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MAGAZINE

March 2019

North Palm Beach Edition - North 5

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

**5 THINGS TO CONSIDER
BEFORE SEEING A DOCTOR
FOR YOUR HAIR LOSS**

**IS NAD+ SLOWING DOWN
THE AGING PROCESS?**

**WHY DO I NEED
TWO HEARING DEVICES?**

**IT'S TIME TO TAKE
ANOTHER LOOK
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Pain Relief Treatment From the Leaders in the Industry



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

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

Resolute Pain Solutions Treatment Options and Therapies

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

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

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



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“
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to control, alleviate or
end your pain and to
help you regain your
quality of life.

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

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5 Things to Consider BEFORE SEEING A DOCTOR FOR YOUR HAIR LOSS

By Dr. Alan J. Bauman, MD, ABHRS

Hair loss may not be a life-threatening medical condition, but that doesn't mean you should leave the fate of your follicles to just any doctor. In years past, men and women were most likely to discuss their hair loss concerns with their primary care physician or their dermatologist, but unfortunately, this common practice didn't always result in an empathic response, much less the best course of action for saving their hair.

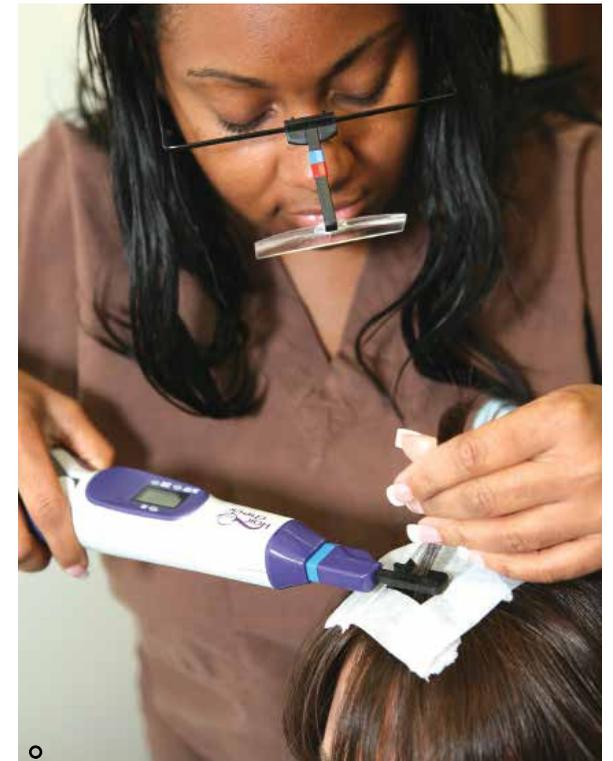
One of the reasons for this is that the early signs of progressive hair loss are often so subtle that they are either dismissed, or overlooked entirely. In women especially, who often lose hair diffusely, it is possible that they've already lost 50 percent of hair in a visibly thin area. Then, in addition, if they turn to a dermatologist or plastic surgeon as their 'hair loss doctor,' he or she may be able to offer a diagnosis and insight into possible medical causes, but in most cases they won't have the advanced specialized tools, training, and expertise needed to properly map out and execute an effective hair regrowth treatment plan for the long term.

Here are a few things to consider before choosing a doctor to treat your hair loss.

HOW MUCH DO THEY KNOW ABOUT HAIR LOSS? – You wouldn't see an ophthalmologist for an earache, or visit a cardiologist for a sprained ankle – so why would you have anyone other than a Hair Restoration Physician treat your hair loss? A Hair Restoration Physician is someone who practices exclusively in the area of medical diagnosis, treatment, and tracking of hair loss and hair regrowth. While the field of dermatology is widely believed to be the specialty to treat all things skin, hair and nails, the reality is that most dermatologists prefer to be only skin experts. Medical doctors who do not specialize in hair restoration may not be up to date on the latest treatment methods and technologies. This can lead to subpar results and, in some cases, treatment complications.

ARE THEY QUALIFIED TO PERFORM A HAIR TRANSPLANT? – Most patients don't realize that anyone with a medical license is legally allowed to perform a hair transplant. This can be incredibly dangerous, many of these professionals don't have the experience or the necessary combination of skill and artistic ability to recreate natural looking hairlines. Just as with other medical fields, hair restoration has credentialing, so patients should ALWAYS look for physicians who are certified in hair restoration by the American Board of Hair Restoration Surgery, accepted members of the International Alliance of Hair Restoration Surgeons, and recommended by the American Hair Loss Association. Due to the limited number of ABHRS-certified Hair Restoration Physicians worldwide, prospective patients should be prepared to travel and consult long-distance. While this may sound like a lot of extra work, just consider the risks of having a transplant performed by an unqualified physician – which can include surgical complications, infections, scarring, poor density, and unnatural-looking results.

DO THEY HAVE ADVANCED DIAGNOSTIC TOOLS? – Hair loss varies significantly from patient to patient. From symptoms and presentation to genetics and medical history, it can be challenging to quantify the extent of a patient's hair loss, but even harder to track its progress over time. Dermatologists and plastic surgeons are often not equipped with the latest diagnostic tools and unable to offer advanced hair loss screenings.



HairCheck is used to diagnose hair loss and track regrowth over time.



Before and 12 months After FUE hair transplant by Dr. Alan Bauman



Before and 12 months After PRP+ECM Platelet Rich Plasma with Extracellular Matrix by Dr. Alan Bauman.

For these reasons, it is important to schedule a visit with a board-certified Hair Restoration Physician whenever these initial symptoms are first observed. Your Hair Restoration Physician will evaluate your situation and do a complete exam including a microscopic evaluation of your scalp and take baseline HairCheck trichometry measurements. They may recommend blood tests, biopsies and/or genetic tests that will help determine what treatments are likely to help. Hair restoration physicians also have several tools at their disposal to gauge a person's risk of hair loss. These tools can help detect hair loss in its earliest stages, and in some cases, before it even begins.

DO THEY HAVE ACCESS TO THE NEWEST TREATMENTS? – Because hair loss isn't a focus in many dermatology or plastic surgery practices, they don't always invest in the most up-to-date treatment options available. In comparison, Hair Restoration Physicians often work closely with medical device manufacturers, healthcare research firms and compounding pharmacies, which gives them early access to new treatment options and medical advances specific to the field well before they become more widely available.

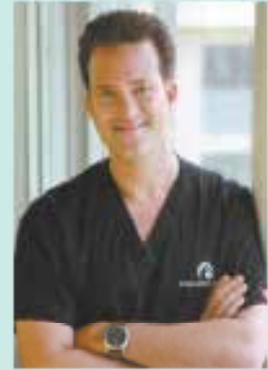
ARE THEY USING MOST EFFECTIVE PROTOCOLS/ PROCEDURES? – Many medical spas, cosmetic surgeons and dermatologists today offer PRP therapy – but some of these practitioners do not use the sophisticated preparation protocols needed to adequately concentrate and measure the blood platelets, neglect to perform measurements to check progress, or utilize protocols that prolong PRP effects. Minoxidil is often widely used for the treatment of hair loss, but may only work well in about 35 percent of patients, according to medical studies. In order to achieve optimal results, many patients require a prescription for a specially formulated, compounded minoxidil solution (like Formula 82M). And as far as hair transplants are concerned, many doctors and large national clinics still perform the more invasive type of transplant called the "strip" or "linear" harvest technique, instead of the less invasive "follicular-unit extraction" method which has less discomfort, less downtime and leaves absolutely no linear scar.

For more information on the causes and treatments for hair loss, please visit www.baumanmedical.com or call **561-394-0024**.

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 hair growth.
- 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.

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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Is NAD+ Slowing Down the Aging Process?

As we age we thrive to maintain a healthy lifestyle and improve our quality of life. “Healthy aging” is a very accurate term for what we are aiming for.

So how can we achieve “healthy longevity”?

It is exciting to report that now there actually is a cutting-edge treatment that has become a very promising tool in our fight against many age related health problems.

This treatment is called NAD+ IV therapy.

