

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

# Health & Wellness<sup>®</sup> MAGAZINE

November 2018

South Palm Beach Edition - Monthly

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**TRUSTS ARE NOT JUST FOR THE WEALTHY**

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

**AVOID BACK AND SPINE SURGERIES!!!**

**GET A YOUNGER LOOK - COURTESY OF YOUR OWN CELLS**

**CAN I WAIT ANOTHER YEAR BEFORE GETTING HEARING AIDS? HEARING LOSS AND DEMENTIA**

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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.

## Revocable Living Trust

### ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
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# contents November 2018

6 Trusts Are Not Just for the Wealthy

8 The Scary Truth About "Invisible Baldness"

10 Get a younger look – Courtesy of Your Own Cells

11 Avoid Back and Spine Surgeries!!!

12 What Is Central Serous Retinopathy?

13 Progress Against Lung Cancer

14 GAINSWave is a Revolutionary New Therapy That Treats Erectile Dysfunction (ED) Neurofeedback Can Help

16 Can I Wait Another Year Before Getting Hearing Aids? Hearing Loss and Dementia

18 Are Sexual Inhibitions Keeping Intimacy Away?

21 Medicare Enrollment

22 Is Neurofeedback an Effective Treatment for Anxiety and Depression?

24 Rolling with the Changes

26 REJUVAnation™ – Amniotic and Umbilical Cord STEM CELL Therapy CURE Peyronie's Disease STOP the Pain – Don't Operate REGENERATE Get Your Life Back with Stem Cell Therapy

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

29 5 Second Low Dose CT Scans for Dental Surgery

30 How Doctors Choose Surgeons

31 Spiritual Wellness: Developing Discipline

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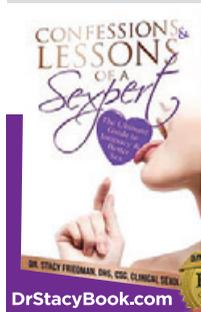
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by Andrew M. Curtis, ESQ



# TRUSTS ARE NOT JUST FOR THE WEALTHY



**P**erhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.

Another reason for having a revocable living trust is to protect against incapacity. In the trust, you designate who would manage

your assets in the event,, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove



to be a bad result, because the husband could remarry and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once

you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will, follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit.. And for persons with handicapped children, a "supple-

mental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement for government benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

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

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## THE SCARY TRUTH ABOUT “INVISIBLE BALDNESS”

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

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](http://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*



# GET A YOUNGER LOOK — courtesy of your OWN CELLS

**QUESTION:** I am a recent empty-nester. I want to look in the mirror and see the youthfulness I feel inside and remove some facial lines. Nothing too invasive, though. What procedures/treatments can you recommend?

**ANSWER:** I have always loved the expression, “Growing old is mandatory, but growing up is optional!” In the past, fillers and injectables were among the most common procedures practiced to obtain a youthful look. In addition to these, another alternative was platelet-rich plasma (PRP).

PRP has been used for many years for a multitude of modalities. It is a process where we draw blood on a patient and spin it down to separate the serum out of the blood. It is in that layer of serum where the platelet rich plasma resides. This is used in orthopedics for healing joints. It is also used in aesthetics for anti-aging of the face and chest. It is used to treat under eye hollows and for over skin rejuvenation. This has been one of the gold standard approaches until now.

Now there is platelet-rich fibrin (PRF). It is processed the same way as PRP. However, the blood is spun at a lower rpm for a longer amount of time. Spinning at a lower rpm results in a higher concentration of platelets, higher concentration of white blood cells (which are great for anti-inflammatory response), and even some stem cells. That’s why we can now use this procedure for under the eyes or as natural fillers.

Whether my patients have had this procedure for brown spots treatment, acne scaring, wrinkles and fine lines, tear troughs, deep folds, or a full rejuvenated younger look and feel, they are in complete awe of how simple and effective PRF is. In fact, they love the fact that there is nothing but their own blood involved, so the risk for complication or rejection is virtually nonexistent. The results are immediate and the treatment is quick and painless.

For more information, please contact me, Dr. Dadurian, at MD Beauty Labs at **(561) 655-6325** or visit us at [www.mdbeautylabs.com](http://www.mdbeautylabs.com).



**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.

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By Aaron Rosenblatt, MD

# AVOID BACK AND SPINE SURGERIES!!!



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

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

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

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

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

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

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

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

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

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

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

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

Avoiding surgery is our number one goal to help to treat a growing older and active community. At Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, he serves at the medical director and is board certified. Every patient is evaluated by Dr. Rosenblatt himself and a comprehensive treatment plan is always tailor made for each individual. Patients are **NOT** seen by PA's (physician assistants) or NP's (nurse practitioners). You will see the doctor at each and every visit. Dr. Aaron Rosenblatt specializes in performing Interventional Pain Management procedures and also in the field of Physical Medicine and Rehabilitation. His knowledge encompasses each region of the body which can cause pain. He runs on time and does not make patients wait hours in his office to see him. He is not only a pleasure to talk to regarding pain issues, but also enjoys every day topics such as sports, movies, entertainment and current events. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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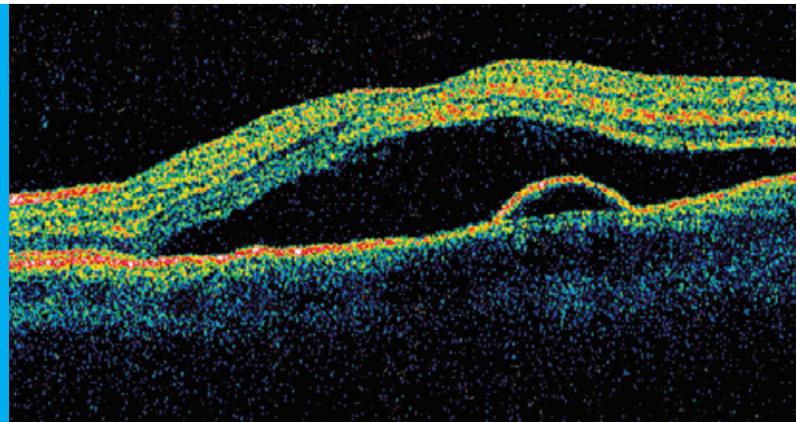
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# What is **CENTRAL SEROUS RETINOPATHY?**

