand that there are going to be ebbs and flows through the relationship. Putting pressure on your partner to perform a certain amount of times each week can give you the opposite result.

Sexual drive is a biological effect of sexual desire. What does that mean? It means that often, women may not have a drive due to the fact that they don't have a desire and nobody is doing anything to build that desire, especially as you get older or in a long term relationship. How do you build desire to increase your drive or libido? Well, it can be something as simple as fantasizing, knowing what turns you on and either learning your body to find what gets the juices flowing or how to recharge it. You must have the willingness to want to be sexual. It is a state of mind over body. If you say to yourself you have no desire, you aren't in the mood and you have no fantasies, then you won't allow yourself to build any desire.



It's normal for sex drive to naturally wane with age, but it can also be affected by psychological and emotional factors as well. Are you angry at your spouse, have any resentment or feel a lack of appreciation? You may feel aroused in general or have desire for others, but if your spouse complains that you have low libido, it may be the lack of intimacy in your relationship and not necessarily something due to age or hormones. So what can you do? Here are 5 tips to spark up some intimacy that can lead to increased desire and libido.

- 1.** Check your hormone levels to make sure there isn't a lack of "free" testosterone or any other issues that may contribute to the low libido. Even some medications you may be on can cause that as a side effect.
- 2.** Find ways to work on increasing intimacy by helping your partner with some of the household chores or responsibilities, so they aren't as tired in the evening and would be more open to connecting.
- 3.** Think of the last times you hugged and kissed (with tongue) and not had it lead to sex. If you can't remember then you need to focus on

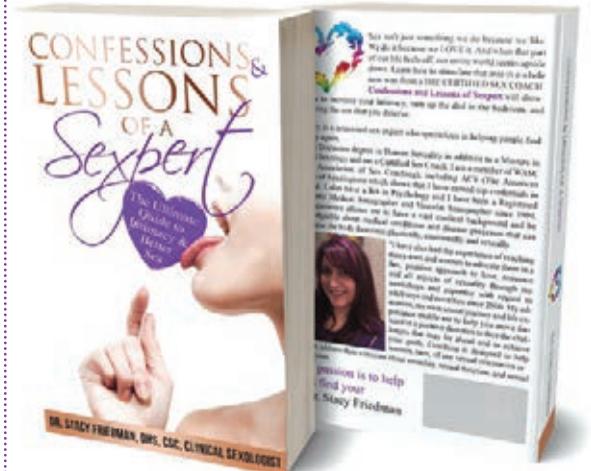
that daily, so sex isn't always expected when you kiss and hug. It 's more likely to be reciprocated when there are no expectations.

- 4.** Focus on intimacy and not having to perform. Have a night where you just soak in the tub and take turns washing each other's backs. Put candles on, some nice music and just relax.
- 5.** Lastly, contact a specialist that can help both partners find ways to bring back the spark and spice and resolve any emotional issues that may be causing havoc on your relationship.

Contact Dr. Stacy for all of your intimacy concerns, as she specializes in couples who want to increase their intimacy and reignite the desire, working with women with low libido and other sexual issues who want to find themselves again. Go to www.DrStacy.org or call Dr. Stacy at **561-899-7669**. You can get a free download of Dr. Stacy's Amazon bestselling book, "Confessions & Lessons of A Sexpert: The Ultimate Guide to Intimacy & Better Sex" at www.DrStacyBook.com or a hardcopy can be found on Amazon.



Dr. Stacy Friedman



Dr. Stacy Friedman
561-899-7669

Stacy@DrStacy.org
www.DrStacy.org

5700 Lake Worth Road, Suite 110,
Geenacres, FL 33467

- drstacyfriedman
- @drstacyfriedman
- drstacy
- creatingintimacycoach
- drstacyfriedman

HAVE YOU TRIED BRAIN YOGA??

Very often clinics, websites, brochures and information cards that describe Neurofeedback will call it “Exercise for your Brain”. We’re guilty of this in our own literature. The problem with this is that Neurofeedback is more like BRAIN YOGA than it is like exercise.



I’ve said this before in our brochure: “Neurofeedback, also known as EEG biofeedback, or brain training has been studied and practiced since the late 60’s. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider “range of motion” in brain states, much like physical therapy does for the body.” The problem with these statements is that this sounds like WORK. Exercise and physical therapy are important, but YOGA more appropriately describes what we do.