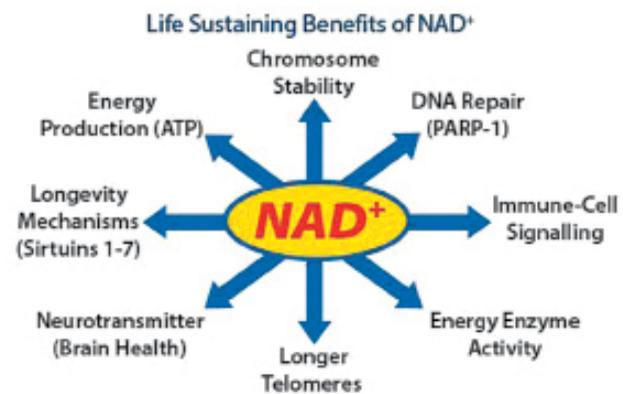
What is NAD+? NAD+ is the coenzyme of Niacin, or also called Vitamin B3. NAD+ levels decline significantly with age, this deficit decreases the body’s ability to retain its youthful, healthy function. It has been shown that by age 50 people have only 50% of the NAD they had in youth. By age 80 NAD+ levels drop to only 1% -10 %. Deficiency of NAD+ may predispose us to accelerated aging and hence diseases associated with aging such as neurodegenerative diseases, diabetes, cardiovascular disease and even cancer, among many others. NAD+ stands for nicotinamide adenine dinucleotide, and is found in all living cells. It is essential to sustaining life. It protects us against factors such as chemical stress, inflammation, as well as mitochondrial and DNA damage. This is why restoring NAD+ is being viewed as a progressive tool to aid longevity, but also to improve certain conditions such as depression, anxiety, PTSD, etc. It has been very successfully used for almost 20 years for drug and alcohol detoxification.

NAD+ in supplemental form is very unstable and cannot be absorbed by the body, however intravenous administration has yielded very promising results. Researchers have been studying NAD+ since the early 1950’s.

More recently, in 2013, David Sinclair PhD., professor of genetics at Harvard Medical School, headed a revolutionary research in the area of NAD+, when he took a group of mice and restored the mitochondria in their muscles to a youthful and healthier state, by injecting the subjects with a molecule which boosted levels of NAD.

HOW DOES NAD+ AID IN ANTI-AGING?

First, NAD+ may lengthen telomeres, the repetitive sequence of DNA Strands that cap the ends of chromosomes. The longer the telomeres, the younger



the physiological age of the individual and the less likely to develop age related diseases. Second, NAD+ promotes DNA repair. Third, NAD+ modulates immune-cell signaling. This is a critical factor in maintaining defenses against infections and autoimmune diseases. Fourth, NAD+ is a neurotransmitter. Neurotransmitters are chemicals that send signals between nerve cells. As such, NAD+ appears essential for maintaining brain health, and may have promising results in neurological disorders such as Parkinson’s and Alzheimer’s disease.

Given the role NAD+ plays in such a wide range of critical functions, it is easy to understand why it might have a profound effect on anti-aging health and brain function. In South Florida, only a handful of physicians are trained in NAD+ IV Therapy Treatment. Daniela Dadurian, M.D. is one of the first physicians in the West Palm Beach area to offer this therapy. Dr. Dadurian is the founder of the medical practices, MD Beauty Labs Medical Spa & Wellness Center in West Palm Beach and Bioage MD Anti Aging & Wellness Center on Palm Beach Island.

Dr. Dadurian is proud to bring NAD+ IV Therapy Treatment to her practice. Dr. Dadurian has developed her own NAD+ protocol, depending on the condition being treated, with a combination of IV Infusions, appropriate supplements, and other modalities. Patients who are interested in this procedure, will receive a free consultation. Upon this consult patients will obtain an individualized treatment plan according to their goals and needs. To schedule a consultation with Dr. Dadurian, please call 561-513-5817 or email her at md@mdbeautylabs.com.



Medical Director, Daniela Dadurian M.D.
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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.

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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 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 husbands 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!

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

WHAT IS EXCESS MEDICAL EXPENSE COVERAGE?

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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.

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What is GRAVES' DISEASE?

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

Graeves disease is an autoimmune disorder that leads to over activity of the thyroid gland (hyperthyroidism). The gland produces hormones that regulate your body's metabolism (the process by which the body transforms food into energy).

When Graves' disease affects the eyes, the condition is known as thyroid associated ophthalmopathy (TAO) or thyroid eye disease. Graves' disease usually appears before age 40.

Too much thyroid hormone along with circulating antibodies may cause the soft tissues and muscles that surround the eye to swell. Structures within the eye's orbit – the bony space in which the eyeball sits – include muscles, blood vessels and nerves. When these structures swell within the enclosed space of the orbit, the eyes protrude or bulge. This may lead to problems moving the eyes, often resulting in double vision, one of the more common signs of thyroid ophthalmopathy.

GRAVES' DISEASE SYMPTOMS

Graves' disease causes wide-ranging symptoms, some of which are related to the eye and others that are not.

Graves' disease symptoms that are not related to the eye include:

- Anxiety;
 - Irritability;
 - Difficulty sleeping;
 - Fatigue;
 - A rapid or irregular heartbeat;
 - A tremor of hands or fingers;
 - An increase in perspiration or warm, moist skin;
 - Sensitivity to heat; and
 - Weight loss, despite normal eating habits.
- Thyroid disease and the eye

Graves' disease can affect the eyes in multiple ways.

Eyelid retraction. The combination of eyelid swelling and eye protrusion sometimes causes the eyelids to retract and reveal the sclera (the white part) of the eye.

Eye protrusion. This occurs when the muscles around the eyes swell, which pushes the eye forward. People with this condition look as if their eyes are bulging or they are staring.

Dry eye. Because of protrusion and eyelid retraction, the eyes are more exposed to the environment. This causes blurred vision, light sensitivity, dry eye, excessive tearing, irritation and inflammation.

Double vision. Muscle swelling may cause double vision.

Eye bags. Eyelid swelling can cause tissue around the eyes to bulge forward.

WHO IS AT RISK FOR GRAVES' DISEASE?

Women are much more likely to develop Graves' disease than men. Graves' disease usually appears before the age of 40. Having a family history of Graves' disease also increases your risk.

Other factors that can increase your risk for Graves' disease include:

- Smoking, which also increases your risk for developing eye problems from the disease;
- Pregnancy or recent childbirth;
- Stress; and
- Having an autoimmune disorder, such as rheumatoid arthritis or type 1 diabetes.

GRAVES' DISEASE DIAGNOSIS

To determine if you have Graves' disease or thyroid eye disease, your ophthalmologist will examine your eyes to see if they are irritated or protruding.

As part of a physical exam, your doctor will also check your pulse and blood pressure, and look to see if your thyroid gland is enlarged. Blood work may also be ordered to check the levels of thyroid hormones. Your Eye M.D. may also recommend a CT scan, which can help show swelling of certain eye muscles.

GRAVES' DISEASE TREATMENT

If thyroid hormone levels are irregular, reducing the overproduction of thyroid hormone may be necessary. The eye problems associated with Graves' disease may be treated by non-surgical and surgical methods.

Non-surgical treatment may include taking steroid medications by mouth to control swelling and inflammation of the eye muscles, wearing sunglasses frequently to relieve light sensitivity associated with thyroid eye disease, and applying lubricating ointment to relieve dry eye.



Surgical treatment for thyroid eye disease may include the following:

- Surgery of certain eye muscles to help treat double vision;
- Eyelid surgery to treat eyelid retraction and help protect the eye;
- A procedure called orbital decompression for certain advanced cases of thyroid eye disease. This procedure, aimed at treating eye protrusion, consists of creating targeted breaks in some of the orbital bones to allow the swelling to expand to other areas and not push the eyes outward.



The Retina Institute of Florida

Lauren R. Rosecan

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

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LIFESTYLE CHOICES HELP PREVENT CANCER

Diet, exercise and getting recommended screenings can lessen your risk of cancer.

According to the National Institute of Health, certain lifestyle choices can lower the chance an individual has of developing cancer. However, even though most Americans know the choices such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings reduce the risk of cancer, following these recommendations can often be difficult. Although targeted treatments for cancer have improved survival rates, and there are more breakthroughs on the horizon, the best option for most of us is still prevention.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, called basal cell and squamous cell carcinomas, are highly curable. Melanoma, the third most common skin cancer, is much more dangerous.

