

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

January 2019

South Palm Beach Edition - Monthly

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FREE



**NEW YEAR, NEW YOU:
#2019HAIRTRANSPLANTGOALS**

**SENIOR INFORMATION CENTERS
HELPS SENIORS PRESERVE AND
PROTECT ASSETS**

**FACET JOINT INJECTIONS
FOR BACK PAIN**

**WHY YOU SHOULD
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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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Senior Information Centers

Helps Seniors **PRESERVE AND PROTECT ASSETS**

Developing a comprehensive plan for financial preservation is essential to help seniors avoid costly mistakes and prevent financial devastation.

Senior Information Centers, an umbrella network of licensed Florida professionals, provides comprehensive estate planning services that help seniors preserve and protect their assets. The company, with offices in Boca Raton, Sarasota and Ocala, serves seniors and their families throughout Florida.

“It’s never too late or too early for seniors to plan for protecting their assets,” said

Stephen D. Wolfe, Elder Planning Specialist and Certified Senior Advisor, who founded Senior Information Centers in 2001 along with his business partner Bryan Plonsky. “They should educate themselves so they can understand their options. Many seniors may mistakenly believe that planning is very expensive, but Senior Information Centers provides an affordable way for them to preserve their valuable assets.”

The company brings together a team of experts including elder care attorneys, Medicaid and Veteran’s Administration (VA) specialists, paralegals, certified financial planners and accountants who provide a wealth of information and help

seniors and their families develop comprehensive plans for asset preservation. They provide services in four major areas of concern to seniors: legal, illness, taxes and investments.

Legal services include the development of tools such as a Living Will, Durable Power of Attorney, Healthcare Surrogate Designation or HealthCare Power of Attorney (which are only \$33 each) and Deeds and Trusts.

Services related to illness help seniors reposition their estates properly to preserve assets and help them qualify for government benefits, whether for home care, assisted living facilities or nursing homes.



The company brings together a team of experts including elder care attorneys, Medicaid and Veteran's Administration (VA) specialists, paralegals, certified financial planners and accountants who provide a wealth of information and help seniors and their families develop comprehensive plans for asset preservation. They provide services in four major areas of concern to seniors: legal, illness, taxes and investments.

Tax advisors review portfolios to eliminate unnecessary taxes on investments and IRAs. While Senior Information Centers professionals are not stockbrokers with securities licenses, they deal with no-risk, tax-deferred secure investments that keep seniors' assets fixed, guaranteed and insured.

The firm's target clients are primarily seniors in their 70s, spouses, adult children and other family members. Senior Information Centers markets its services throughout the community to assisted living facilities, nursing homes, caseworkers and hospital discharge managers.

"Sometimes after a medical crisis involving a hospital stay, seniors end up in rehabilitation centers with no plan of attack," said Wolfe. "Senior Information Centers can show them all their options, rough out a plan and give them hope that assets can be preserved and benefits attained."

Wolfe noted that the company's professional's turn over every rock from "today until death" to make sure an action taken today will not negatively impact their financial future.

"For example, achieving Medicaid qualifications can be a daunting task," he said. "Giving away assets to children may trigger the five-year look back, which means the senior will not qualify for Medicaid benefits. Veterans also make mistakes with improper planning that makes them ineligible for Medicaid."

Veterans, their spouses and their widows may be entitled to VA benefits to help offset their out of pocket medical expense. Senior Information Centers helps clients regardless of their level assets or income. The attorney offers reasonable fees for development of legal documents or planning services. There is no cost or obligation for consultations. Telephone consultations are available for clients' families who live out of state.

Currently, Senior Information Centers serves 8,000 clients in Florida. Frequently, business comes from word-of-mouth referrals.

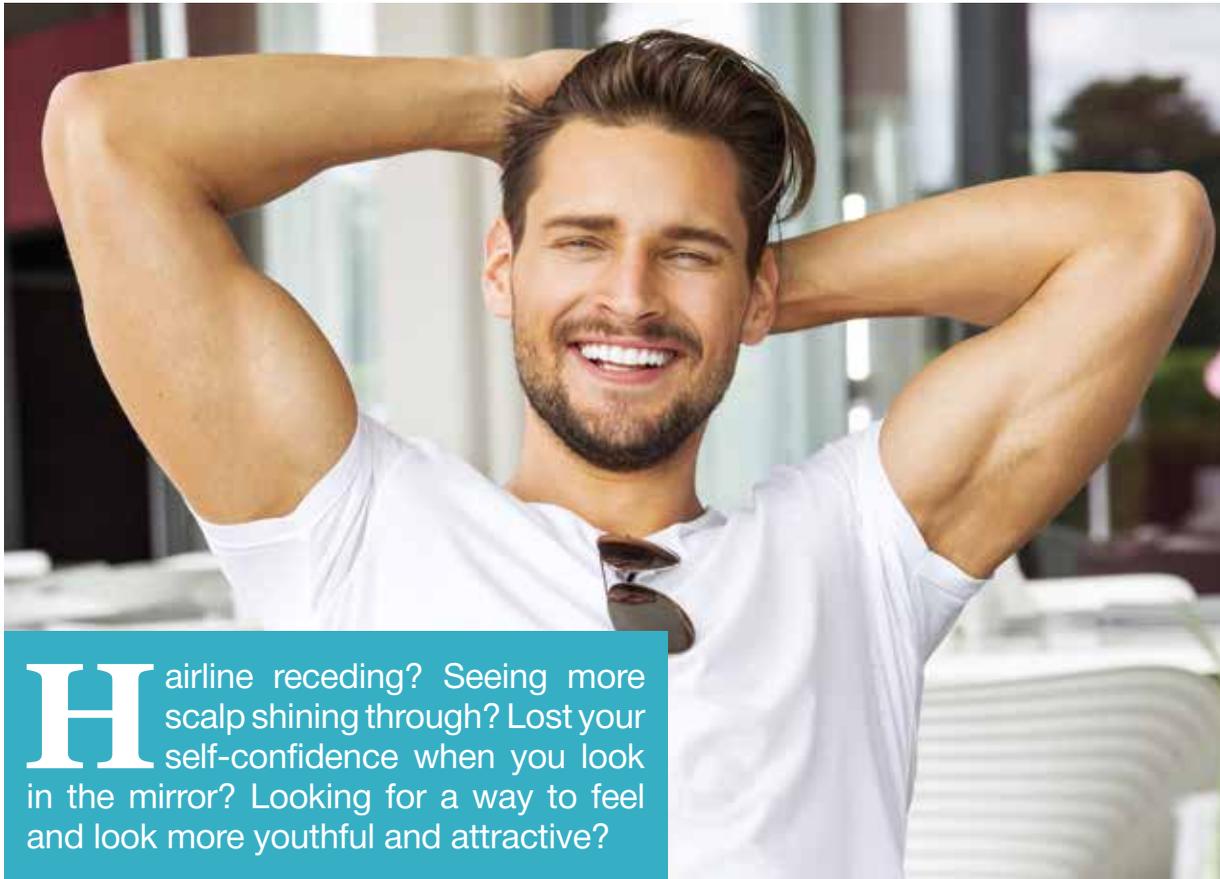
"Your involvement with us through the various challenges we faced, which extended even beyond our father's ultimate passing, was most exemplary and supportive," wrote a client's adult children. "We are truly thankful that someone who has a caring attitude, knowledge and resources to help manage elder-care issues is available for families struggling with these emotionally charged issues."