Why is it important to know, or even care about this?

For this answer we go to the internet. This is written about why we should do yoga “the short answer is that yoga makes you feel better. Practicing the postures, breathing exercises and meditation makes you healthier in body, mind and spirit. ... What’s more, yoga: Improves muscle tone, flexibility, strength and stamina.”

Neurofeedback is similar... Why should we do Neurofeedback? The short answer is that it makes you feel better. Training the brain to perform better, to be more balanced, more flexible and to be stronger makes you healthier in brain, body and spirit.

The process is a little different, instead of working up a sweat, bending and stretching, the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through an auditory reinforcement of “beeps” and doesn’t require active participation or acknowledgement from the client.

Neurofeedback targets very specific problems that the brain may be needing help with.

What do these problems look like? Here are a few examples...

- Trouble falling asleep, staying asleep, waking up.
- Anxiety, increased stress, panic attacks, worrying, fears
- Trouble with focus and concentration, daydreaming, hyperactive
- Inability to be organized, motivated, have good time management

- Headaches, migraines, chronic pain
- Fatigue or energy levels, over activated or busy brain
- Obsessive thinking, cognitive issues, memory issues
- Difficulty with social interactions, attachment, relationships
- Depression, low mood, irritability, anger
- Deficits from stroke, concussion, head injury, surgery, seizures
- Symptoms from Lyme, Candida, PANDAS, Autism Spectrum
- Learning problems, trouble with processing, sensory sensitivity
- Oppositional defiant, behavioral problems, mood swings and Bipolar.

When we look at the brain’s neural patterns through imaging such as a Quantitative EEG, we may see the imbalance of neuron firing patterns and then we use BRAIN YOGA or Neurofeedback to teach the brain improved balance and flexibility.

HOW DO I KNOW IF IT’S WORKING?

As the brain learns balance and flexibility, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to see changes and we can discuss what to expect during the intake appointment. For adults, changes are usually

noticed within 10 sessions. Total treatment is an average of 40 sessions, however we individualize treatment; some people need more and some less. Because the goal of Neurofeedback is to achieve balance and flexibility; recognizing that it is working can be a challenge. First, as no two brains are alike, no two people have the same experience with Neurofeedback or learn at the same speed. Second, setting up treatment goals can also vary from person to person and as you are unable to control how fast your brain changes, therefore, you must first learn how to observe. This ability to observe can be quite challenging for some people. Up to this point in life, your brain hasn't been behaving the way you would like it to. So, observing changes requires a bit of practice. We will be discussing your experience with you when you come in for each session. And third, you're going to be looking for an absence of symptoms. Looking for something to "not" be there definitely requires reflection rather than observance. We'll teach you how to look back at the end of an event, day, month, and even couple of months, to see if you notice things are different. And most importantly, we listen to you telling us how you "feel". This process of connecting in to your body and brain is how BRAIN YOGA improves the "spirit".

WHAT IS AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

As the goal of BRAIN YOGA is make you healthier in brain, body and spirit, training will teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. Examples of those positive changes may be:



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

NO YOGA MATT OR EQUIPMENT NEEDED TO START

As each one of us is a different and unique individual, we also have different and unique brains. Because of this, we tailor treatment to the individual. When you come into our office for a consultation or to begin treatment, we will assess: Is brain yoga or Neurofeedback appropriate for you and your goals? What is the best treatment plan for to achieve those goals? Are other modalities and/or diagnostics really necessary? And what is the best timing if they are needed? And we will also make a determination about how often you should have training. Once we begin treatment we may make adjustments to this treatment plan.

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all your questions, and help you get scheduled.

We can schedule you for an intake, a telephone consultation, or a face to face consultation and see our facility. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at info@bocabraincenter.com, or text us at **(561) 206-2706** or visit our website at www.BocaBrainCenter.com.

Renee Chillcott, LMHC

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



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



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

PEYRONIE'S DISEASE

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

GO BEYOND MEDICATION – TREAT THE ROOT CAUSE

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

WHAT ARE REGENERATIVE MEDICINE AND THE REJUVAENHANCEMENT® PROCEDURE?

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

THE POWER OF STEM CELLS?

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

SIMPLY MEN'S HEALTH REJUVAENHANCEMENT® PROCEDURE

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

IS IT SAFE?