By now, most people know that a sunscreen should be used when they are going to be outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 30 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or tanning and examining your skin, head to toe, every month for any changes. You should also have a dermatologist, or your primary care physician examine your skin annually.

SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that in the United States, smoking causes about 90% of lung cancers; smokers are 15-20% more likely to get lung cancer than non-smokers. Tobacco products such as cigars or pipes also increase the risk for lung cancer, as well as throat and mouth cancers. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach and pancreatic cancer.

ANOTHER REASON TO STOP SMOKING — BLADDER CANCER

Bladder cancer is the 10th most commonly diagnosed cancer in the U.S. This year, it is estimated nearly 15,000 people will die from the disease. But here's a real shocker: people who smoke are four times as prone to the malignancy as nonsmokers — especially women. About half of all bladder cancer cases in women age 50 and older are



now traceable to smoking. In addition, current smokers are four times as likely to develop bladder cancer as people who have never smoked.

THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fat, particularly animal fat, and low in vegetables. Likewise, 30-40% of various types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fat, processed foods and sugar, are generally considered healthier and can boost your immune system to help fight disease such as cancer.

REDUCE YOUR CANCER RISK WITH HEALTHY LIFESTYLE CHOICES

Each year, over half a million Americans die of cancer; the startling news is that about one-third to one-half of those deaths are linked to lifestyle choices and, potentially, could have been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get in and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking — or better yet, never start.
- Wear sunscreen with an SPF of at least 30.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if there is a family history of cancer.

World-Class Cancer Treatment Closer to Home

Florida Cancer Specialists & Research Institute (FCSI) 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, FCSI is the largest independent oncology/hematology group in the United States. That same puts the practice on the leading edge of clinical trial research and gives FCSI physicians access to the newest, most innovative treatments.

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



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Wellington North
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Suite 100
Wellington, FL 33414-6140

New Palm Beach
1300 North Flagler Drive
New Palm Beach, FL 33461

For more information, visit FLCancer.com



DON'T FILL YOUR FACE WITH SYNTHETICS

Look Younger Naturally with a Proven Technique

Plastic surgery and injectables like Botox or fillers are not the only answer; there are natural alternatives. And the best part is, the answer to aging beautifully isn't costly like cosmetic procedures. For countless individuals, **cosmetic acupuncture** is the solution.

HOW ACUPUNCTURE WORKS TO REJUVENATE SKIN

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

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

Living in a culture that's so focused on healthy living through diet and exercise, it's hard to imagine why so many individuals are willing to fill their faces with painful synthetic injections full of toxins. The ideal solution and natural alternative is to utilize the micro-circulation technique through increasing the Qi and Xue (energy and blood-flow), which creates the youthful luminosity that most people want to achieve. As the flow of energy improves, a greater amount of vitality and blood are circulated into the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin and muscle tone.

Cosmetic Acupuncture is an effective, safe, non-surgical treatment to reduce the signs of aging. Celebrities and the elite have been getting acupuncture facials for the past 20 plus years now, but even more notable is that the treatment has been growing in popularity by the general population that realizes the toxic-free effectiveness of the method. That is why cosmetic acupuncture is on the rise.

As more and more people are living longer, the quest for beautiful, healthy skin is a standard part of wellness and looking your best throughout the aging process. Moisturizers and serums will plump the superficial component of the skin, but when you desire real change in your tone, muscle support, and fine lines, potions will never be able to improve your facial contour.



BENEFITS OF COSMETIC ACUPUNCTURE

- **Cost effective**
- **No Harsh toxins**
- **Takes 5 to 10 years off of your appearance**
- **Eliminate fine lines**
- **Deep lines appear softer**
- **Firms and tones skin**
- **Reduces sagging jaw line**
- **Reduces hooded eyelids**
- **Decreases rosacea**
- **Improves muscle tone**
- **Increases circulation and oxygenation of the skin**
- **Tightens the pores**
- **Helps to reduce acne**
- **Nourishes the skin for a healthy natural more radiant glow**
- **Brightens the skin to reduce dull complexions**
- **Minimizes fine lines**
- **Increases collagen and elastin production**
- **Evens facial color and tone**
- **Increases lymph circulation**
- **Leaves skin refreshed and rejuvenated**

COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS

In 6000 BC, acupuncture originated in China. Instead of needles, at that time they utilized tiny hair-thin bones. Cosmetic Acupuncture for skin rejuvenating purposes has been the treatment of choice for thousands of years in China.

As early as the Sung Dynasty (960 AD – 1270 AD), acupuncture was performed on the Empress and Emperor's concubines. For centuries, the Chinese have known that beauty radiates from the inside out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance.

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

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

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

Dr. Meng attended Shen Yang Western University from 1999-2001, where she deepened her knowledge of Traditional Chinese Medicine (TCM) Theory and Practical application in

conjunction with Western Medicine. In 2002, Dr. Meng completed a rigorous clinical rotation at the Beijing Traditional Chinese Medicine University.

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

If you want to look younger, please call Meng's Acupuncture Medical Center today at (561) 656-0717.