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

In central serous retinopathy (sometimes called central serous choroidopathy), fluid builds up under the retina and distorts vision. Fluid leakage is believed to come from a tissue layer with blood vessels under the retina, called the choroid. Another layer of cells called the retinal pigment epithelium (RPE) is responsible for preventing fluid from leaking from the choroid under the retina. When, for unknown reasons, tiny areas of the RPE become defective, fluid builds up and accumulates under the RPE, much as liquid in a blister collects under the skin. As a result, a small detachment forms under the retina, causing vision to become distorted.



Central serous choroidopathy usually affects just one eye at a time, but it is possible that both eyes may be affected at the same time.

## **CENTRAL SEROUS RETINOPATHY SYMPTOMS**

If you have central serous retinopathy, your central vision will be distorted. In addition to distorted central vision, your vision may also appear blurred or dim. You may have a blind spot in your central vision. You may also notice a distortion of straight lines in your affected eye, or objects may appear smaller or further away than they actually are. When you look at a white object, it may appear to have a brownish tinge or appear duller in color.



## **WHO IS AT RISK FOR CENTRAL SEROUS RETINOPATHY?**

Men are more likely to develop central serous choroidopathy than women, particularly in their 30s to 50s. Stress is a major risk factor. Some studies suggest that people with aggressive, “type A” personalities who are under a lot of stress may be more likely to develop central serous retinopathy.

### **Other factors that may increase your risk for central serous choroidopathy are:**

- Use of steroids  
(by mouth, through a vein or even inhaled)
- Caffeine
- Hypertension (high blood pressure)

## **CENTRAL SEROUS RETINOPATHY DIAGNOSIS**

of your eye using fluorescein angiography and optical coherence tomography (OCT).

During fluorescein angiography, a fluorescein dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. Photographs are taken of your eye as the dye passes through the retinal blood vessels. Abnormal areas will be highlighted by the dye, showing your doctor whether you have central serous retinopathy.

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps to measure retinal thickness and detect swelling of the retina.

## **CENTRAL SEROUS RETINOPATHY TREATMENT**

Most cases of central serous retinopathy clear up in one or two months without any treatment. During this time, your Eye M.D. will monitor your eye to see if the liquid is being reabsorbed. In some cases when the vision isn't regained in a timely manner your Eye M.D. may consider laser or Anti VEGF injection to help restore vision.

Most people with central serous retinopathy regain good vision even without treatment. However, vision may not be as good as it was before the condition appeared. About half of patients who have had central serous retinopathy will have it return. It is important to have regular, thorough follow-up exams with your Eye M.D. since long-term fluid accumulation can lead to permanent vision loss.



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### **Lauren R. Rosecan**

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# PROGRESS AGAINST LUNG CANCER

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States. More people die of lung cancer in a year than from breast, prostate, colon and pancreatic cancer combined. Lung cancer is the second most common cancer in both men and women – it ranks just behind prostate and breast cancer, respectively.

## EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 16.3 percent, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 52.6 percent. So, your chances of surviving lung cancer are three times greater when it is detected early. If it is found while still in Stage 1, which is the earliest stage, there is an average five-year survival rate of over 80 percent.

The bad news is that only about 15 percent of all lung cancer cases are diagnosed at an early stage because, often in the early stages, there are no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

Recent studies have found that, through the use of low dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes incurable, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest X-rays. Check with your physician to see if you could benefit from a CT lung scan. Researchers are also exploring other detection tools, including a blood-based test. So far, however, results are mixed.

## IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.



*About 85 percent of all cases of lung cancer occur in people who are smokers or have smoked in the past. The remaining 15 percent of cases occur in non-smokers, for reasons not yet fully understood.*

Newer immunotherapy treatments have significantly improved survival rates for some lung cancer patients. A recent study, presented at the American Association for Cancer Research (AACR) Annual Meeting in April 2017, demonstrated that, for a small subset of patients, immunotherapy can work for a very long time.

## LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

With some types of lung cancer, research has shown that receiving chemotherapy before radiation or surgery may actually be helpful. Chemotherapy may shrink the tumor, making it easier to remove it with surgery. It may also increase the effectiveness of radiation and it can destroy hidden cancer cells at the earliest possible time.

More research needs to be developed for even more effective treatments for lung cancer. Currently, there are no cures for lung cancer and even the best options don't help all patients. However, doctors are able to offer more treatment options with better outlooks for patients than a decade ago.