Stephen and Bryan stress the importance for seniors to have a full, comprehensive plan to preserve and protect their assets – not just piecemeal documents here or there. "In every area, there's a way seniors can be robbed of their dollars." "We show them how to protect their assets in every aspect of their life."

**For additional information about
SENIOR INFORMATION CENTERS,
visit www.seniorinformationcenters.com
or call 800-731-8784.**

NEW YEAR, NEW YOU: #2019HAIRTRANSPLANTGOALS

Alan J. Bauman, MD, ABHRS



Hairline receding? Seeing more scalp shining through? Lost your self-confidence when you look in the mirror? Looking for a way to feel and look more youthful and attractive?

If you answered ‘yes’ then you are likely one of the nearly 80 million Americans having to deal with aging hair and hair loss. As a progressive condition, hair loss can make us look and feel older and while hair loss is mainly genetic, there are a variety of lifestyle and environmental factors that determine how quickly our hair changes over time.

The good news is, today, advanced hair transplant procedures have made it possible for men and women to ‘turn back the clock’ on their aging, thinning hair – restoring their confidence and youthfulness.

“FUE” HAIR TRANSPLANT TECHNOLOGY

Techniques for redistributing permanent, living and growing hair from the back of the scalp in to thinning or balding areas have been around for decades. However, hair restoration saw a game-changing revolution with the advent of the no-linear-scar Follicular Unit Extraction or “FUE” technique, but few could have predicted the impact the procedure would have on the industry. FUE is a less-invasive method of harvesting hair follicles and “follicular units” individually, virtually eliminating

the antiquated linear or “strip-harvest” approach to transplantation. This meticulous process has been made more efficient through robotics and semi-automated devices, virtually painless with sophisticated anesthetic techniques, and undetectable through careful attention to artistic detail.

The most advanced techniques that may be used for hair follicle harvesting and transplantation are:

SMARTGRAFT FUE: SmartGraft is an FDA-cleared mechanical, minimally-invasive surgical hair transplant instrument that works like an extension of the surgeon’s hand, allowing the removal of individual follicular units from the donor area located at the back of the patient’s scalp which are then implanted into the bald areas. This means no scalpels, sutures, or staples for the patient in the donor area--leaving absolutely NO linear scar. SmartGraft also has an on-board graft collection and storage system that preserves grafts within a carefully controlled environment for optimal hair growth rates and quality.

ARTAS ROBOTIC-ASSISTED FUE SYSTEM: The FDA-cleared ARTAS robot is a state-of-the-art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using the FUE technique. The robot’s sophisticated micron-level precision allows patients to benefit from an unprecedented level of safety, accuracy, efficiency, and comfort during their hair transplant procedure. The system also features stereovision sensors to detect and analyze follicular units—calculating density, exit-angles, orientation, and location and proceed with precision robotic graft harvesting based on algorithms programmed by the surgeon.

NEOGRAFT FUE: The original “game-changing” device for Follicular Unit Extraction is still in use today to help surgeons extract grafts from the Donor Area without leaving behind a tell-tale linear scar. Just be sure your surgeon is an experienced full-time hair restoration physician, not just someone who’s added NeoGraft to a full menu of cosmetic services.

TAKEAWAYS

One of the biggest problems with hair transplants today is that many unqualified, inexperienced, non-specialist doctors offer this procedure and/or perform procedures infrequently. The risks for hair transplant patients include increased discomfort, surgical complications, infections, scarring, poor density, and unnatural looking results. Another problem is that many doctors and large national clinics still mostly (or only) perform the “strip” or “linear” harvest technique instead of advanced, less invasive FUE procedures. When looking for a hair transplant specialist, make sure you consult with an experienced minimally-invasive hair restoration physician—someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and performs FUE hair transplantation on a daily basis.

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistry of the surgeon involved. Patients, therefore, should not choose their surgeon based on the tool they use, but more so on their artistic ability. To find a qualified hair restoration specialist, start by visiting and cross-referencing the American Board of Hair Restoration Surgery (ABHRS), International Alliance of Hair Restoration Surgeons (IAHRS) and the list of Fellows of the International Society of



Bauman patient "Brian" before and after hair transplantation.



Bauman patient "Larry" before and after hair transplantation.

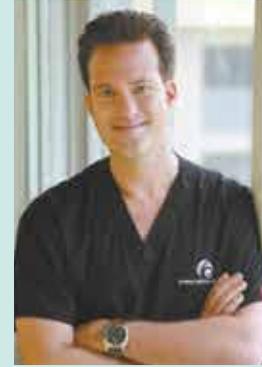
Hair Restoration Surgery (FISHRS). Do your research, ask questions, look at before-and-after pictures, and don't be afraid to ask for patient testimonials.

For more information on what kind of results you might achieve with an advanced FUE hair transplant, please visit www.baumanmedical.com or call 844-GET-HAIR or 561-394-0024.



"My hair boosts my confidence and ability to enjoy life to the fullest, every single day"

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



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

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of the Top 5 Transformative CEO's in Healthcare by 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.



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Tips on Finding a Hair Restoration Physician

- A Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and its treatment.
- Look for full-time hair transplant surgeons who are certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Due to the limited number of full-time, experienced ABHRS-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and-or consult "virtually" via phone, Skype, Facetime, etc.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions about how to achieve your desired results and what should be done to maintain them.
- Ask for a referral from your primary care doctor or dermatologist to a full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

FACET JOINT INJECTIONS FOR BACK PAIN



By Aaron Rosenblatt, MD

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 Specialists, like Dr. Aaron Rosenblatt. Aaron Rosenblatt, MD is a double 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 10 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.



Facet joint injections link the bones of the spine together in the posterior or back part of the spine. Two facet joints are in the present at each spinal segment. They are named after the spinal bones that they connect. Because there are two joints per level, there is a right and left joint. The facet joints are important in restricting the motion of the cervical and lumbar spine, but they also allow twisting, flexion, and extension motions.

Facet joints are common sources of neck pain and lower back pain and also go under diagnosed and under treated. Trauma and arthritic changes can cause the release of pain generating substances that sensitize nerve endings located in the joint. This is easily treatable.