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

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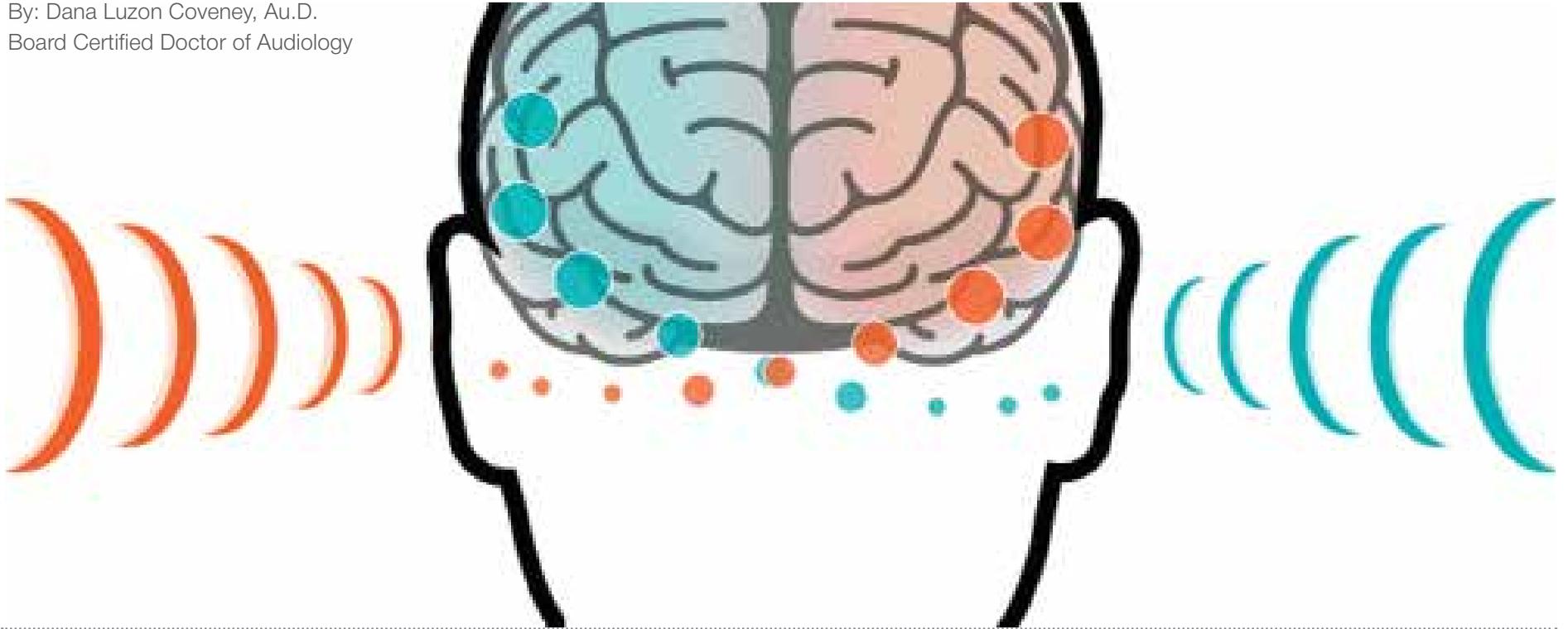
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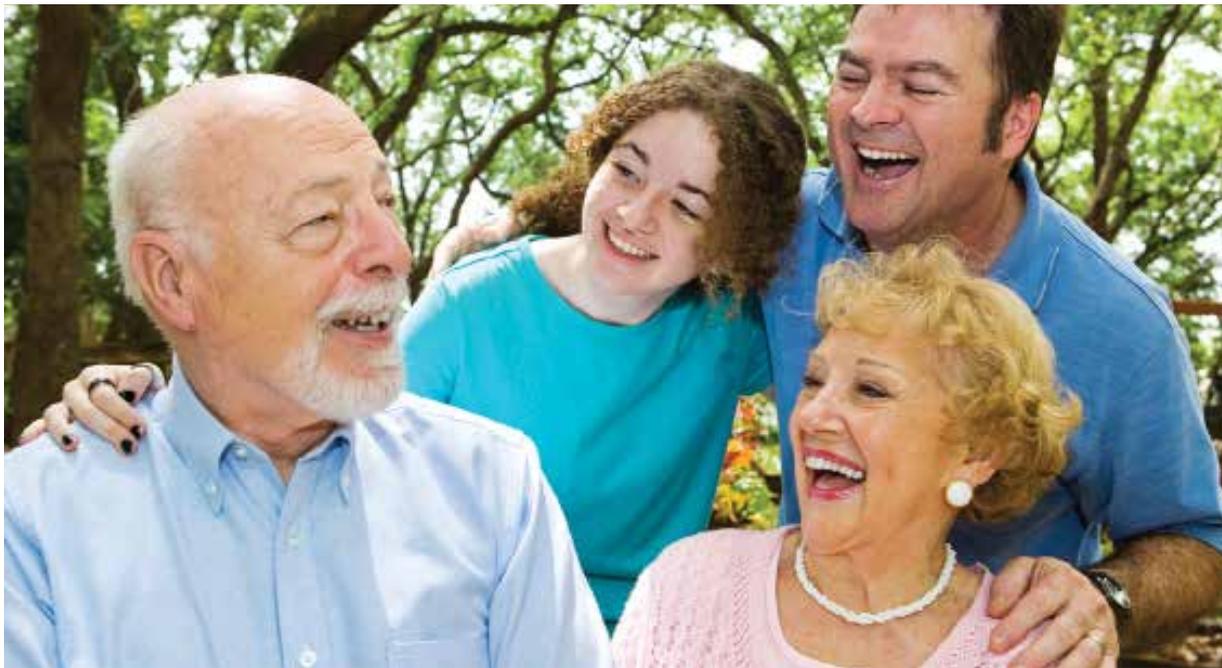
WHY DO I NEED TWO HEARING DEVICES?

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



Has your audiologist recommended “binaural hearing devices”? Don’t panic. Binaural simply means “two ears” – which is what nature gave you. Two ears are, indeed, better than one for a number of reasons. Just like our eyes, our brains are wired to receive sound from both ears. Many first time hearing aid wearers think starting with just one hearing aid may be easier to adjust to or save them some money; however, two hearing aids are truly better than one.





So, you may save a few dollars by going the one-hearing-aid route but you may also find that one hearing aid causes more trouble than what your savings is worth. Let's take a closer look at why two hearing aids are almost always better than the one-hearing aid approach to hearing loss.

Here are some reasons why two hearing aids are better than one:

- Better localization – the ability to tell where sounds are coming from
- Better hearing in background noise
- Better sound quality (“mono” versus “stereo”)
- Better hearing for soft sounds such as children’s voices and sounds of nature
- Less strain on you while listening – with only one hearing aid you may often strain to hear various sounds and become fatigued, with two hearing aids listening is more relaxed
- Listening balance – you won’t be turning your “good” ear to hear. Higher success and satisfaction – studies indicate people who wear two hearing aids are much more satisfied with their hearing aids.

Studies have also shown when only one hearing aid is worn and the other ear is deprived of sound, the “use it or lose it” principle applies, causing the onset of auditory deprivation in the non-amplified ear. In other words, the word recognition ability in the unaided ear decreases from lack of sound stimulation – and this spells trouble for those who think they can successfully add a second aid later.

Today, quality hearing aids use digital technology – circuitry that’s used in computers and cell phones - and what a difference a few decades and countless hours of research have made!

Today’s digital hearing devices are sleek, discreet, fashionable, high-tech and low-maintenance. They can be programmed by a Doctor of Audiology to suit your specific hearing needs. Most adjust automatically for changes in volume levels and adapt to background noise without the user having to manually press any buttons.

Forget everything Grandpa told you about his hearing aids. Those days and those hearing aids are long gone! Today, you can enjoy the sounds of life without a lot of hassles. Modern hearing aids deliver amazing sound quality and are very easy to use.

Your hearing is very important and contributes greatly to a better quality of life, and you should do everything you can to make sure you find the right hearing center for your needs. As an Audigy Certified professional, I take time to understand the listening environments that are most important for you to hear better along with your test results to find the best solution for your hearing needs. I provide complimentary demonstrations of digital hearing devices in the office so you can experience better hearing firsthand! Modern hearing devices can improve your quality of life immensely so why wait to seek treatment? Call today to schedule an appointment for a demonstration with the newest digital hearing devices.



*Dana Luzon Coveney,
Au. D. , FAAA,
Doctor of Audiology*

Originally from Southern NJ, Dana Luzon received her undergraduate degree in Speech Pathology and Audiology from the Richard Stockton College of NJ, and continued on to receive her Doctorate of Audiology at Salus University’s residential program. Her varied clinical experiences throughout her doctoral studies include: VA hospitals, rehabilitation clinics, ENT and private practice settings. Her professional interests include: audiologic rehabilitation and progressive tinnitus devices. Her interests in the field outside of the clinic include: Humanitarian Audiology, and Audiology Awareness. Dr. Luzon currently lives in West Palm Beach, FL.

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COMPUTER CT GUIDED DENTAL IMPLANT SURGERY: IMPLANT PROCEDURES WITH NO INCISIONS

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

Dental implants can help patients regain their ability to chew and smile with confidence. The implant itself supports the crown or crowns (the chewing part of the tooth) allowing the new “teeth” to be anchored. New technologies are now available that aid your surgeon in performing these procedures in an extremely conservative and comfortable fashion.



These implant positions can be shared in advance with your general dentist so that the overall treatment is ideal. In a very oversimplified example, the programs used are similar to a very advanced video game with full representation of your jaws and all the implants available to an exact scale. Ideal placement location and implant size selection can be determined using this software.

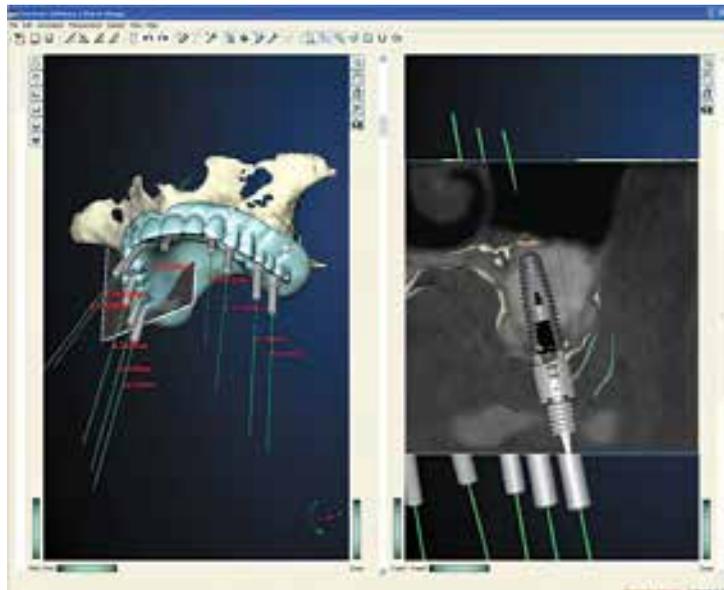
Traditional Implant Placement:

Implants are usually planned by the surgeon using a combination of a clinical evaluation and a careful examination of dental x-rays. These x-rays are helpful, but have the limitation of only showing a 2-dimensional view of the area. Typically the “width” and exact locations of important structures such as nerves cannot be determined.