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

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

## **WHAT CAUSES ED?**

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

## **COMMON TREATMENT FOR ED:**

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

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

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

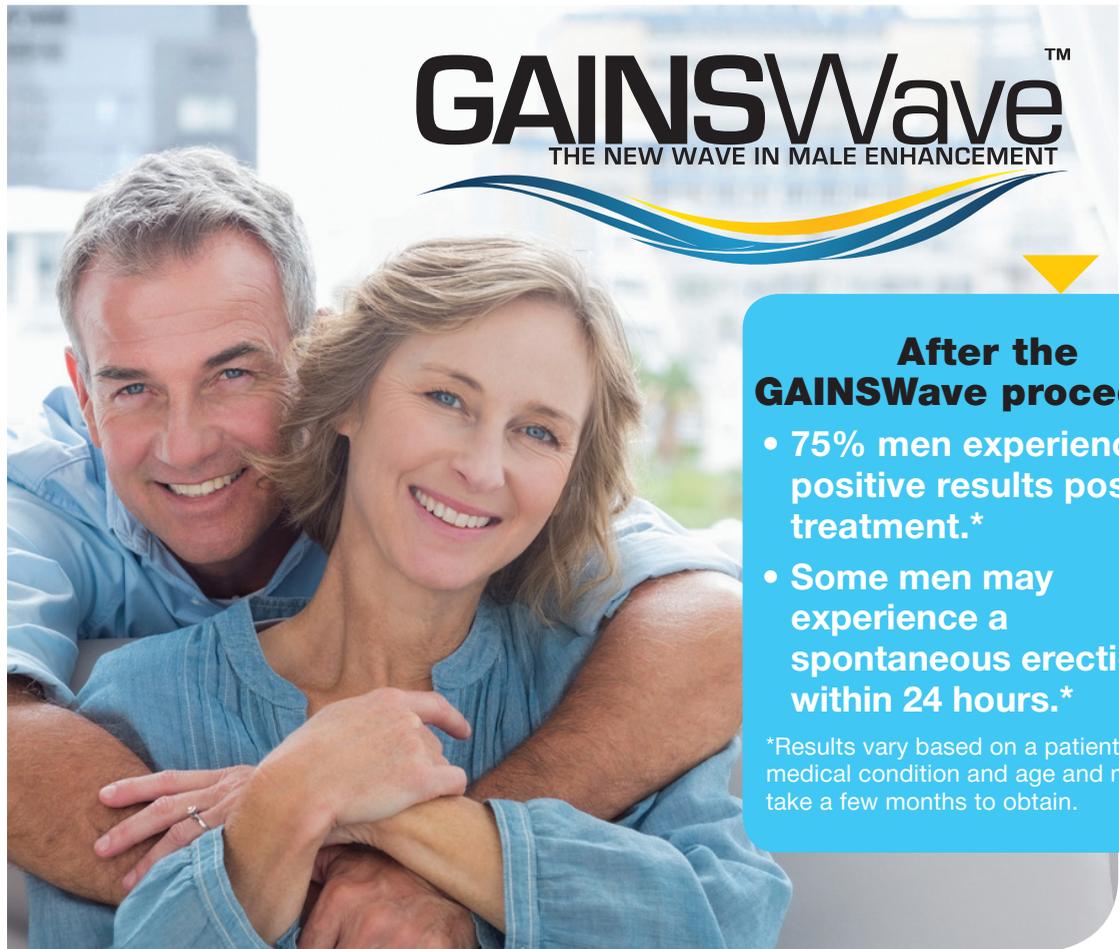
#### WHY MEDICATE WHEN YOU CAN CURE?

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

#### SCIENTIFICALLY PROVEN RESULTS

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

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



#### 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**.

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**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.**

# Can I Wait Another Year Before Getting Hearing Aids? Hearing Loss and Dementia



**A**ge-related hearing loss is often thought of as a normal part of growing older, but preventing and treating hearing loss is critical, not only for maintaining hearing, but also more importantly, for brain function.

Over the past decade, there have been more and more evidential conclusions on studies related to hearing loss and cognitive decline. Why are these disorders so closely related? When there is auditory deprivation there is a significant strain on the area of the brain that processes communication. This area of the temporal lobe is called the primary auditory and it not only controls hearing, but also the way language is processed.

Individuals that struggle with hearing often become less social, and therefore their cognitive decline is affected by less interaction and less mental processing. It is also thought that other senses effected like smell and vision loss will exacerbate cognitive issues due to a cause of degeneration in these areas of the brain.

If you get early treatment, which is typically hearing aids, you can slow down the natural progression of hearing loss. Hearing loss is NOT like fine wine, as it gets much worse with age. There is a use it or lose it theory, so waiting for hearing loss to get worse, before getting hearing aids is not a sound approach. In a way, you are asking for your hearing loss to get worse sooner vs. getting early treatment.

Dr. Maya Berenson, Audiologist at Palm Beach Hearing Associates states, “I have patients seeking treatment in their mid 90’s, and it’s important to realize that when your very first hearing device is acquired at that age, the adjustment process on the brain and the use and maintenance of the device is much more difficult than if treatment was initiated closer to the onset of the hearing loss. It is much easier to recover from surgery when you are younger vs. older, as it is much easier for the brain to adjust to hearing aids and help preserve hearing if treated at a younger age.”

Nearly 5.2 million Americans have Alzheimer’s disease, and that number is expected to triple by 2050. Experts estimate that an Alzheimer’s diagnosis will affect close to 15 million people by mid-century.