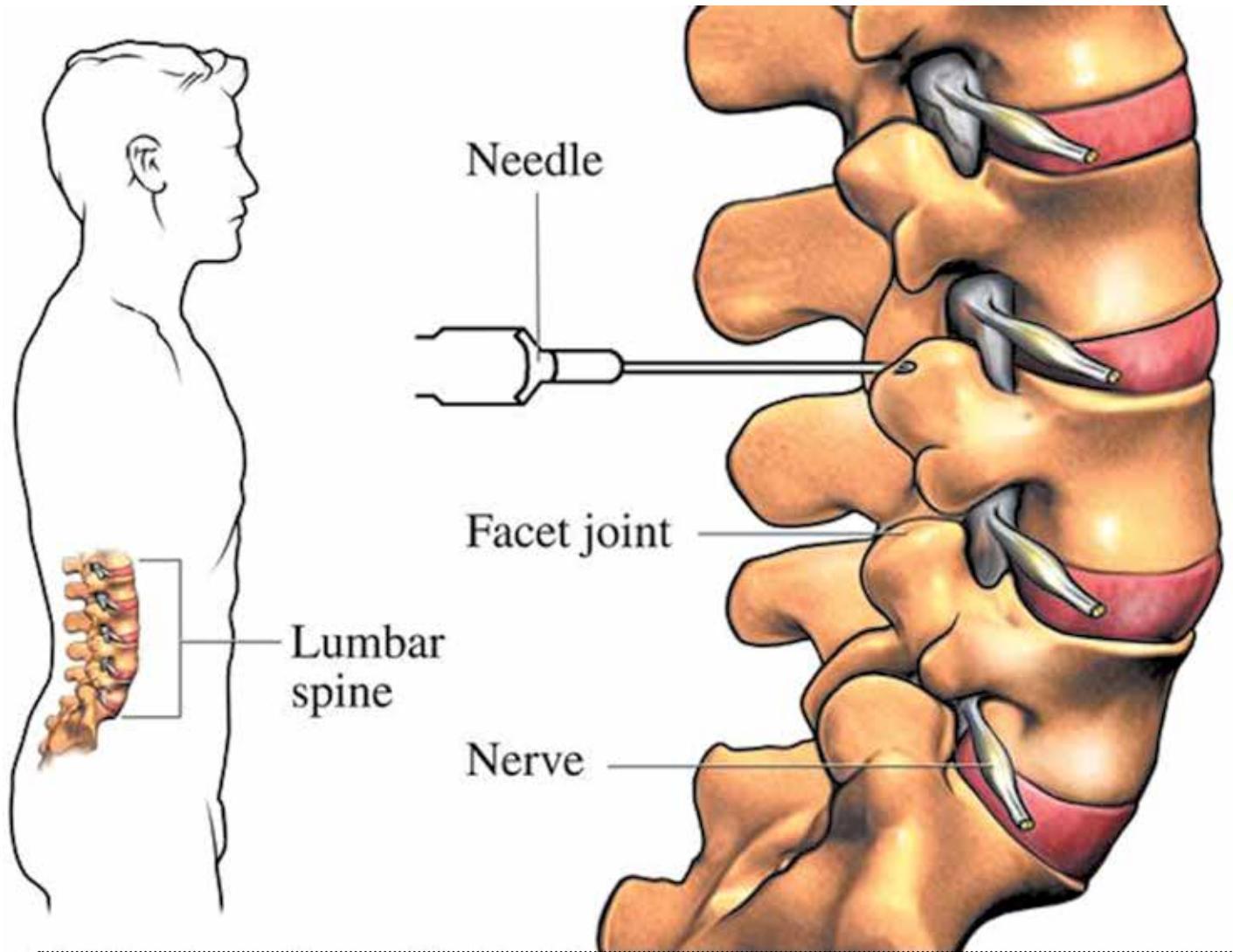
For patients with facet joint pain from the lower back, complaints usually consist of pain or tenderness in the lower back slightly over to one or both sides, pain with lower back extension, pain with twisting, and radiation of pain to the buttocks or back or front of the thighs. Similar symptoms can be found in the mid back and neck with pain, headaches and shoulder discomfort.

A facet joint block involves the injection of a local anesthetic into or next to the joint itself. This is always done under fluoroscopic guidance so Dr. Rosenblatt can see exactly where the medication needs to be placed. A local corticosteroid is commonly administered as well to provide extended relief. This simple procedure, which takes less than 5 minutes to perform, is done to help diagnose where the pain is gen-

erated from and then to also treat the painful condition. Patients normally resume their usual activities immediately after this minimal procedure.

Dr. Rosenblatt explains, "This simple procedure to help people of all adult ages is extremely easy to perform and provide an immense amount of relief." In Dr. Rosenblatt's interventional pain man-

agement clinic in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. 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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YLIFT

THE Y-LIFT

The aging process is unique to every person. Some people age gracefully as the saying goes, and others simply age. Whichever way that may look for an individual, it is important to realize the many factors that contribute to the aging process. Usually the first signs of aging appear on our skin and face. This can be due to environmental factors such as excessive sunbathing or smoking. Medication usage or illness can also play a role in the aging process along with malnutrition, excessive weight loss or weight gain. So as all of these factors may take their toll on the body, aging usually appears in the face due to volume loss or loss of collagen under the skin. The overall face tends to look loose and saggy in appearance, with a much less defined jawline. Jowls may appear and cheeks can give the impression of being sunken in. All of a sudden, lines from the corner of the nose down to the mouth start to form and this is the beginning of the tell-tale signs of aging. So for most people, the fight against aging continues and thoughts of the inevitable facelift arise. However, many times invasive surgeries like a facelift can be postponed or even avoided using a new injection technique known as the Y-Lift.



The Y-Lift is an incredible new way to inject hyaluronic acid filler that doctors have already been using to inject for years. Hyaluronic acid fillers are taking over the beauty industry for many important reasons. Hyaluronic acid is derived from a naturally occurring sugar molecule that is already in our bodies. Due to the substance already being present in our system, one is very unlikely to be allergic to it. Hyaluronic acid is also a water binding molecule so it adds moisture to the skin. As the most coveted filler type of all, it can easily be dissolved in the event of an unwanted outcome and in most cases results in little to no swelling and/or bruising. The Allergan Brand Collection of fillers that are most commonly used in this technique include Juvederm, Voluma, Vollure and Volbella. All of these fillers have specific indications of where they are best used in the face and can last up to 24 months. Due to the nature of the product, it promotes collagen production, thereby allowing the product to last even longer than indicated in some cases.

So if the Y-Lift uses products that have already been used, what makes it so different? It is different mainly because instead of using a needle, a cannula is used. By using a cannula, you have

less entry points into the face and therefore less chance for bruising. The other key difference is that the product is being injected deep on top of the bone. This is important to know for a couple of reasons. First, when the product is injected into that area of the face, it is not being delivered through tissue and blood vessels, therefore minimizing discomfort. Second, when the product is injected under the muscle, you are not able to feel it from the outer surface of the skin, allowing for a more natural result and minimal chance of any lumps or bumps at all.

The Y-Lift delivers results in under an hour with no surgery and no downtime. It has been named "The 30-minute Miracle Facelift" by Dr. Oz and has been featured in journals across the globe such as Beauty World News, Forbes Magazine, Elle Magazine, Harper's Bazaar, Marie Claire and many more.

The best way to discover if you or someone you know is a candidate for the Y-Lift is to have a complimentary consultation with your trusted provider. Each face is unique and prices are determined based on the anatomy of each individual. To schedule your first consultation call **561-655-6325** or visit **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 an array of anti-aging, functional medicine, cosmetic and laser therapies.

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



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MORE PEOPLE LIVING WITH CANCER

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in many different parts of the body, but in reality, cancer is not just one disease. The term “cancer” is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones, and over 60 different organs of the human body.