CT scans offer a significant improvement in the detail provided to the surgeon when planning the procedure. In-office CT scanning takes typically less than a minute and involves sitting in a chair while the unit rotates around your head. The scan offers a 3-D view of the structures being evaluated. The views are similar to slicing a loaf of cinnamon raisin bread and seeing the exact detail of each slice. In the CT scan, nerves, sinuses and other important anatomy can be identified with a high degree of precision. This information allows the procedure to be planned in the most conservative and safest manner. Once the treatment has been planned, the procedure is performed by opening the gum tissue and inserting the implant into the desired location. Sutures are typically used to close the surgical area.

Computer CT Guided Implant Surgery:

Guided Implant Surgery allows your procedure to be “performed” in advance of the actual surgery. The majority of the work occurs when you are not in the dental office. Once the CT scan is taken, advanced computer programs are used to “perform the surgery” and place implants within the 3D representation of your mouth in the safest and most ideal positions.



A surgical guide is created that only allows the surgeon to place the implant in the predetermined locations. The technology lets the surgeon perform the procedure without the need for typical incisions and suturing. This conservative approach typically leads to decreased pain, swelling and a more streamlined recovery. Improved safety can often be achieved around nerves and sinuses with the use of this procedure. The state-of-the-art procedure can be used for patients requiring 1 implant to patients in need of full mouth rehabilitation.

This technology has drastically changed the way dental implant surgery can be planned and performed with improved preciseness and typically decreased pain. The procedure is not applicable for every case and needs to be determined by your surgeon on an individual basis. Shorter treatment times, increased safety and decreased pain are patients’ most frequent comments regarding this type of therapy.

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

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



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

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

Dr. Cohen uses in-office, state of the art 3D 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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KNEE PAIN

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

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

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

Causes of knee osteoarthritis

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

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

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

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

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

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

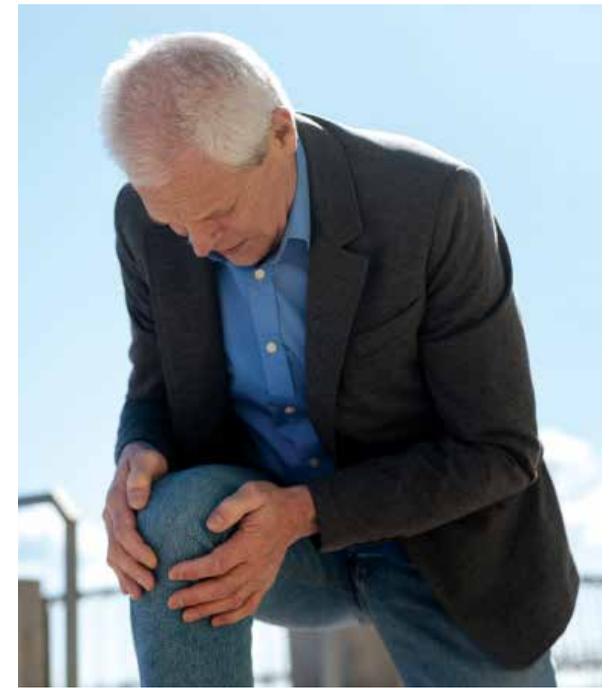
Countless numbers of patients have experienced successful results with the Supartz treatment and are now experiencing life once again without knee pain.

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

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

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

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



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

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

Benefits

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

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

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Is your Brain “Off Track”?

If you're off track – what do you do?

Can neurofeedback help?

Michael Cohen
Director and Chief of Neurotechnology



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

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

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

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

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

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

Nowhere to Turn

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

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

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

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

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

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

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

An Explanation of Neurofeedback — No Heavy Lifting Required

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

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



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

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

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

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

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

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

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

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

Brain Mapping



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

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

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

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

The Neurofeedback Session



Here's what occurs during a typical neurofeedback session:

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

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

With the help of those "rewards," and with repetition, the brain learns to more easily and frequently slow itself and operate at this different, calmer level. Once that occurs, many bothersome anxiety symptoms dissipate.

Neurofeedback is learning, so repetition over a series of sessions is important. It's the same process that helps you get better at a sport. Each time you practice, you improve.

Learn more about neurofeedback at our free informational seminar
Wednesday, March 13
6-7:15 p.m.
 Call **561-744-7616** for details or visit
www.CenterForBrain.com

Free Consultation

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

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



Michael Cohen

Director and Chief of Neurotechnology

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



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561.744.7616
www.CenterforBrain.com

REJUVAnation™ –

Amniotic and Umbilical Cord STEM CELL therapy CURE Erectile Dysfunction and 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**

**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 Erectile Dysfunction and 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 ED AND 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 ED and Peyronie's disease.



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

It's natural for men to experience a decline in sexual performance as they age. Almost everyone by the age of 50 to 60 will experience some decline in sexual performance. But with the advent of RejuvaWAVE® and Regenerative Stem Cell therapy, Erectile Dysfunction is no longer an inevitable part of aging. Kiss Viagra, the pills and needles goodbye. Simply Men's Health REJUVAnation Medical Center has revolutionized the standard of care by introducing the only ED treatment that CURES erectile dysfunction. RejuvaWAVE® is revolutionary, non-invasive, and HEALS the underlying cause of ED. RejuvaWAVE® uses FDA-cleared, scientifically proven technology of Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and to stimulate tissue regeneration, which creates new blood vessels in treated areas. Traditional ED treatments such as pills or injections, 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 ED 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 a Spontaneous and Active sex life again!

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 ED in Europe, it is relatively new to the United States for Erectile Dysfunction. As the leader in men's sexual health, Simply Men's Health introduced this technology in the spring of 2015, and the results have been nothing short of amazing.

STEM CELLS for ED and 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 REJUVAAnation 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?

REJUVAAnation 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**

4 THINGS YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

#1 WHAT'S THE DIFFERENCE & HOW DOES IT WORK?

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and THC, and the second is the altered version of the plant that has been through a hybrid process to lighten the THC (tetrahydrocannabinol) level. CBD or cannabinoids can treat many different forms of diseases and disorders with no THC. THC is the mind-altering, euphoric component of marijuana that gives the "high" feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to little THC levels. CBD is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of THC to be included in the leaves of the marijuana.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) and THC through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and THC, creating a multitude of beneficial reactions in the body.

#2 IT'S HISTORY & REGULATORY STANDARDS

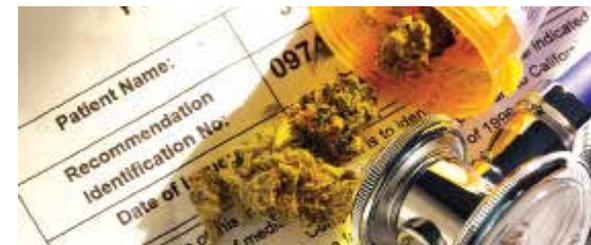
Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema (fluid build-up) and also as an anesthetic. In ancient Greece, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye diseases and joint inflammation. Over 300 years ago, in one of Oxford's medical professional journals, it was touted as a means to reduce depression. In the early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate into medications.

The laws and regulations on Cannabis are continually updated, as federal regulatory officials better understand the advantages of medical marijuana. It is used legally in many states, including Florida.

#3—WHAT DOES IT TREAT?

Medical marijuana and cannabis oil can be used to treat and alleviate symptoms of the following medical conditions:

- Cancer • Seizures • Anxiety • Epilepsy • Glaucoma
- Parkinson's Disease • Reduces beta-amyloid plaque



- Reduces cognitive impairment • Multiple Sclerosis
- Crohn's Disease • Parkinson's Disease
- Multiple Sclerosis • Positive HIV/ AIDS
- Posttraumatic Stress Disorder (PTSD)
- Amyotrophic Lateral Sclerosis (ALS)
- Other Debilitating Medical Conditions of the same kind of class or comparable, as determined by the Florida Board of Medicine

#4 YOU NEED A CERTIFIED MEDICAL MARIJUANA PHYSICIAN

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing medical marijuana. Florida Medical Marijuana Health Centers has a longstanding reputation of experience in diagnosing and deciphering the need for THC and CBD in their practice.