Forgetfulness, agitation, and frustration, social withdraw, and difficulty with daily tasks, are all symptoms of Dementia. Alzheimer’s is the most progressive form of dementia. As the “tangles” in the Alzheimer’s brain become unattached, they disrupt the communication in the brain.

There is no cure for dementia. The pharmaceutical drugs that get rid of amyloid plaque rarely help. Many researchers now, understand that the plaque buildup in the brain is the bodies’ natural way of protecting it, so removing the plaque is pointless. Taking care of our health is critical to staving off memory related decline, and this includes many factors like eating a healthy diet, eliminating toxins and chemicals, preventing infections, staying social, brain training and protecting our hearing.

Dr. Doraiswamy is also a highly-regarded researcher on this subject. P. Murali Doraiswamy, M.D., a professor of psychiatry and medicine at Duke University School of Medicine and coauthor of The Alzheimer’s Action Plan, states that “The improvement in cognition was huge, about double that seen with any of the current FDA drugs for treating Alzheimer’s.” He continued, “Studies have shown that uncorrected vision problems raise the risk for dementia. Every doctor knows that hearing loss can result in cognitive problems, but they still don’t focus on it as a priority when they evaluate someone with suspected dementia, which is a big missed opportunity. The benefits of correcting hearing loss on cognition are twice as large as the benefits from any cognitive-enhancing drugs now on the market. It should be the first thing we focus on.”

If you are experiencing hearing loss, it’s important to seek a qualified audiologist, because they are trained to get you the best outcome and resolution for your specific issue. If you’ve noticed that it’s difficult to hear conversations in a noisy atmosphere, or you feel the need to adjust your television volume much higher than before, it’s vital for you to have your hearing checked.

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# Are SEXUAL INHIBITIONS Keeping Intimacy Away?

**W**ant to try different things to spice up your relationship but get embarrassed or shy away from things that are new or unfamiliar? Maybe you want to be adventurous and have more confidence but something is keeping you from being open and free. You hold back from trying which then starts to cause boredom, frustration, or lack of intimacy because your partner is tired of doing the same thing over and over again. It could be that you just have no desire and just never really did. That is when you start feeling bad or guilty and pull away even more because you think something is wrong with you or that you look at doing things out of the box as wrong or “dirty”. You may be sexually inhibited and it may be affecting the intimacy in your relationship.

## WHAT IS SEXUAL INHIBITION?

Sexual inhibition, also called ISD (inhibited sexual desire) is when you are suppressing sexual desire or the inability to feel sexual desire, or to perform. It usually manifests as at least 3 of these symptoms:

1. no or little interest in sexual activity
2. no or few sexual thoughts
3. no or few attempts to initiate sexual activity or respond to partner's initiation
4. no or little sexual pleasure/excitement in 75%-100% of sexual experiences
5. no or little sexual interest in internal or external erotic stimuli
6. no or few genital/nongenital sensations in 75%-100% of sexual experiences

You can have ISD primary where you have always felt this way or ISD secondary where you used to feel more sexual but don't feel that way now. You need to question yourself and see if this is something related to the connection to your partner, where you don't have interest in them, or maybe you just don't have an interest in anyone or think about sex regardless if you were in or out of your relationship.

There are quite a few reasons that someone may feel sexually inhibited which can start with their current relationship. Communication issues, lack of affection, conflict, power struggles and not having enough alone time together are common factors. Religious beliefs and family values through our upbringing can also have a significant impact on how we feel about sex and what we are comfortable doing or not doing. When people aren't sleeping well and are stressed, depressed or fatigued, this also keeps people from being more open to trying different things because their brain is just focused on rest. People who were victims of childhood sexual abuse or rape, and those whose marriages lack emotional intimacy are especially at risk for ISD.

So what are some ways to overcome sexual inhibitions? Baby steps. Try a different position, try different rooms, try using hands and being in the moment with massage, a little more foreplay can be helpful. Couples should also separate sex and affection, so that they won't be afraid that affection will always be seen as an invitation to have sex. It's important to make sure that you are having affection that doesn't lead to anything other than spending quality time together so



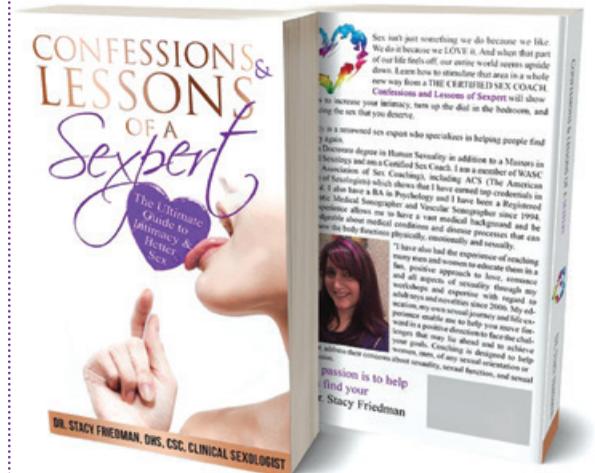
it breaks that cycle of thinking every touch has to turn into sex. Regularly setting aside “prime time,” before exhaustion sets in, for both talking and sexual intimacy will improve closeness and sexual desire, even 30 minutes a few times a week. Try using a blindfold so it can allow you to be more in the moment rather than looking at your partner and wondering what they are looking at, what they will do next or what they are thinking. It can also increase your other senses and allow you to relax more and fantasize where it can help to open up. Learn to love your body! Stand in front of a mirror and appreciate the curves, only look at the good and find something to compliment yourself on. Getting counseling or treatment can be very helpful as it generally focuses more on improved communication (verbal and nonverbal), working on non-sexual intimacy,

which can help with sexual intimacy, or education about sexuality. Many times sexual inhibitions can be due to lack of knowledge when it comes to sexuality. Working on these things can help open the mid to more intimate possibilities and just making a small change in the mindset can be all the difference needed.