Through research, we have learned that each person’s cancer is a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly-effective targeted treatments and immunotherapies that are based on a patient’s unique genetic profile. Genetic sequencing of a patient’s tumor can help identify which drugs or treatments will be most effective for that individual.

DAMAGE TO DNA CAN RESULT IN CANCER

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent, or, more commonly, are acquired during a person’s lifetime due to environmental factors such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system’s ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today,



millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet, the disease is something that can be managed, and people can live with cancer for many years.

Early detection and diagnosis, as well as advances such as immunotherapy and targeted treatments—most of which are available in pill form—are making it possible to live with cancer and continue to have a good quality of life; some of these newer treatments have actually produced virtual cures for many types of cancer.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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

CLINICAL TRIALS LEAD TO TOMORROW’S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon Research Institute, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the last three years, the majority of new cancer drugs approved for use in the United States were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab, and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life.



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For more information, visit FLCancer.com



What is MACULAR DEGENERATION?

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

Age-related macular degeneration (AMD) is a deterioration or breakdown of the eye's macula. The macula is a small area in the retina — the light-sensitive tissue lining the back of the eye. The macula is the part of the retina that is responsible for your central vision, allowing you to see fine details clearly.

The macula makes up only a small part of the retina, yet it is much more sensitive to detail than the rest of the retina (called the peripheral retina). The macula is what allows you to thread a needle, read small print, and read street signs. The peripheral retina gives you side (or peripheral) vision. If someone is standing off to one side of your vision, your peripheral retina helps you know that person is there by allowing you to see their general shape.

Many older people develop macular degeneration as part of the body's natural aging process. There are different kinds of macular problems, but the most common is age-related macular degeneration.

With macular degeneration, you may have symptoms such as blurriness, dark areas or distortion in your central vision, and perhaps permanent loss of your central vision. It usually does not affect your side, or peripheral vision. For example, with advanced macular degeneration, you could see the outline of a clock, yet may not be able to see the hands of the clock to tell what time it is.

Causes of macular degeneration include the formation of deposits called drusen under the retina, and in some cases, the growth of abnormal blood vessels under the retina. With or without treatment, macular degeneration alone almost never causes total blindness. People with more advanced cases of macular degeneration continue to have useful vision using their side, or peripheral vision. In many cases, macular degeneration's impact on your vision can be minimal.

When macular degeneration does lead to loss of vision, it usually begins in just one eye, though it may affect the other eye later.

Dry, or atrophic, macular degeneration (also called non-neovascular macular degeneration) with drusen

Most people who have macular degeneration have the dry form. This condition is caused by aging and thinning of the tissues of the macula. Macular degeneration usually begins when tiny yellow or white pieces of fatty protein called drusen form under the retina. Eventually, the macula may become thinner and stop working properly.

With dry macular degeneration, vision loss is usually gradual. People who develop dry macular degeneration must carefully and constantly monitor their central vision. If you notice any changes in your vision, you should tell your ophthalmologist (Eye M.D.) right away, as the dry form can change into the more damaging form of macular degeneration called wet (exudative) macular degeneration. While there is no medication or treatment for dry macular

degeneration, some people may benefit from a vitamin therapy regimen for dry macular degeneration.

MACULAR DEGENERATION SYMPTOMS

- *Blurry distance and/or reading vision*
- *Need for increasingly bright light to see up close*
- *Colors appear less vivid or bright*
- *Hazy vision*
- *Difficulty seeing when going from bright light to low light (such as entering a dimly lit room from the bright outdoors)*
- *Trouble or inability to recognize people's faces*
- *Blank or blurry spot in your central vision*

Dry macular degeneration can affect one or both eyes. You may not notice vision changes if only one eye is affected, as your unaffected eye will compensate for vision loss in the other eye.

WHO IS AT RISK FOR MACULAR DEGENERATION?

Recently much new information on macular degeneration has been discovered. Genetic changes appear to be responsible for approximately half the reason for individuals getting macular degeneration. Additionally, there are other risk factors for developing the disease. Many older people develop macular degeneration as part of the body's natural aging process. One large study found that the risk of getting macular degeneration jumps from about 2 percent of middle-aged people in their 50s to nearly 30 percent in people over age 75.

Oxidative stress and macular degeneration

Our bodies constantly react with the oxygen in our environment. Over our lifetimes, as a result of this activity, our bodies produce tiny molecules called free radicals. These free radicals affect our cells, sometimes damaging them. This is called oxidative stress and is thought to play a major role in how macular degeneration develops. Approximately 1 in 3 Caucasians have genetic changes that make them more prone to damage from oxidative stress, which can lead to macular degeneration.

Macular degeneration in families

Heredity is another risk factor for macular degeneration. People who have a close family member with the disease have a greater chance of developing macular degeneration themselves.

Inflammation and macular degeneration

Some studies have shown that inflammation (swelling of the body's tissues) may play a role in macular degeneration development. Inflammation is the way

the body's immune system fights off infection or other things it considers "invaders." But an overactive immune system with its associated inflammation may be a risk factor for macular degeneration.

MACULAR DEGENERATION TREATMENT

The Age-Related Eye Disease Study 2 (AREDS2) showed that among people at high risk for developing late-stage, or wet, macular degeneration (such as those who have large amounts of drusen or who have significant vision loss in at least one eye), taking a dietary supplement of vitamin C, vitamin E, lutein and zeaxanthin, along with zinc, lowered the risk of macular degeneration progressing to advanced stages by at least 25 percent. The supplements did not appear to provide a benefit for people with minimal macular degeneration or people without evidence of the disease during the course of the study.

Following is the nutrient supplementation shown to be beneficial in lowering the risk of macular degeneration progressing to advanced stages:

- Vitamin C – 500 mg • Vitamin E – 400 IU
- Lutein – 10 mg • Zeaxanthin – 2 mg
- Zinc oxide – 80 mg • Copper (as cupric oxide) – 2 mg (to prevent copper deficiency, which may be associated with taking high amounts of zinc)

Another large study in women showed a benefit from taking folic acid and vitamins B6 and B12. Other studies have shown that eating dark leafy greens, and yellow, orange and other colorful fruits and vegetables, rich in lutein and zeaxanthin, may reduce your risk for developing macular degeneration.

These vitamins and minerals are recommended in specific daily amounts in addition to a healthy, balanced diet. Some people may not wish to take large doses of antioxidants or zinc because of medical reasons.

It is very important to remember that vitamin supplements are not a cure for macular degeneration, nor will they give you back vision that you may have already lost from the disease. However, specific amounts of these supplements do play a key role in helping some people at high risk for developing advanced (wet) AMD to maintain their vision, or slow down the progression of the disease.

Talk with your ophthalmologist to find out if you are at risk for developing advanced macular degeneration, and to learn if supplements are recommended for you.



The Retina Institute of Florida

Lauren R. Rosecan

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

The Retina Institute of Florida with four offices conveniently located in Palm Beach and Martin Counties.