Florida Medical Marijuana Health Centers are certified in the state of Florida for Medical Marijuana diagnosing and treating patients disorders and disease states. When you visit one of their clinics, you'll receive treatment from a physician that specializes in providing reliable access to those seeking a medical marijuana certification.

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

To learn more, please call **(561) 223-0743** to schedule your consultation and experience the healing effects of medical marijuana.



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

Medicare Makes Obtaining Medical Equipment a Little Tougher

Obtaining medical equipment through Medicare is not as simple as it used to be. In the past, you could take a doctor's prescription and your Medicare card to your local medical supply company and pick up the items you need. A few years ago, however, CMS began to make it more difficult for patients and their physicians to navigate the system and to get approval for needed equipment

The following equipment is included in what is considered "durable medical equipment" or "DME" that Medicare covers:

- Braces and splints
- Canes
- Commode chairs
- Electric scooters
- Hospital beds
- Gel pads and air mattresses for hospital beds
- Lift Chairs
- Patient lifts
- Power wheelchairs
- Walkers
- Wheelchairs
- Certain wound care items

The New Face-to-Face Requirement

For an item to be covered by Medicare, a prescription from the physician is always required. In the past, however, for basic equipment a patient could just pick up a prescription or have the doctor's office fax it to the supply store without having an appointment with the doctor.

Now, however, Medicare requires an actual face-to-face visit with the doctor. The evidence of the face-to-face meeting must be in the form of chart notes, which are the written notes a doctor takes during each patient visit. This means that a prescription alone is no longer enough. The patient can bring the prescription to the medical supply store, but the store will have to contact the doctor to obtain the chart notes before the item can be dispensed.

This process can take some time. In addition, if by chance the doctor forgets to note the need for the equipment in the chart notes, the chart notes will have to be properly amended to meet the requirement.

Stricter Interpretation of Rules

Not only must the chart notes be provided, but the language in the chart notes must meet certain specific standards. Medicare has always had rules that state the requirements for each product, but now they are enforcing these rules more strictly. Thus, for most products the chart notes must have precise verbiage that corresponds to the specific product ordered.

For example, for a wheelchair the chart notes must state that the patient (i) has a gait dysfunction, (ii) cannot safely use a cane or walker and (iii) is able to self-propel the wheelchair or has a caregiver who can push the chair.

For a portable commode, the chart notes must state, in general, that the patient is confined to a single room and is incapable of ambulating to the bathroom. This means, for example, that commodes for convenience or to raise the height of a toilet seat are no longer allowed.

For a hospital bed, the requirements are more complicated. The chart notes must state, in general, that (i) the patient's medical condition requires positioning in ways not feasible with an ordinary bed and (ii) the patient requires frequent changes in body position. Based on this requirement, a patient with a respiratory ailment would most likely qualify for the bed, but a patient with a lesser or different ailment might not qualify.

The foregoing explanations are general summaries and should not be relied upon without the benefit of specific advice from a doctor or the medical supplier. The point, however, is that these new rules and interpretations make the process to obtain equipment more complicated.

How can you deal with these new requirements? First, it is a good idea to consult with your medical equipment supplier as soon as you are aware of the need for equipment. They can tell you what the requirements are and help with the process. Second, leave extra time whenever possible before the equipment is needed. Try not to wait until the last minute to obtain a walker, wheelchair or hospital bed through Medicare. And third, select a medical equipment supplier who is experienced in the process and has good relationships with local medical



professionals. These steps will make it easier for all involved and will speed the approval process.

Kin-Care has been working with Medicare and local medical professionals for over 25 years.

We are one of South Florida's leading sources for medical equipment and mobility products. We promise knowledgeable advice, uncompromising quality, and dedication to assisting those with special needs. We can help make sure you get the product that's right for you.

Please stop by, call **(561) 477-2507** or visit kincare.net today.



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REDUCE INSOMNIA BY CONVERTING YOUR BEDROOM INTO A TEMPLE OF TRANQUILITY WITH VIBROACOUSTIC THERAPY.

A MULTIDISCIPLINARY INTEGRATED APPROACH TO SLEEP BETTER



How did you sleep last night?

How would you evaluate your sleep quality in the past week?

We all experienced bad night's sleep. We know that after a non-sleeping night, we feel less focused, we are tired, our performance, behavior and communication at work/home are less than average. In addition, driving may be dangerous.

According to CDC, "A third of US adults report that they usually get less than the recommended amount of sleep." - <https://www.cdc.gov/sleep>

Many of us do nothing about it, but accumulate negative effects of insomnia. In many cases, it may eventually activate chronic insomnia.

Sleep is essential to our mental and physical systems and when we lack it, it's an indicator that something is wrong. From the body intelligence perspective, insomnia is a red alert for non-balance.

AWARENESS IS THE FIRST STEP TO REDUCE INSOMNIA

The first step to minimize insomnia is to realize what causes it. There may be more than one reason. It's important to write a journal of our daily and night

activities for at least a week, to understand its primary cause. It is a good opportunity to look inward and identify what's going on in our lives, and adopt new positive habits to improve our sleep and life quality.

What are the factors that may manifest insomnia (combined or independently)?

- Stress
- Pain (chronic pain, pain that appear because an additional illness, pain after surgery, injury, menstrual pain, emotional pain)
- Bad habits (drinking, drugs, socializing)
- Negative physical conditions: air circulation, bad mattress, light and noise, partner
- Working / studying late at night
- Anxiety
- Jet-lag
- Obesity
- Nonphysical movement
- Breathing problems

TURN YOUR BEDROOM INTO A TEMPLE OF TRANQUILITY

Here is an exercise: – wear glasses of a stranger who is entering your bedroom for the first time. What do you see?

We are so used to our habits that we don't see things that can be improved. Where do you position yourself in the scale between mess/ order?

Do you feel inspired and calmed? Do you have a Silent Space where you can relax and take a deep breathe and reduce mental, emotional and physical stress, so that you don't take that stress together with you to bed?

Lie on your bed with awareness. Are your sheets, pillows and mattress cleaned, soft and healthy to hold your body?

Notice features such as air circulation, lights, colors

and pictures that may add components to turning your bedroom to a temple of tranquility.

VIBROACOUSTIC THERAPY MAY BE A GREAT ADDED VALUE TO MINIMIZE INSOMNIA

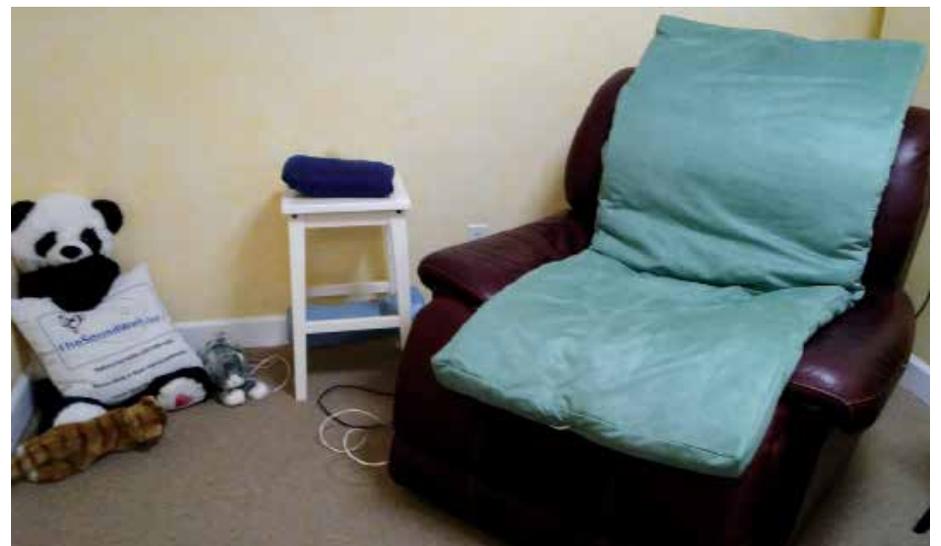
Olav Skille (Norway/Finland) the inventor of vibroacoustic therapy found that low sound frequencies in the range between 30hz–120hz help reduce pain and stress in various parts of the body (lower back pain, upper back pain, migraine, digestive problems) in addition to other frequencies that are effective to reduce insomnia and anxiety.