If you are looking to get more information, guidance or coaching to improve your intimacy by learning how to release some of your sexual inhibitions, reach out to Dr. Stacy at **561-899-7669** or go to **www.DrStacy.org**. A complimentary 15 minute consult can see if coaching is right for you and learn how it can benefit you in your relationship and your future. If now isn't the time to make a change, then when is? Call now! - Dr. Stacy *“My passion is to help you create yours!”*



Dr. Stacy Friedman



**Dr. Stacy Friedman**

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# Medicare Enrollment

**G**etting the most from your health plan is important to many seniors but it is not always easy to navigate your way through all of the benefit plans and options. Your plan choices may vary depending on the county in which you live, the medical conditions you have, and your financial status.

**It is important to review your benefits each year between October 15th and Dec 7th. Unless there is a special exception, this is the time you can enroll, disenroll or change your plan.**

#### WHAT DO I NEED TO KNOW ABOUT MEDICARE?

Medicare is a sophisticated system, but maneuvering your way through the maze is the tricky part.

Medicare has several parts:

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

At age 65, most people enroll in Medicare Part A & Medicare Part B. 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.

#### WHAT IS MEDICARE OPEN ENROLLMENT?

The annual Medicare Open Enrollment period has started (on October 15) and continues until December 7. For 2019 coverage, open enrollment will run from October 15, 2018, to December 7, 2018.

During the annual enrollment period (AEP) you can make changes to various aspects of your coverage.

- You can switch from Original Medicare to Medicare Advantage, or vice versa.
- You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another.
- And if you didn't enroll in a Medical Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria.

- You must be enrolled in Medicare Part A and B.
- You must live in the plan's service area.
- You cannot have End-Stage Renal Disease (some exception apply).

#### IS AUTO RENEWAL AVAILABLE?

If you're enrolled in a Medicare Part D prescription plan or a Medicare Advantage Plan and you don't want to make changes to your coverage for the coming year,

you don't need to do anything during open enrollment, assuming your current plan will continue to be available. If your plan is being discontinued and isn't eligible for renewal, you will receive a non-renewal notice from your carrier prior to open enrollment. If you don't, it means you can keep your plan without doing anything during open enrollment.

But be aware that your benefits and premium could change from one year to the next. So even if you're confident that you want to keep your current coverage for the following year, it's important to make sure you understand any changes that your current plan is still the best available option. The available plans and what they cover changes from one year to the next, so even if the plan you have now was the best option when you shopped last year, it's important to verify that again before you lock yourself in for another year.

Having an experienced agency guide you through this intricate process is ideal so that you and your family are certain not to be left without coverage.

**Because this is the season for open enrollment, it's critical to review your plan and to seek help if you're considering making changes to an existing plan. Joanne Foley offers free consultations to help you prepare to make these decisions.**

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](http://JoanneFoleyinsurance.com).

#### OFFICE LOCATION

400 North A1A Unit 115, Jupiter, FL 33477  
(561) 316-0120  
[joannefoleygross@gmail.com](mailto: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

Tues., 11/14 – 5:30 p.m.

Fri., 11/16 – 10:30 a.m.

#### Robert Morgade Library

5851 SE Community Dr. Stuart

Thurs., 11/1 – 10:30 a.m.

Wed., 11/7 – 6:00 p.m.



Joanne Foley Insurance  
561-316-0120

[JoanneFoleyInsurance.com](http://JoanneFoleyInsurance.com)  
[JoanneFoleyinsurance@gmail.com](mailto:JoanneFoleyinsurance@gmail.com)



# IS Neurofeedback AN EFFECTIVE TREATMENT for ANXIETY and DEPRESSION?

**V**ery often Anxiety and depression go hand in hand. We call them comorbid. Anxiety in the brain can look different even if the symptoms are the same. Neurofeedback is a very effective way of determining what is causing the anxiety and depression you are feeling as well as treating the cause and alleviating the symptoms.

To best describe anxiety/depression and Neurofeedback, I want to share my anxiety story. I never considered anxiety an issue for me until I went through a stressful life event. I couldn't sleep, I wasn't able to eat or hold anything down, and I experienced my first panic attack (well, what I thought was my first). This was understandable though, as it was an extremely stressful event in my life and I was perfectly normal before this happened. Well, maybe not perfectly normal.

When I started to think about my life, I realized that as far back as I could remember, I had anxiety symptoms. As a child, I remember having little panic attacks when I had to talk in

class, read out loud, or present a project and this went on through grade school, college, and into adulthood. I would shake and have rapid breathing and couldn't focus, concentrate or even hear anything anyone was saying until some time after my presentation or turn talking was over. I had headaches my entire life but those were understandable because I came from an anxious, migraine family not to mention that I suffered from "allergies". My mom had migraines and would have nervous hands, my aunt also suffered from migraines and had the shaky hands. I never called them anxious or considered my self to have anxiety. My headaches were frequent but rarely migraines so I thought I was the lucky one.