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Why You Should NEVER Rely on Self-Treatment for Hearing Loss



In the wake of self-diagnosis and self-treatment, many individuals are looking for ways to treat their hearing loss much in the same way that a person would treat their own back pain with over-the-counter pain medicine. A good number of companies are benefiting from this “self-treatment” in the hearing amplification business. It’s the old adage of market demand and supply. However, in actuality, it’s not self-treating, it’s a misdirection.

The issues lie in the fact that there are different types of hearing loss and some of those can be quite dangerous if misdiagnosed or treated unfittingly. Making the appropriate hearing device choices is essential for long-term hearing attainment. Failing to make those decisions based on widespread misconceptions and misunderstandings is unfortunately all too common for countless individuals. Thirty-five million Americans have hearing loss, and many of them do not get the proper treatment that they need. Many organizations are offering personal sound-amplification products (PSAPs), hearables, smartphone hearing apps, and other amplification devices.

TYPES OF HEARING LOSS

The ear is made of three parts, the outer, middle and inner ear, and there are three basic types of hearing loss.

- **Conductive hearing loss**
- **Sensorineural hearing loss**
- **Mixed hearing loss**

CAUSES & TREATMENT

Conductive hearing loss limits sound from getting through the outer and middle ear. The causes are infections, benign tumors, eustachian tube blockages, eardrum perforations, and ear canal deformities to name a few. PSAPs or other OTC treatment options will usually not work to amplify hearing in these cases and should be diagnosed and treated by an audiologist.

Sensorineural hearing loss is permanent and is caused by inner ear complications such as nerve damage, genetics, illnesses, and trauma. This is the most common type of hearing loss and almost always requires hearing aids.

Mixed hearing loss may be damage in the outer or middle ear and in the inner ear or nerve pathway to the brain. This too should be diagnosed and treated by an audiologist.



Understanding the cause of your hearing loss is imperative and you cannot self-diagnose the cause. The reason it's critical to see an audiologist is that they can diagnose the root cause of your condition. What many individuals do not know is that hearing loss can be an underlying condition of major health disorders like Ménière's disease, rubella virus, autoimmune disorders, and cardiovascular disease. Additionally, hearing loss that goes untreated or treated improperly can lead to deafness, dementia and other neurodegenerative conditions.

WHY AN AUDIOLOGIST IS THE BEST CHOICE.

If you are experiencing hearing loss, it's important to seek out a qualified audiologist, because they are trained to get you the best outcome and resolution for your specific condition. 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. Getting the correct diagnosis is key for your overall health and the effect of the device chosen for you.

THE TRUTH ABOUT HEARING DEVICES

What matters most about the hearing aid is the technology. When it comes to the technology

feature of hearing aids, an audiologist will guide you as to which option is best suited for your personal needs. Because some individuals have hearing loss in both ears, some, just in one ear, and the level of hearing varies from person to person, there should never be a "one-size-fits-all" approach. Along with a hearing test, your audiologist should offer an in-depth evaluation of your home-life, work-life, and social life. If you are very active and frequent loud events or restaurants regularly, you may need a stronger technology than a person who has minimal hearing loss, or one that leads a quieter life in general.



Dr. Maya Berenson, AuD
Audiologist

Dr. Maya Berenson currently the founder of Palm Beach Hearing Associates was previously the director at The New York Hearing Center affiliated with NYOG. She was also formerly Chief of Audiology at Metropolitan Hospital where she received extensive training in pediatric audiology. Dr. Berenson earned her doctorate degree in clinical audiology from The Long Island Consortium comprised of Hofstra University, Adelphi University and St. John's University. She completed her fellowship at SUNY Downstate Medical Center where she gained expertise in comprehensive audiological evaluations of adults and children, including complete assessment of auditory function, vestibular/balance assessment and treatment, and aural-rehabilitation including amplification evaluation, fitting and orientation.

Please Contact The Hearing Center Of Broward & Palm Beach Today To Start Your Path to Better Hearing.



- Palm Beach Gardens:**... (561) 500-3277
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Open Enrollment has passed.... Are you still paying too much? It is not too late for the most affordable option

by Jennifer Finazzo, Licensed Agent

TAKING CARE OF YOUR FAMILY ... & YOUR BUDGET Small Businesses | Self-Employed | Families | Individuals



USHealth Group is an innovator in the industry with over 100 collective years of experience. Our health coverage products are designed to meet the needs of the individual and small business insurance market. Headquartered in Fort Worth, TX, our insurance companies are licensed in 41 states.

JENNIFER FINAZZO and her family are passionate about the companies comprehensive Health Care plans and the innovative plan PremierChoice Specified Disease/Sickness and Accident insurance that provides you with budget-conscious coverage today that can grow as your needs grow – every year – for up to 5 years*! Although she helps her clients find the best health plans that are affordable and rich in benefits she and her family have the added peace of mind knowing that you and your family have the ability to move to a short term medical-surgical plan at any time you choose; even during a claim, without any additional proof of insurability. This unique upgrade option* enables you to access enhanced medical benefits until the earliest available date

*Requires purchase of the Optional SMIGIST & AMI Riders.

**Not available in all states or on all products. Exclusions & limitations apply. See Licensed Agent for details

you can be covered by an essential health benefits plan. It includes our exclusive 15 Month Rate Lock**! Jennifer moved her and her family from her husband's group plan although group plans are great for the employee to add family members it was costly and with large deductibles; it just did not make sense to add them. She uses the plan and stands behind the plan while the affordability is HUGE for her. "My husband drives a different car, I drive a different car, difference is we have different looking insurance cards!" "I love the benefits and coverage, especially the monthly premium but honestly I take each and every client, I look at their individual and family needs, I treat them as if this was my family and provide them with their BEST options!!" – says Jennifer.

INSURANCE DECISIONS AND CHOICES: can be confusing. Here are some of the ways that Jennifer Finazzo takes out the guesswork for her clients while making sure her clients and their families are covered for the expected and unexpected events while also meeting their budgets which can be quite a challenge!

SHE CAN HELP!

THE PREMIERCHOICE DIFFERENCE

- With the PremierChoice Specified Disease/ Sickness Plans, the PremierChoice Accident Plans, and the PremierChoice Health & Wellness Plan You are in a nationwide PPO Network with additional administrative cash benefits that reduce or eliminate excess medical costs.
- Choose Any Doctor, Any Hospital! But You can stretch Your dollars further by choosing an In-Network Provider.
- No Calendar Year Deductibles to Satisfy!
- Each Plan pays in addition to any coverage You have in force.
- Your initial rate is guaranteed for 15 months at no extra charge!*
- 24-Hour coverage, on or off the job.
- Portable coverage You can take with You even if You move or change jobs.

ACCIDENT PROTECTION FOR EVERYDAY LIFE!

Accidents happen every day and You can't plan for the unexpected... or can You? You owe it to Yourself and Your family to have extra protection for Your everyday life. America's Choice Accident Protector gives You the peace of mind of knowing You've got extra coverage for those unpredictable yet extremely common accident expenses.

America's Choice Accident Protector is designed to help fill in the gap between Your major medical coverage deductibles, co-payments, and out-of-pocket expenses.

Excess Medical Expense Coverage. She gives You the option to select coverage that fits Your budget and needs.

WHAT IS EXCESS MEDICAL EXPENSE COVERAGE?