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

RejuvaEnhancement®
Amniotic Stem Cells

- REPAIR
- REGENERATE
- RESTORE

RejuvaEnhancement®
 only available at
Simply Men's Health

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

is immunoprivileged and does not express HLA type antibodies.

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

HOW TO GET STARTED?

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



WHAT OUR PATIENTS ARE SAYING?

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

Anthony Z.

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

E.M.



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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**.

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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.



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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.

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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, flu, 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!



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UNDERSTANDING AND MANAGING ANXIETY

In my 35 years of practicing clinical psychology, I encountered a multitude of clients exhibiting difficulties with anxiety. Everyone experiences anxiety at times. Situations such as meeting a deadline, taking a test, having a job interview, or meeting new people often contribute to feelings of nervousness or fear. Mild anxiety can increase a person's awareness, help them focus on challenging or threatening situations, and cope with them effectively. However, intense anxiety can be overwhelming and interfere with a person's ability to cope with situations, thereby having a disruptive effect on their daily functioning and leading to an anxiety disorder. With generalized anxiety, a person experiences recurring worries or fears about different things and often exhibits a sense that something bad might happen. A person exhibiting panic disorder fears having a panic attack and tends to avoid situations in which they anticipate one might occur. With social anxiety, a person tends to avoid social situations due to a fear of being negatively evaluated by others. A person exhibiting specific phobias tend to avoid the feared object (for example, certain animals) or situations (for example, flying in an airplane).

NATURE OF ANXIETY

Anxiety consists of physical symptoms (for example, increased heart rate, rapid breathing, choking sensations, nausea, abdominal discomfort, sweating, shakiness, light-headedness), emotional symptoms (for example, nervousness, tension, edginess), thinking symptoms (for example, difficulty concentrating, fear of losing control), and behavioral symptoms (for example, restlessness, avoidance). Anxiety has an adaptive function with respect to signaling a person to avoid situations in which there is a high risk of physical injury or death (for example, evacuating an area in which a hurricane is approaching) or to take action to decrease the risk of such a situation occurring (for example, eating a nutritionally balanced diet and exercising regularly). However, with language, people are able to create threats from situations in which there is a low risk or no risk of injury or death (for example, speaking in front of a group of people, flying in an airplane), thereby resulting in anxiety that can have a disruptive effect on their functioning.

THOUGHTS AND ANXIETY

Interestingly, many of the physical symptoms of anxiety are present when a person experiences excitement or sexual stimulation. These symptoms are not labeled as uncomfortable or threatening in these situations. Many of the people with whom I have worked due to anxiety reported having stopped drinking coffee because it made them anxious. I pointed out that the caffeine in the coffee produced certain physical symptoms (for example, increased heart rate, jitteriness) similar to those with anxiety. This suggests that people with anxiety mislabel the physical symptoms as indicative of anxiety, when they are nothing more than physical symptoms. Furthermore, different people respond differently to the same situation, thereby suggesting that anxiety is largely a person's reaction to a situation labeled as threatening and is not directly caused by that situation. For example, not everyone experiences anxiety about taking a test. Those with test anxiety view the possibility of failing the test as a threat, thereby respond to the perceived threat with anxiety.

MANAGING ANXIETY

Research has demonstrated that the principles of cognitive-behavior therapy (CBT) have been effective in helping people learn how to manage their anxiety. With CBT, a person can develop an understanding of how their thoughts contribute to their anxiety and related self-defeating patterns of behavior. It has been my experience that people with anxiety often attempt to control the uncomfortable feelings either by avoiding situations that appear to provoke the anxiety or by using distraction techniques (for example, eating, using alcohol, going shopping, using prescription drugs, using deep breathing exercises). Although these attempts to control the anxiety might work to reduce the anxiety, they are only effective temporarily and actually contribute to the anxiety problem continuing on a long-term basis. A more effective approach is based on the principle of acceptance, which consists of describing the symptoms of anxiety when experienced, exhibiting a willingness to make room for them to be present, and focusing on the most important task at the moment. When a person experiences anxiety,