A vibroacoustic Therapy equipment such as mats, recliners, and bed frames, include low sound frequencies, transducers (special speakers) embedded, an app to download the frequencies and an amplifier.

The process of a vibroacoustic therapy session is very easy.

You lie on a mat – called UnWindMe or a special bed frame we call SoundWell Foundation , select a single frequency from your mobile device (tablet or phone) and let go...

After few moments you will feel ticklish sensations of sonic waves rinsing and hugging you from within. You sink into serenity with no efforts and reach peace of bodymind.





This is a process of calibration and harmony of inner systems. This is meditation to organ tissues and cells with no efforts. It brings you to self-hypnosis state of mind.

The outcome – less stress & less pain. Vibroacoustic therapy calms the body and clears the mind. It serves as a reset button. **It helps reduce insomnia.**

WHOLE BODY VIBROACOUSTIC THERAPY SOLUTIONS

TheSoundWell Vibroacoustic therapy UnWindMe is a portable and personal mat that may be a good solution to deal with insomnia, fatigue, pain and stress.

You may place it on your bed, select a frequency from your mobile device for insomnia and ..let go..

Soundwell Bed Foundation is an alternative to UnWindMe. You may keep your mattress if it's good for you and replace the bed base with our Quantum Sonic Harmonic inner body massage base. The SoundWell Foundation is a collaboration innovative project between TheSoundWell and Biscayne Bedding International. www.soundwellfoundation.com



Please note that vibroacoustic therapy is a generic, holistic and integrative balancing wellness platform. It does not replace medical diagnosis and treatment.

Contact us today to learn of how TheSoundWell vibroacoustic therapy equipment can help you reduce insomnia.

www.vibro-therapy.com



Hello I'm Avigail Berg-Panitz – the owner of TheSoundwell vibro-therapy.

I was fortunate to be mentored personally by Olav Skille – the inventor of the original Vibroacoustic therapy (Norway/Finland). We use his original harmonic frequencies compositions in our products – (vibroacoustic therapy mats, pillows and teddy bears), to facilitate inner body massage to organs, tissues and cells.

I'M AN ENERGY HEALER, MEDITATION FACILITATOR, VIBROACOUSTIC THERAPIST AND WELLNESS-WELLBEING LIFE COACH. I HAVE MA IN HOLISTIC HEALTH FROM LESLEY UNIVERSITY.

My perception is based on providing tools for bodymind balance so that you can drive life and enjoy your life journey – your way.

You are welcome to set an appointment with me to map your challenges and together create a plan to clear your mind from clouds of thoughts, emotions, sensations, memories, imagination and belief system that limit your advancement and drain your vitality.

The tools we will be using to dynamically balance mental and emotional systems:

Energy healing, Vibroacoustic therapy, meditation, wellness-wellbeing coaching and expressive-creative writing.

I advise therapists, physicians, chiropractors and individuals of how to dynamically balance bodymind and integrative vibroacoustic therapy to increase life quality and recharge vitality.

Contact me today to set an appointment
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Vibroacoustic therapy is a wellness balancing platform and does not replace medical diagnosis and treatment.

END BACK PAIN NOW!

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




It's Time to Take Another Look at SPINAL DECOMPRESSION



One solution
I can offer patients
with low-back pain
is spinal
decompression.

When buying a car, you look for features such as comfort and looks. When buying a computer, you look for memory and speed. With decompression, you should do similar research to find machines that offer superior results, like The DRX9000.

Surprisingly, chiropractors did not invent decompression. It was developed by Allan Dyer, MD, a former Minister of Health from Ontario, Canada, who was already recognized as a pioneer in the development of the external cardiac defibrillator. He invented a treatment table for low-back disc problems that proved to be a revolutionary improvement in the treatment of low-back pain.

This new table was not available in the U.S. until the mid-1990s, when it gained FDA clearance. Dyer's work and research were later updated by Harvard professor and neurosurgeon C. Norman Shealy, MD, the father of the TENS unit.

DEMONSTRATED EFFICACY

Decompression works, yet many insurance companies still will not reimburse because they deem decompression to be an investigational therapy, which it is not.

Dennis McClure, MD, a neurosurgeon who conducted a study that tested over 500 surgical candidates, found spinal decompression had a success rate between 86 and 92 percent a year post-treatment.

There have been numerous other studies done on spinal decompression. One of the first and largest was based on the data compiled by Gose,

Naguszewski, and Naguszewski, and published in 1998 in *Neurological Research*. In this study, data was collected from 22 medical centers on patients who received vertebral decompression therapy for low-back pain, and examined a total of 778 cases.

Decompression was successful in 71 percent of the 778 cases, "when success was defined as a reduction in pain to 0 or 1, on a 0 to 5 scale."

Shealy reported the following in the *American Journal of Pain Management* in April 1997, following a study comparing 14 patients who underwent traditional mechanical traction with 25 patients given spinal decompression: "The decompression system gave 'good' to 'excellent' relief in 86 percent of patients with ruptured intervertebral discs and 75 percent of those with facet arthroses." Furthermore, the researchers found that the computerized decompression table produced "consistent, reproducible, and measurable non-surgical decompression, demonstrated by radiology."

AVOIDING SURGERY

"Having an operation to fix a back problem is costly both financially and in recovery time. But the jury is still out as to whether some of these procedures are worth it."

Michael Haak, MD, a spine specialist and orthopedic surgeon at Northwestern University's Feinberg School of Medicine, says, "You need to encourage [doctors and patients] to be aware of all the alternatives."

Do your homework on spinal decompression, and then make an educated decision.

WHAT OUR PATIENTS HAVE TO SAY ABOUT DRX TREATMENTS

"Five years ago, I lifted a 40 lb. box. It was then that I felt a sharp pain in the lumbar area. Since then I've lived with constant low back pain. An MRI showed a ruptured lumbar disc. The only thing that helped was an epidural block, actually a series of three. The relief was short lived, about 2-3 weeks. When I saw a special on T.V. about the DRX 9000 machine and how the decompression therapy works, I requested more information to be mailed to me. All the information made sense. I will admit I was somewhat apprehensive and thought, is this too good to be true? The fact of the matter is that I'm totally pain free for about 3 weeks! This is a tremendous relief. I am so grateful for this noninvasive therapy and particularly my treating doctors. Their expertise was a large factor in how well I responded to this remarkable break through for patients with back pain." -B. Carol T.

"When I was walked into American Med-Care Center I had low back pain. I went to many doctors in the past and none of them helped. I went to pain clinics and it helped some. I had some numbness in my legs and feet. I had stiffness and some arthritis setting into my low back area. I saw the DRX 9000 on T.V. and decided to try it. The American Med-Care staff helped me every step of the way. Now I can bend and I can run like never before. The treatment helped me so I wouldn't be in pain anymore. I would recommend the DRX9000 to anyone that wants to try it out. I would like to thank the staff and Dr. Brian Reimer at American Med-Care Center for giving me my health back." -Karen B.

"After the treatments on the DRX9000 my back does feel stronger and more flexible. During the treatment the pain traveled away from my lower back. I want to thank the staff at American Med-Care Center for the patience, care, and kindness during the procedure." -Tuulikki H.

"Thank you to Dr. Reimer and his excellent staff! I have been a sufferer of lower back pain for approximately 12 years. I have tried physical therapy, acupuncture, epidural and nerve blocks. For the first time since my treatment with the DRX9000, I am pain and medication free. The entire staff, from the reception area to the doctors under Dr. Reimer, has been courteous, helpful and professional. Thank you for everything you achieved for me." -Steve S.