America's Choice Accident Protector pays you up to the Excess Medical Expense Coverage for the remaining amount of medical expenses incurred per Insured per Accident.



Excess Medical Expenses Coverage may include: Medically Necessary treatment by a physician, nurse or dentist; hospital room and board; outpatient surgery; ambulance; dental work to sound natural teeth; drugs; medicines; diagnostic tests and x-rays; oxygen; casts; splints; crutches; blood; plasma; and rental of durable medical equipment for a covered Accident or Injury. Benefits are subject to Your Excess Medical Expense Deductible per Accident per Insured.

Help cover the cost of deductibles, co-pays and other expenses not covered by your major medical plan.

EMERGENCY AIR AMBULANCE

Many accidents require emergency transportation to a Hospital or other facility. Rest easy knowing we've got you covered regardless of the Excess Medical Expense Coverage selected.

WHY MEDGUARD*?

Health coverage provides benefits for medical treatment but doesn't include benefits for non-medical expenses. Traditional life insurance pays benefits after death. What if You survive a critical illness? Where will You find the financial resources to cover non-medical costs during Your

recovery? all questions that Jennifer Finazzo can help you thru in the process of looking at all your options.

If You are diagnosed with a covered condition, MedGuard will pay You a lump-sum cash payment! Ask Jennifer this is her favorite part of the plan, it is more than just health insurance it is a comprehensive health plan and in most cases still less than other plans in the market as she is licensed in over 28 states and is able to look at all plans in the market.

Learn how you can save money, lock in your premiums and have 24-Hour coverage. Please ask **Jennifer Finazzo your USHEALTH Advisors Agent** how you can secure the right coverage for your family, right away. **CALL TODAY FOR A FREE QUOTE** and during Open Enrollment she is available 8am-10pm!

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*MedGuard is a 5 year renewable term life insurance with an accelerated benefit. Not available in all states. Limitations and exclusions apply.



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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.

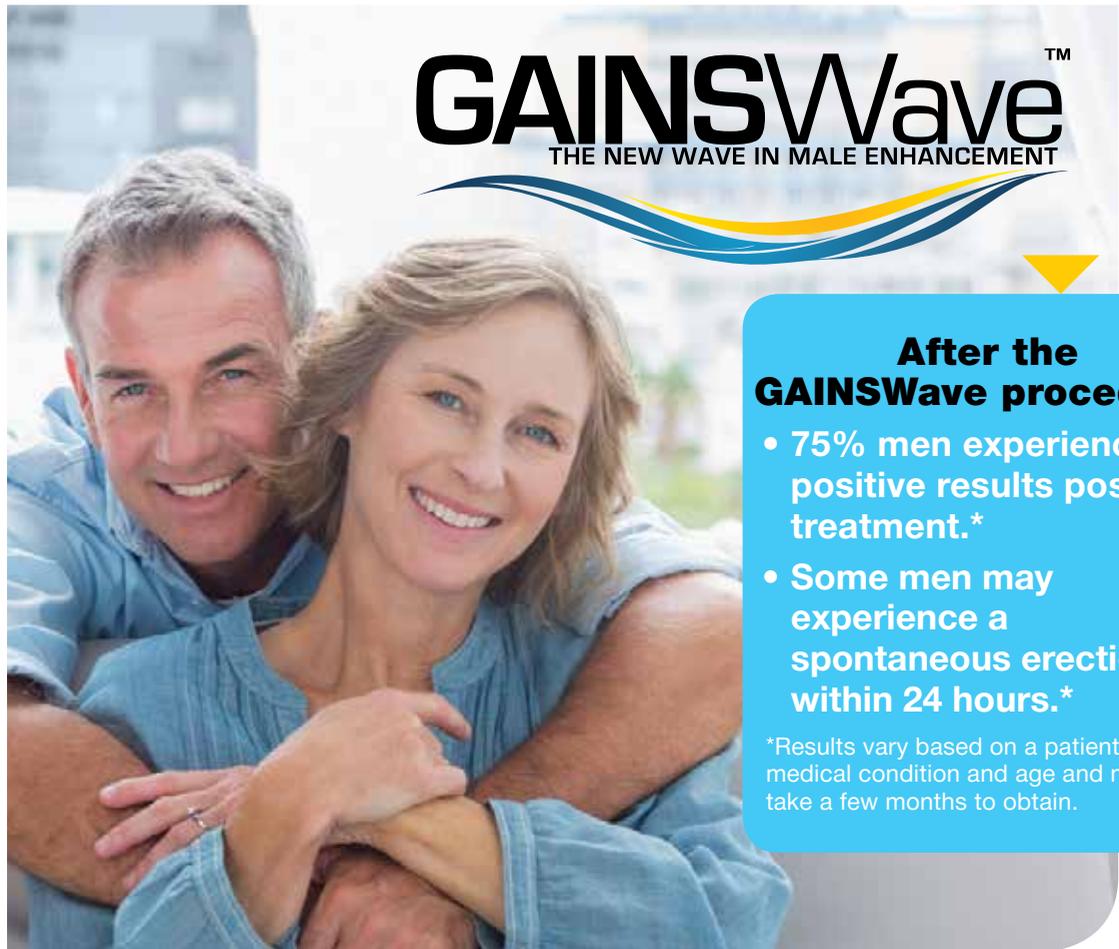
WHY MEDICATE WHEN YOU CAN CURE?

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.**

**Tricounty Center
for Integrative Medicine**
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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.



THE RELATIONSHIP BETWEEN NUTRITION AND BRAIN/MENTAL HEALTH

By Renee Chillcott, LMHC

YOU ARE WHAT YOU EAT

We've all heard this saying before...but what would you say if I told you, "What you eat affects how you feel"? The fuel we give our body is the same fuel we give our brains. So it's not a surprise that if you eat overly processed foods or too many sugars, you have an increased tendency towards anxiety, depression, attention/focus problems and many more. A child's brain, for instance, cannot focus on school work or testing if it's overcome with processing and breaking down food loaded with chemicals.

SO, WHAT DIET IS THE BEST TO FOLLOW?

The word diet has become synonymous with weight loss. South Beach Diet, Weight Watcher's Diet, Atkin's Diet, Paleo Diet, Clean Eating Diet, Keto Diet, are just a few of the generalized "diet" plans marketed to the public. "If you follow this plan, you will lose weight and be healthy". I wonder, how do they know this? How do the writers of diet books know how my body is metabolizing food? If I don't easily know, how in the world can they? A diet should be referred

to as "the kinds of food that a person habitually eats". And a healthy diet should take the person, their body and brain into consideration. We address this in our office through Nutritional Counseling.

HOW DO I KNOW IF WHAT I EAT IS AFFECTING MY MOOD?

To figure that out, let's look at the connection between being overweight and/or obese on mental health. The National Institute of Health states: the following are health risks of being overweight or obese...