I went through school flying below the radar. I would be completely lost in a class because I couldn't raise my hand to ask a question, I would miss school because I couldn't bear to present a project or take a test I wasn't confident I could pass. As I got older, I would stay up later and later as sleep didn't come easily for me. I didn't do well at my first job because I wouldn't talk over the loudspeaker and when I got a job working for a doctor, I was asked to not answer the phone because I sounded too young and nervous.

As I became older, the insomnia was understandable because I had children and you don't sleep a lot when you have kids. As my kids got older, I tried every technique in the book to induce sleep. Nothing worked consistently. I stayed up late working even though I had to be to work early in the morning. I would over-react to criticism, cry at the drop of a hat, and had mood swings like crazy. I didn't feel depressed but most definitely had depression symptoms. I tried medication. Birth control pills helped level me off a little and I took Prozac for a couple months for PMDD symptoms. I didn't like taking medication and it usually only worked for a little bit.

About a month before the stressful event, I was experiencing high blood pressure, not too high, and my cholesterol level didn't warrant medication, but my brain was not relaxed. I took Paxil to try to get some sleep and start eating again. It was effective, but I hated the side effects, so I stopped after 2 months. I thought I was fine. My life went back to normal (my new normal as a single mom). I was less stressed in most areas and more stressed in others. Then a very simple event happened, and my brain was again in full panic mode.

Although I was helping others through Neurofeedback I had not put myself as a priority. Now it was time to do so. By working on myself, I became very in touch with what anxiety and comorbid depression feels like and looks like.

## **ANXIETY MANIFESTS IN MANY DIFFERENT WAYS SUCH AS:**

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

**DEPRESSION SYMPTOMS CAN VARY FROM MILD TO SEVERE AND CAN INCLUDE:**

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

I had most, if not all of these at some point in my life. They may not have all been going on at once, but they were there. I didn't label it, or notice it, or even reach out for help very often for 2 reasons: (1) It was my normal. This is how I had always been and it's not easy to see what's going on with yourself. (2) When I did see that how I was feeling was affecting others in my life, it wasn't easy to talk to doctors about it. If I wasn't completely breaking down, they really didn't understand what was going on with me. The two times I was on medications were not the only times I spoke to a doctor about how I felt. When I was experiencing high blood pressure, I was instructed to lose weight. My emotions or anxiety were never explored or questioned and if my emotions were taking over, I was diagnosed with depression, anxiety was never explored.

**The next step was to fix the problem.**

**WHAT IS NEUROFEEDBACK?**

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. Neurofeedback is a type of exercise for your brain. It allows you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like stretching or yoga does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the



therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through visual recognition of the changes on the screen and the auditory reinforcement of "beeps".

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

My results with Neurofeedback were not instant. The first thing that changed was my awareness. I was more aware of stress and anxiety and how they didn't always go together. I remember feeling very anxious and telling a friend. Her response was a very typical one as she asked, "what's making you anxious"? I didn't have an answer. "Nothing" is what I told her because literally nothing was happening to explain this feeling I was having.

As my neuron patterns began to organize, the times that I felt anxious became more intense and clearer because I was also experiencing a calm that I hadn't before. I wasn't worse, just more aware.

My sleep was improving, although the improvements were a little inconsistent. One day I could train and would feel so relaxed and sleep amazing; another day I would do the exact same training and not feel as calm or sleep as well. I understood at that point what I had been telling my clients all along; your brain may be working on something different at the beginning and be inconsistent in symptom relief.

After some time, the session became very predictable and if I was having trouble sleeping, making lists of all of the bad things that had happened to me that day, experiencing negative thinking, having headaches or thinking in my head too much and having trouble with concentration, I knew it was time for a session.

Today my life is so different. I give lectures and talks to groups, classes, and anyone who asks me to. I love to sleep and enjoy waking up feeling so refreshed. I am calmer, more rational, able to handle stress, happier and more carefree. It's a strange feeling as this is who I have always been; my intentions and personality are exactly the same; and the only feeling I can say I have is one of freedom. I am no longer looking for the escape route or living in fear and I am no longer the emotional "girl" that everyone saw.

**HOW DO I GET STARTED?**

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at [info@bocabraincenter.com](mailto:info@bocabraincenter.com), or text us at **(561) 206-2706** or visit our website at [www.BocaBrainCenter.com](http://www.BocaBrainCenter.com).

**Renee Chillcott, LMHC**

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, 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  
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# ROLLING WITH THE CHANGES

**R**olling 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**



**804 U.S. 1, West Palm Beach, 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/>**

# REJUVAnation™ –

## Amniotic and Umbilical Cord STEM CELL therapy

### CURE Peyronie's Disease

### STOP the Pain – Don't Operate REGENERATE

### Get Your Life Back with Stem Cell Therapy

**R**EJUVAnation Medical Center is a leader and pioneer in the field of regenerative medicine and a R3 Stem cell clinic, a national leader in stem cell therapy. Amniotic and Umbilical Cord Stem Cell therapy has been used hundreds of thousands of times worldwide for regeneration and repair of body tissue. Stem cell therapy, from FDA regulated and approved biological labs, takes advantage of your own body's ability to repair itself naturally.