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



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MARCH 10TH-16TH IS SLEEP AWARENESS WEEK

WHAT IS YOUR SLEEP IQ?

True or False?

During sleep, your brain rests.

False. While your body rests, your brain doesn't. An active brain during sleep prepares us for alertness and peak functioning the next day.

Sleeping just one hour less a night can prevent you from learning or functioning normally.

True. Most adults need around eight hours of sleep to function at their best. To determine your sleep need, sleep until you wake on your own...without an alarm clock. Feel alert? That's your sleep need. You can teach yourself to sleep less, but not to need less sleep.

Boredom makes you feel sleepy, even if you have had enough sleep.

False. Sleep loss causes sleepiness. Boredom, like a warm or dark room, merely unmasks it.

Resting in bed with your eyes closed cannot satisfy your body's need for sleep.

True. Rest is not a substitute for sleep. Sleep is as necessary to health as food and water. When you don't get the sleep you need, your body builds up a sleep debt. Sooner or later, this debt must be paid... with sleep.

Snoring is not harmful as long as it doesn't disturb others.

False. Snoring may indicate the presence of a life-threatening sleep disorder called sleep apnea. People with sleep apnea snore loudly and wake up repeatedly during the night, gasping for breath. These repeated awakenings lead to severe daytime sleepiness. Many people with sleep apnea are unaware they have this condition.

Everyone dreams every night.

True. Though many people fail to remember their dreams, dreaming does occur for every person, every night. Dreams are most vivid during REM or rapid eye movement sleep.

The older you get, the fewer hours of sleep you need.

False. Sleep need remains unchanged throughout adulthood. Older people who sleep less at night tend to sleep more during the day. If poor sleep habits, pain or health conditions make sleeping difficult, a physician can help.

No matter how sleepy you are, you can force yourself to stay awake.

False. If you're sleepy enough, you can fall asleep anywhere. It's also possible to fall asleep for a few seconds and not even realize it. These "microsleeps" can be dangerous if they happen when you're driving.

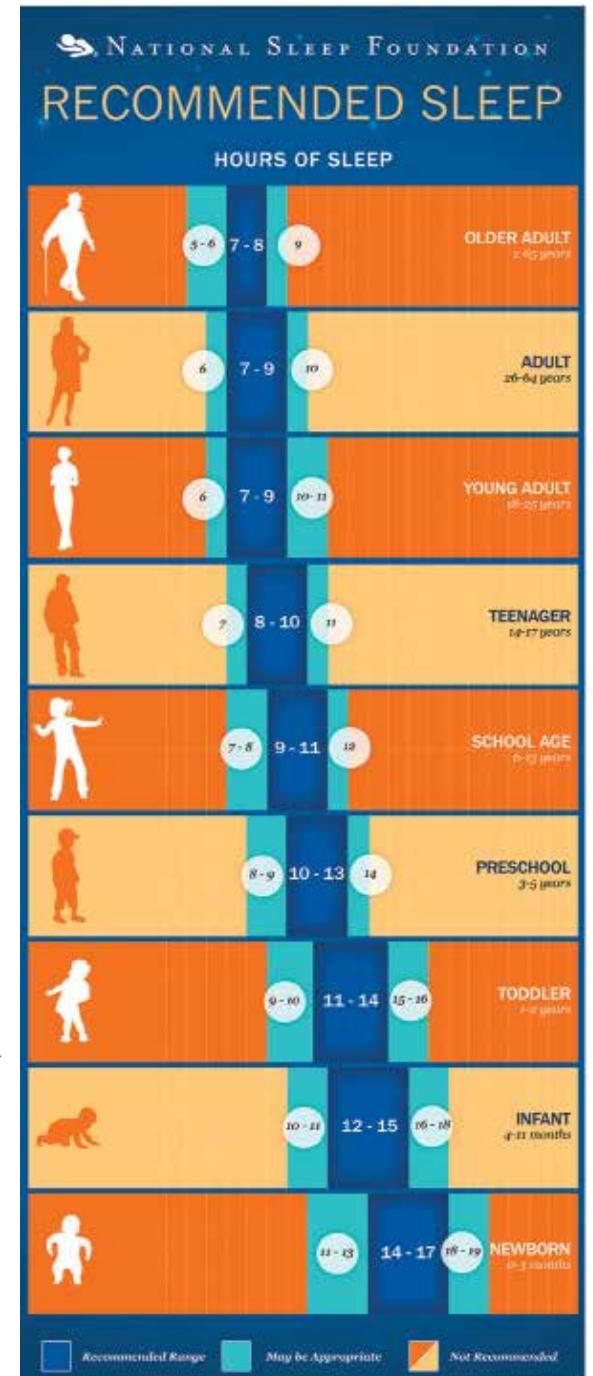
If you're sleepy, raising the volume of your radio is a great way to stay awake while driving.

False. Playing a radio, chewing gum, and opening windows are not great ways to keep sleepy drivers alert because their effects are short-lived. If you're having trouble staying awake while driving, try to pull over at a safe place and take a short nap or have a caffeinated drink. The best solution is to drive after a good night's sleep.

Most sleep disorders go away even without treatment.

False. Sleep disorders don't disappear without treatment. Treatment may be behavioral (for example, going to sleep and waking at the same time every day), pharmacological, surgical or a combination. Untreated sleep disorders may have serious consequences that worsen your health, quality of life, school and work performance, and relationships. Worse, untreated sleep disorders can lead to accidents and death.

How'd you do? It's probably safe to say that most Americans are not getting the amount of sleep that they need. Sleep is crucial at all ages. Sleep provides an opportunity for the body to repair and rejuvenate itself. In one experiment, animals deprived entirely of sleep lost all immune function and died in just a matter of weeks. Many of the major restorative functions in the body like muscle growth, tissue repair, protein synthesis, and growth hormone release occur mostly, or in some cases only, during sleep.



Benefits of Adequate Shut-eye:

- Improve memory
- Live Longer
- Curb Inflammation
- Spur Creativity
- Improved Athletic Performance
- Improved Learning
- Better Attention
- Improved metabolism
- Lower Stres
- Improved mood

Here Are Some Tips for a Good Night's Sleep:

- Avoid caffeine after 2:00 PM
- Avoid a heavy meal right before sleeping.
- Keep lights lowered in the evening.
- Try gentle stretching and deep breathing right before bed.
- "Unplug" from all electronics one hour before bed and keep all electronics in another room after bedtime
- Make your bedroom a calming, comfortable haven. Clear it of all distractions and stress.

Sources: Sleepfoundation.org
<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleephealth.com>

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www.FLAMJCenter.com

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Laser Cataract Surgery: What you should know

By David A. Goldman MD

With every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femtosecond laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes than Mediconic/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



Does this mean there are no advantages to laser cataract surgery? Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as astigmatic incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #448 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

After 12 years of his ophthalmic practice, Dr. David A. Goldman joined as Assistant Professor of Clinical Ophthalmology at the Mayo Clinic. 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 from Case and was awarded his MD degree from Cornell University and Doctor of Medicine with Honors in research from the Yale School of Medicine. This was followed by a medical internship at Mt. Sinai - Levine Medical Center in New York City. He then completed his residency and fellow training at the Mayo Clinic. Dr. Goldman is a member of the American Society of Cataract and Refractive Surgery (ASCRS), recently voted in 2015, 2016, and 2017 as a national committee member and elected from 2015 to the American Academy of Ophthalmology. In addition to working as an ophthalmologist, Dr. Goldman is also a member of the American Society of Cataract and Refractive Surgery (ASCRS) and is a member of the American Society of Cataract and Refractive Surgery (ASCRS).

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, glaucoma, cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, eye management, and medical applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

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Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

Act differently. “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)



*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*

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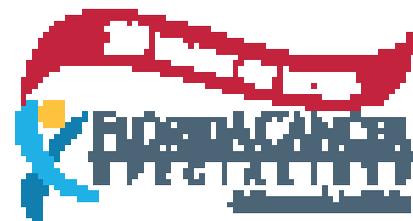
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"My loss at Wells' Cancer Specialists was a strong belief that another with the opportunity needed."

Lynette Wells, M.D., M.Sc., Fellow & Fellow

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