- **Coronary Heart Disease**
- **High Blood Pressure**
- **Stroke**
- **Type 2 Diabetes**
- **Abnormal Blood Fats**
- **Metabolic Syndrome**
- **Cancer**
- **Osteoarthritis**

- **Sleep Apnea**
- **OHS**
- **Gallstones**

And, according to the American Psychological Association obesity can cause:

- **Depression**
- **Anxiety**
- **Eating disorders**
- **Stress**

Medscape lists obesity/over weight is comorbid with:

- **Schizophrenia**
- **ADHD**
- **Major Depressive Disorder/Suicide**
- **Abuse/Trauma**

I'm not overweight or obese, or in need of a "diet" so I guess that means I'm mentally healthy?

Incorrect. How much you weigh DOES NOT always indicate how HEALTHY you are and most certainly does not indicate how mentally healthy you are. What is being overlooked is the connection between what we eat, how well we process it in our body and what that means to our brain and mental health.

WHY DOES FAST FOOD MAKE ME CRANKY!

According to Harvard Health Publication “The brain has a direct effect on the stomach. For example, the very thought of eating can release the stomach’s juices before food gets there. This connection goes both ways. A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut. Therefore, a person’s stomach or intestinal distress can be the cause or the product of anxiety, stress, or depression. That’s because the brain and the gastrointestinal (GI) system are intimately connected — so intimately that they should be viewed as one system.”

How often do you go to the Psychiatrist or Psychologist with anxiety or depression and they ask you what you are eating? Do they ask you to complete a food journal or test your nutrition through bloodwork or DNA analysis (Hair Analysis)? Do you have toxic metals in your system contributing to anxiety, depression, or hyperactivity? Do you have slow metabolism causing insomnia? Or do you have inflammation causing depression or irritability? Unfortunately, more often than not, our nutritional states are not being evaluated by our physicians or therapists.

WHAT IF I EAT A FAIRLY HEALTHY DIET BUT STILL HAVE ISSUES WITH ANXIETY OR DEPRESSION?

Malabsorption, slow metabolism, toxic metals, yeast, auto-immune disease, and inflammation are just a few of the conditions we see that exacerbate or cause mental health difficulties. And these can occur from eating healthy foods such as broccoli or kale. Everyone’s body is working at a unique level and what may be beneficial or healthy for one person, can cause stomach upset and anxiety for another. At The Brain and Wellness Center, we offer services that measure the mineral content in your hair. With this information, a world of metabolic events can be interpreted. Not only can your nutritional status be viewed but we can also learn much about how efficiently your body is working. We can detect toxic metals, mineral and element imbalances, metabolism rates and absorption issues, as well as profiles including but not limited to hypoglycemia and candidiasis.

DON’T FORGET YOUR BRAIN TRAINING.

Neurofeedback works to regulate your Central Nervous System and the Autonomic Nervous



System. These systems control information to hormone centers of the brain like the pituitary gland, as well as balancing the brain and “un-sticking” the “fight or flight” response that controls our CNS and ANS. This not only affects our metabolism and endocrine functioning but also causing emotional problems such as panic attacks and anxiety. Neurofeedback teaches the brain to balance neurons and to self-regulate or become “more flexible” in adjusting to stressful situations. Through this self-regulation, symptoms of anxiety, depression, ADHD, ect. will reduce or be eliminated.

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

Symptoms of these conditions, among others, can improve through neurofeedback training:

- Anxiety
- Sleep disorders
- Depression
- ADD/ADHD
- Sensory processing disorder
- Bipolar disorder
- Seizure disorders
- Auditory/visual processing
- Chronic pain/Fibromyalgia
- Migraines/headaches
- Traumatic brain injuries
- Stroke

- Cognitive decline
- Peak performance
- Oppositional defiant disorder
- Rages/mood swings
- Attention/focus/concentration
- Reactive attachment disorder
- Autism/Asperger’s
- Learning disabilities
- Obsessive compulsive disorder

HOW DO I GET STARTED?

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

Renee Chillcott, LMHC

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



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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

REJUVAnation 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

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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, 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 loose effectiveness over time and have to be used



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

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!

Is RejuvaWAVE® SAFE?

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

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

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?

REJUVAation 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.



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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.

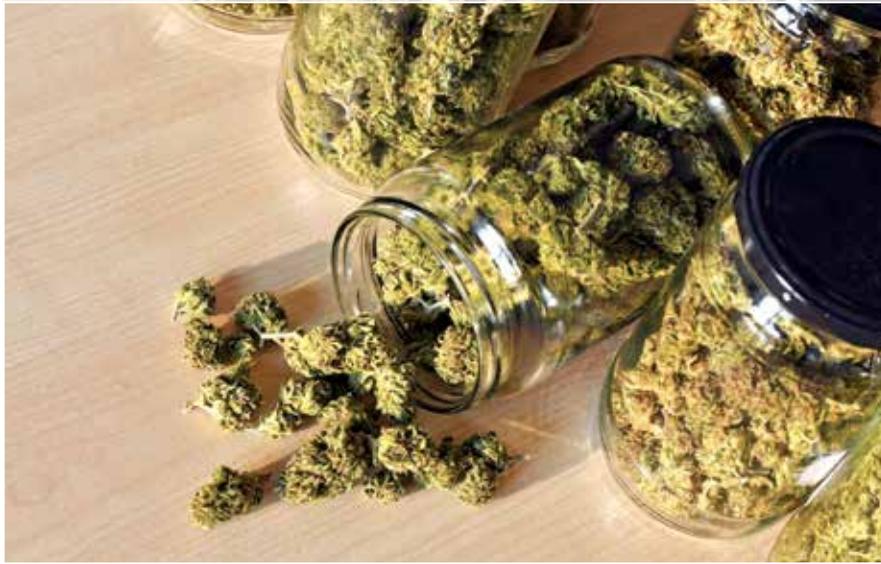
Testimonial: “I have chronic renal failure and diabetes and am on dialysis and suffer from chronic symptoms and knee pains. I had IV stem cells treatment and I noticed a difference right away in my wound healing and my knee pain was gone.” – Johsua

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.

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WHAT IS THE DIFFERENCE BETWEEN THC AND CBD?

TETRAHYDROCANNABINOL (THC) and **CANNABIDIOL (CBD)** are the two primary cannabinoids that occur naturally in the Cannabis sativa plant, most commonly known as cannabis.

Both of these substances interact with the cannabinoid receptors found in the human body and brain, but they differed dramatically in their effects.

CBD is non-psychoactive which means that it will not get the user high. Because of this trait, CBD appears more frequently than THC in dietary and natural supplements.

<h2>THC</h2> <chem>CC1=C(C(=O)OC1C)C2=CC(=CC=C2)C(=O)O</chem>	<h2>CBD</h2> <chem>CC1=CC(=CC=C1)C(=O)OC1=CC=CC=C1</chem>
Medical benefits:	Medical benefits:
<ul style="list-style-type: none">-eases pain-helps with relaxation-suppresses pain from nerve damage-reduces risk of nerve damages-suppresses muscle spasms and convulsions	<ul style="list-style-type: none">-reduces Dravet seizure-kills breast cancer cells-stimulates bone growth-stops inflammation-anti-inflammatory properties-anti-oxidant properties-anti-psychotic

What is THC?

THC is the main psychoactive component of the cannabis plant. In other words, THC is the primary agent responsible for creating the ‘high’ associated with recreational cannabis use.