REJUVAnation Medical Center regenerative therapy is so exceptional because:

- Combines Amniotic and Umbilical Cord Stem Cells, PRP Platelet Rich Plasma and RejuvaWAVE®
- Has live stem cells from FDA regulated labs for safety which is our utmost priority
- No need to harvest anything from patients
- No rejection issues and no ethical concerns
- Very safe and studies show excellent outcomes

**SAFE**  
**CLINICALLY EFFECTIVE**  
**NO REJECTION**  
**NO SURGERY**

#### WHAT IS A STEM CELL?

Stem Cells are undifferentiated biological cell types obtained from the amniotic fluid and amniotic membranes or from the umbilical cord that can

differentiate into various cell types that can help your body repair, regenerative and restore your health and vitality.

#### Potential Benefits of REJUVAnation Stem Cell Procedures?

- CURE Peyronie's disease. No Pills, No Needles, No surgery. Enjoy a spontaneous sex life again.
- Walk, run, golf and swim again PAIN FREE. Stop the pain, don't operate.
- Avoid knee replacement surgery.
- Alleviate the pain and inflammation of degenerative arthritis.
- Stop the progression of neuropathy and future damage.
- Sports injuries, tendonitis – optimize and speed up healing.
- COPD
- Kidney Failure
- Chronic conditions and autoimmune diseases
- Help heal chronic skin conditions and wound healing.
- Regrow your OWN hair without surgery
- Anti-aging: look and feel younger and reduce wrinkles. "Stem cell facelift"

#### CURE PEYRONIE'S: Instead of medicating CURE with RejuvaWAVE®

Simply Men's Health at REJUVAnation Medical Center revolutionized the field of men's sexual health by introducing and developing the ground breaking RejuvaWAVE® and RejuvaEnhancement™ Procedure to help reverse the inevitable aging process and treat Peyronie's disease.

Simply Men's Health REJUVAnation Medical Center has revolutionized the standard of care by introducing the only treatment that CURES Peyronie's disease RejuvaWAVE® is revolutionary,



### RejuvaWAVE®

only available at  
Simply Men's Health

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

non-invasive, and HEALS the underlying cause of Peyronie's. RejuvaWAVE® uses FDA-cleared, scientifically proven technology of Acoustic Pressure Waves to stimulate cellular metabolism, reduce plaque build-up, enhance blood circulation and to stimulate tissue regeneration, which creates new blood vessels in treated areas. Traditional Peyronie's treatments lose effectiveness over time and have to be used every time a man wants to perform. Simply Men's Health RejuvaWAVE® treatment is about regenerative medicine and treating and curing the underlying cause of Peyronie's with regenerative medicine. Regenerative medicine shifts the body into a healing and restoration state and helps men return to their younger healthier selves and to enjoy life again!

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

### Is RejuvaWAVE® SAFE?

Yes. RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used world-wide. RejuvaWAVE® uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology and anti-aging. RejuvaWAVE® has virtually no risk and no side effects. Although acoustic pressure wave technology has been used for over 15 years to treat Peyronie's in Europe, it is relatively new to the United States for the disorder. As the leader in men's sexual health, Simply Men's Health introduced this technology in the spring of 2015, and the results have been nothing short of amazing.

### STEM CELLS for Peyronie's: RejuvaEnhancement™ Procedure?

RejuvaWAVE® stimulates your body's own healing response and creates new blood vessels and regenerates tissue in the area treated. The RejuvaEnhancement™ Procedure combines the growth factors and stem cells from your own body with live, cryogenically -preserved multipotent stem cells and hundreds of growth factors and cytokines derived from human placenta, amniotic and umbilical cord tissues which activate your own body's stem cells. In addition, LIVE multipotent stem cells and fibroblasts in this allograft promote cell repair and tissue regeneration working synergistically with and magnifying the effects of RejuvaWAVE® to restore patients to their younger healthier selves. Rather than relying on oral medications or injections as a temporary fix before each sexual activity, patients enjoy can enjoy a spontaneous and active sex life again. Also , this procedure can increase both the length and girth of the penis by up to one inch.

### THE POWER OF STEM CELLS?

Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged or worn out tissue. Multipotent stem cells, derived from amniotic-placental tissue and umbilical cord have virtually unlimited potential to become any type of cell in the body. Adult stem cells derived from either bone marrow or fat cells are limited to the type of cells they can develop into. In addition, as one ages the quantity and the quality of stem cells obtained from bone marrow and fat drops exponentially and 80% of the stem cells derived from fat die within two days.

### ARE THE REJUVANATION AMNIOTIC AND UMBILICAL CORD STEM CELL PROCEDURES SAFE?

Yes. The cryogenically preserved amniotic and umbilical tissue has a many year history with no



reported recipient rejections since these tissues are immune-privileged and do not express HLA type antibodies.

The tissues are obtained only from live, healthy births. NO EMBRYONIC TISSUES OR NO TISSUE FROM ABORTED FETUSES ARE EVER USED. The amniotic and umbilical cord 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 undergone extensive testing and screening.

### HOW TO GET STARTED?

REJUVAnation Medical Center and Simply Men's Health are dedicated to providing cutting-edge, minimally invasive methods to STOP and reverse the effects of the aging process and help your body to repair, regenerate, restore and heal itself. We see incredible results and can help you regain your vitality.