they can choose either to focus on the discomfort and attempt to get rid of it (avoidance) or to make decisions that will enable them to move toward their short-term and long-term goals despite the presence of the anxiety. A good example to illustrate this point involves getting a mosquito bite. A mosquito bite results in an itching sensation, and the person experiences the urge to scratch it. While scratching the bite might produce temporary relief, it results in the bite itching even more and for a longer period of time. However, the person also has the choice of acknowledging the the itching sensation which is normal for having the bite, allowing it to be present and ignoring it, and focusing on the most important task at hand. When I stopped smoking cigarettes 42 years ago, I experienced strong urges (discomfort) for a cigarette for several days thereafter. I acknowledged the presence of an urge and the discomfort which was normal for having stopped smoking, noted that just because I wanted a cigarette did not mean I had to have one, focused on my goals of modeling healthy behavior for my children (my first child was due in 2 months) and preserving my own health, and then focused on the task at hand, usually studying since I was still attending graduate school. A helpful image to use in managing anxiety consists of the "leaves in a stream" metaphor. A person can imagine a flowing stream in the woods with leaves falling in it. They can then objectively describe the symptoms of anxiety and place them on a leaf in the stream. The leaf with the anxiety on it will eventually flow by, with the anxiety dissipating. Once the anxiety has been placed on the leaf in the stream, the person can ignore it, having made a decision consistent with their long-term and short-term goals, and then focus on the task at hand.

NOTE: Some of the material in this article was adapted from material published by the American Psychological Association.

DR. ROSENBAUM practiced clinical psychology in Mobile, Alabama, for 35 years before moving to Delray Beach in June, 2018. His practice is focused on providing problem solving and skill building, and he assists clients in making life pattern changes with respect to relationships, parenting, depression, anxiety, anger control, and stress management. Dr. Rosenbaum's office is located at 1615 S. Congress Avenue - Suite 103 in Delray Beach, and he can be contacted at 251-554-4927.

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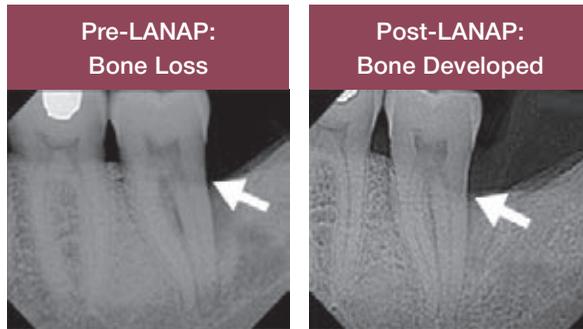
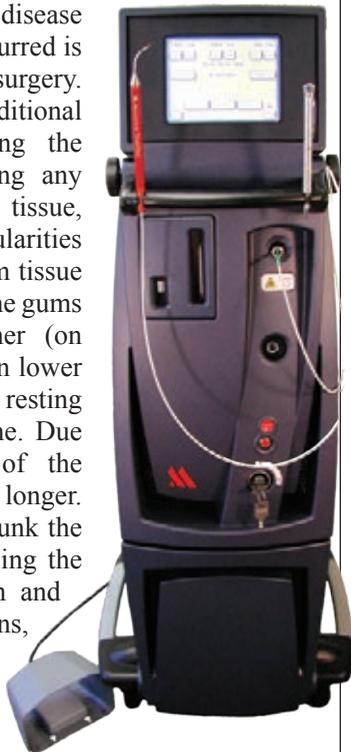
Laser Periodontal Therapy: Saving Your Teeth Without Traditional Surgery

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 Periolase Dental Laser (LANAP procedure) to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.

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

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



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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.

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- 3 hours of increased oxygen supply (ie oxygen bars)
- 50x oxygen opening the chest exercise (open the lungs, enhance breathing)
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BIO- ELECTRIC DDS THERAPY FEATURES:

- It is painless
- Provides the benefits of acupuncture (without the needles), body massage, scraping, and cupping
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- 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.

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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

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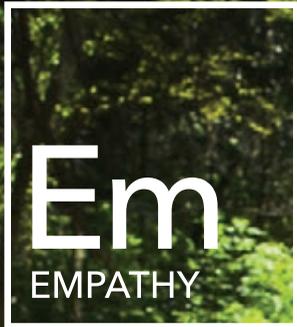
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Jeanie Harris has been the caregiver. As a Registered Nurse and an Oncology Certified Nurse with Florida Cancer Specialists, she has spent her career educating, delivering medication, empathizing and holding the hands of her patients. So when Jeanie 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

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