This compound works, in part, by mimicking the effects of anandamide and 2-AG. These neurotransmitters are produced naturally by the human body and help to modulate sleeping and eating habits, the perception of pain, and countless other bodily functions.

The effects of THC include:

- Relaxation
- Altered senses of sight, smell, and hearing
- Fatigue
- Hunger
- Reduced aggression

What is CBD?

Cannabidiol is one of the most critical cannabinoids contained in the cannabis plant. It exists both in agricultural hemp, as well as medical cannabis. While cannabinoids are present within several plants in nature, cannabis is the only plant known to contain CBD.

CBD has the same chemical formula as THC, with the atoms in a different arrangement.

This slight variance causes THC to create a psychoactive effect, while CBD does not. This fact means that when you ingest CBD for medical purposes, you will more likely experience a relief of your unwanted discomfort, with little or no noticeable effect on your cognitive abilities.

HEMP OIL VS CANNABIS OIL

The difference between CBD from Hemp and CBD from Cannabis strains

HEMP OIL

PRODUCT: Hemp bi-product.

LABELS: Must state that it is made from hemp.

TESTING: Due to lax testing outside the U.S. products may be highly contaminated.

INGREDIENTS: GMO's, trans fats & additives

EXTRACTION: BHO, propane, hexane or hydrocarbons.

HEMP:

CANNABIS OIL

PRODUCT: High level CBD. For maximum therapeutic impact, choose both CBD and THC product.

LABELS: Show ratio of CBD/THC, a manufacturing date and batch number.

TESTING: Tested for consistency.

INGREDIENTS: No corn syrup, GMO's, trans fats or additives.

EXTRACTION: Non-toxic, supercritical CO2.

CANNABIS:

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As I Age My Teeth Are Looking Longer – How Can I Stop This?

There are a great number of reasons why teeth can look longer as we age. One reason is the loss of supporting gum and bone around the teeth which exposed more tooth structure. Gum and bone loss can happen at a slow continuous rate or occur very quickly. The cause of this loss is often due to gum recession.

WHAT IS GUM RECESSION:

Gum recession is the progressive loss of gum tissue covering the teeth and jaw bone. Our teeth are held in place by this jaw bone. We have 2 main types of gum tissue in our mouths: Thick (like the roof of the mouth) and Thin (like the inside of our cheek). The thick tissue is protective and can help prevent the tissue from receding. Thicker tissue tends to “stand its ground”. Thinner tissue does not have this protective function. We typically have a small band of thick tissue present at the top of the gums (the part where the tooth comes out).

As the gums start to recede, the first tissue we lose is this thick part. Ultimately, the thin tissue is all that is left and it goes away even faster than the thicker type. When the gum tissue recedes it no longer covers the underlying bone. In response, our bone resorbs (the bone will not stay exposed without the tissue covering it). It is this loss of gum and bone tissue that leads to the teeth looking “longer”.

This recession can occur due to a number of factors. In many cases there may be a genetic component (another reason to blame our parents). In addition, things such as over aggressive tooth brushing, braces, smoking and other habits, along with excessive biting forces can lead to this problem.

WHAT CAN HAPPEN AS A RESULT:

Beyond an increased sensitivity and unattractive appearance of longer looking teeth, there are other significant issues that can occur. As the supporting bone resorbs the teeth can become mobile and be lost. In addition, the roots can become exposed (roots are more susceptible to cavities). Root decay can progress rapidly and ultimately penetrate the nerve requiring root canal therapy.

TREATMENT OPTIONS AND GOALS:

Although longer looking teeth is often considered a sign of aging, the underlying problem of bone loss is much more critical. Cosmetic options offered by the dentist such as crowns or veneers may help the appearance, but do not address the continued loss of gum and bone around the teeth (which can lead to tooth loss).



The use of tissue grafting procedures can help achieve this goal. Developing a zone of thick tissue may help prevent further recession. It is important to recognize that this is different than returning the gum tissue to its initial location. In certain situations, we can bring the tissue back to a more desired location, but this is based on anatomical considerations.

PINHOLE GUM REJUVENATION:

The No Scalpel, No Stiches, No Graft Approach

Pinhole Gum Rejuvenation is a procedure performed to help treat gum recession and slow jaw bone loss. It is similar to a laparoscopic procedure performed on the abdomen. The treatment is performed entirely through a “pin hole”. Using specially designed instruments, the gum tissue is loosened and moved over the exposed root to a more ideal position. Because there are no incision or stiches placed, decreased post-operative symptoms occur (pain, bleeding and swelling). In addition, the result is immediate.

Realizing that longer looking teeth may be a sign of other problems to come, is an important first step in patients helping to try and save their teeth. In many cases, the recession can be slowed or even corrected. A complete periodontal evaluation and current x-rays are needed to determine what has occurred in each individual case and then an appropriate treatment plan can be developed.

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 Green 2 CT imaging which offers Hi Resolution 5 Second Low Dose Scans 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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MAKING YOUR NEW YEAR'S RESOLUTIONS STICK

Lose weight? Check.

Start exercising? Check.

Stop smoking? Check.

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. "Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time."

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year's resolution:

START SMALL

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

CHANGE ONE BEHAVIOR AT A TIME

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

TALK ABOUT IT

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

DON'T BEAT YOURSELF UP

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.



ASK FOR SUPPORT

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

Source: American Psychological Association



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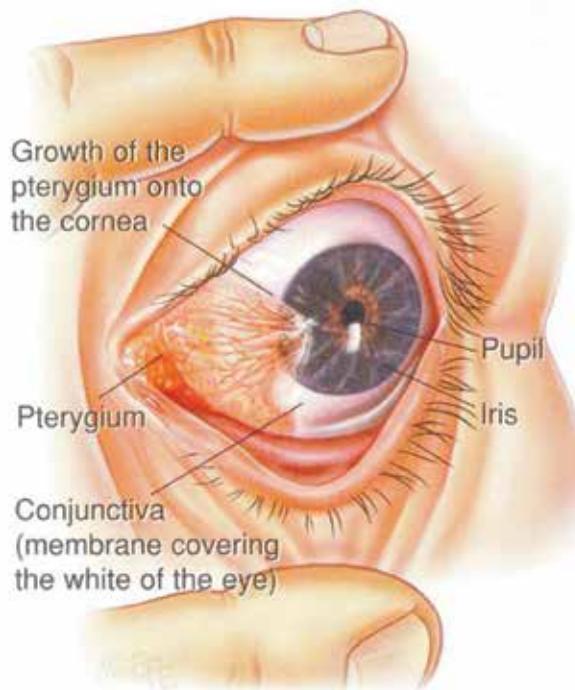
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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, 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.

SELFIES



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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When Pamela Klein discovered she had a rare form of lung cancer, being around for her family was all that mattered. After learning the survival rates for her specific cancer, she knew more had to be done. Pamela's doctor referred her to Florida Cancer Specialists where she was put on a targeted therapy trial. In the past 3 years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation. Within months of her treatment, Pamela's health dramatically improved, proving that when hope and science join forces, great outcomes can happen.

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

-Pamela Klein, Patient & Lung Cancer Fighter

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