## WHAT OUR PATIENTS ARE SAYING:

**Testimonial:** "I am celebrating my second anniversary since being treated at Simply Men's Health and I am maintaining the high level of performance I achieved with RejuvaWAVE® treatment. My spontaneity and stamina is back and my frustration and performance anxiety that goes along with it is gone. I am performing like I did decades ago. It's like magic! There are a lot of copycats out there, but Simply Men's Health was the first to provide this treatment and they are the best!" – Steve, Wellington

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

**Testimonial:** "I am in my 70's and have diabetes, high cholesterol, and had prostate removed for cancer several years ago. I had tried everything, and thought my sex life was over. I have been coming to Simply Men's Health for about six months, and the results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. The RejuvaWAVE® and RejuvaEnhancement™ Stem cell procedures are remarkable. I feel like Superman." – E.M.

**Testimonial:** "I have chronic renal failure and diabetes and am on dialysis and suffer from chronic symptoms and knee pains. I had IV stem cells treatment and I noticed a difference right away in my wound healing and my knee pain was gone." – Joshua

**Testimonial:** "I have been suffering from degenerative arthritis and was getting steroid injections for knee pain which didn't help much or for long. Several months ago, I had stem cell injections for my knees. The procedure was quite painless and after a month or so I notice remarkable improvements. I can walk pain free." – John M.



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

**Get Your Life Back with STEM CELL THERPAY: Walk, Run, Swim and Play Golf again PAN FREE – no surgery!**

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

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



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

#### BIO-ELECTRIC DDS' SCIENCE

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

#### ONE DDS TREATMENT EQUALS:

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

#### BIO-ELECTRIC DDS THERAPY FEATURES:

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



For over 20 years, Dr. Yanhong Meng has been practicing acupuncture and anitaging. She is a licensed Acupuncture Physician and Doctor of Oriental Medicine. Dr. Meng graduated from Shan Dong Traditional Chinese Medicine University in 1996. In 1996, Dr. Meng began practicing at the Shan Dong Lai Wu Traditional Chinese Medicine Hospital, and for three years worked under the direct guidance of Dr. Gu Dao Xia, the inventor of Acupuncture Point Nutritional Injection Therapy.

Dr. Meng attended Shen Yang Western University from 1999-2001, where she deepened her knowledge

of Traditional Chinese Medicine (TCM) Theory and Practical application in conjunction with Western Medicine. In 2002, Dr. Meng completed a rigorous clinical rotation at the Beijing Traditional Chinese Medicine University.

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

If you want to alleviate pain, look younger, and increase your energy and health, please call **Meng's Acupuncture Medical Center** today at **(561) 656-0717**.

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

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

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

# 5 Second Low Dose CT Scans for Dental Surgery

**3D** Technology has truly changed the way dental surgeons are able to plan and perform procedures. CT scans allow the surgeon to see anatomical structures in a very accurate fashion. In simple terms, having the ability to view the precise location of important areas such as nerves and sinuses prior to surgery can help avoid risky procedures and complications during surgery.

## TRADITIONAL X-RAYS:

Traditional x-rays are an excellent tool to help your dentist determine if you have cavities. Unfortunately, this method of x-ray (including a “panoramic” image that can show your entire mouth at once) is a flat, 2D image. In other words, it does not let you see “inside” the jaw bone in a 3D fashion. Therefore, identifying the location of exact anatomical features is not possible.

## 3D / CT SCANS:

CT scans are completely different than traditional dental x-rays and they provide a drastic difference in the amount of information your surgeon has regarding your anatomy. Let’s use an example of a loaf of bread. If we look at an uncut loaf from the side, we truly cannot see where the raisins inside are located. This outside view is similar to what a



traditional x-ray would provide. If we were to cut a slice of the loaf and pull it out, we have the ability to identify the exact spot the raisin resides left to right and up and down.

A CT scan allows us to see inside your jawbone in the same fashion as the slice of bread example. Imagine how much information your surgeon can gain by seeing inside your bone to that level of detail. These images are amazing when planning dental jaw surgery, sinus procedures, bone grafting and dental implant placement. As a surgeon, I would always prefer to know the exact location of nerves, sinuses or other important anatomy prior to starting a surgical procedure.

## NEW TECHNOLOGY:

It is true that CT scans can mean more radiation as compared to traditional dental x-rays. One must weigh the benefits the scan offers vs. the radiation being used. An incredible break-through with 3D scanning technology has recently been developed which offers a 5 second CT scan with an ultra-low dose of radiation. Incredibly, this new technology has been shown to use up to 70% less radiation than other similar technology in the marketplace while offering high image quality scans.

Improvements in technology truly allow both the patient and surgeon the best of both worlds. Safety is always paramount and lowering the scan time and dose of radiation to patients is important. Coupling this with the ability of your surgeon to see critical anatomy prior to surgery with high resolution scans truly is a win-win for everyone.



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

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



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

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

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*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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# How Doctors Choose Surgeons

By David A. Goldman MD

**W**hen it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a “renowned” surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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# Developing Discipline

**H**ere's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: **WHY ARE YOU NOT DOING IT?**

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, "People who accept discipline are on the pathway to life, but those who ignore correction will go astray." NLT

**Here are three "Disciplines of Being Disciplined".**

## 1. Persistence – "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.



## 2. Advance Decision Making – "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

## 3. Delayed Gratification – "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood

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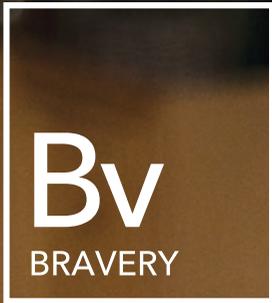
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*"My doctors at Florida Cancer Specialists and the clinical trials they offer are the reason I'm here today."*

*-Pamela Klein, Patient & Lung Cancer Survivor*

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