

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

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South Palm Beach Edition - Monthly

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FREE



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

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

**LITTLE-KNOWN
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**PAIN MANAGEMENT
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**WHAT IS
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LAW OFFICE OF ANDREW CURTIS, ESQ

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

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

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Little-Known VA PENSION Can Be a LIFE-SAVER

Written By Thomas Gregory – U.S. Navy Veteran



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

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

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



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

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.

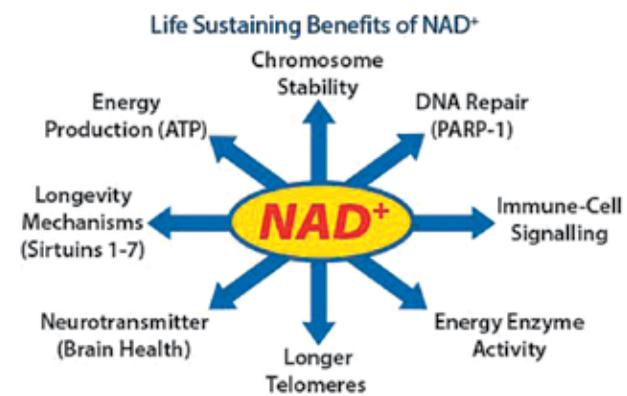
What is NAD+? NAD+ is the coenzyme of Niacin, or also called Vitamin B3. NAD+ levels decline significantly with age, this deficit decreases the body’s ability to retain its youthful, healthy function. It has been shown that by age 50 people have only 50% of the NAD they had in youth. By age 80 NAD+ levels 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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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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Pain Management for Sciatica



By Aaron Rosenblatt, MD

SCIATICA TREATMENT



especially likely to follow a path from your low back to your buttock and the back of your thigh and calf.

The pain can vary widely, from a mild ache to a sharp, burning sensation or excruciating pain. Sometimes it can feel like a jolt or electric shock. It can be worse when you cough or sneeze, and prolonged sitting or walking can aggravate symptoms. Some people also have numbness, tingling or muscle weakness in the affected leg or foot. You might have pain in one part of your leg and numbness in another part. You do not have to have low back pain to have sciatic pain.

Please call Dr. Rosenblatt when self-care measures fail to ease your symptoms or if your pain lasts longer than a week, is severe or becomes progressively worse. **Get immediate medical care if:**

- *You have sudden, severe pain in your low back or leg and numbness or muscle weakness in your leg*
- *The pain follows a violent injury, such as a traffic accident*
- *You have trouble controlling your bowels or bladder*

Sciatica occurs when the sciatic nerve becomes pinched, usually by a herniated disk in your spine or by an overgrowth of bone (bone spur) on your vertebrae. More rarely, the nerve can be compressed other tissue or damaged by a disease such as diabetes. Shingles is another common cause that would require treatment.

During the physical exam, Dr. Rosenblatt will check your muscle strength and reflexes. For example, you may be asked to walk on your toes or heels, rise from a squatting position and, while lying on your back, lift your legs one at a time. Pain that results from sciatica will usually worsen during these activities.

Many people have herniated disks or bone spurs that will show up on X-rays and other imaging tests but have no symptoms. So doctors don't typically order these tests unless your pain is severe, or it doesn't improve within a few weeks.

- **X-RAY.** An X-ray of your spine may reveal an overgrowth of bone (bone spur) that may be pressing on a nerve.

- **MRI.** This procedure uses a powerful magnet and radio waves to produce cross-sectional images of your back. An MRI produces detailed images of bone and soft tissues such as herniated disks. During the test, you lie on a table that moves into the MRI machine.

- **CT SCAN.** Can also be used for a faster imaging result or when an MRI is not allowed.

After evaluation, Dr. Rosenblatt might recommend injection of a medication into the area around the involved nerve root(s). This can help reduce and or eliminate pain by suppressing inflammation around the irritated nerve. This can greatly improve the pain and discomfort from the multiple causes of sciatica and help improve an individuals overall function. There are several different types of nerve root treatments to consider based on the location and severity of the impingement of the nerve. Usually treatment takes no longer than 5-6 minutes and can provide immediate relief!

Dr. Rosenblatt explains, "This procedure is simple and helps people of all ages to help feel less pain and function at a higher level. It is great for neck and lumbar spine pain. It will also help to avoid unnecessary spine surgery."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 17 years with great success. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one or both sides of your body.

Sciatica most commonly occurs when a herniated disk, bone spur (arthritis) on the spine or narrowing of the spine (spinal stenosis) compresses part of the nerve. This causes inflammation, pain and often some numbness in the affected leg(s).

Although the pain associated with sciatica can be severe, most cases resolve with non-operative treatments in a few weeks with treatment that Dr. Rosenblatt can easily perform.

Pain that radiates from your lower (lumbar) spine to your buttock and down the back of your leg is the hallmark of sciatica. You might feel the discomfort almost anywhere along the nerve pathway, but it'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 Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer. However, even though most Americans know that 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 sunlamps 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 5th 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 fats, particularly animal fats, and low in vegetables. Likewise, 30-40% of certain 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 diseases 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 these 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 to 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 Close to Home

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

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



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Suite 303
Wellington, FL 33414-6140

West Palm Beach
1309 North Flagler Drive
West Palm Beach, FL 33401

For more information, visit FLCancer.com



All the Rage with Celebrities, The Vampire Facelift and Facial Can Give You Your Youthful Appearance Back



As we age skin can become dull, lose elasticity and droop. There are of course surgical options and hyaluronic acid fillers, but the procedures that are topping everyone's wish list are the Vampire facelift and the vampire facial.

Naturally found in your blood, platelets are a rich source of proteins called growth factors, which promote healing and regeneration. Platelet-rich plasma (PRP) contains a higher concentration of platelets than the amount normally found in your blood. To create PRP a sample of your blood is drawn and placed in a centrifuge, which separates out the platelets. These concentrated platelets are recombined with your blood plasma to make PRP. Platelet Rich Plasma (PRP) is then reinjected into the problem areas.

PRP injections are an alternative to Botox and fillers. Platelet Rich Plasma is taken from the patient's own blood, spun down and reintroduced into the face just like a filler to create and stimulate your body's own growth factors. PRP produces collagen, hyaluronic acid, elastin, and plumps the skin. PRP injections with the vampire facelift maintain the facial contours of the natural look of the patient.

With just four to six PRP treatments over a two to four-week period, patients are seeing results that last for up to 2 years, so over the long-term, it's very cost effective and 100% safe. You don't have to be concerned about toxins or chemicals with your own PRP.

Vampire Facelift

For the "facelift", the PRP is injected into various areas of the face to create a plumping effect. The procedure is safe because it's utilizing the patient's own blood and it's free of toxins. The body begins to "repair" itself and regenerates collagen, elastin and healing properties, which create a youthful appearance.

Vampire Facial

The facial works in much the same way as the "facelift", but with tiny perforations in the skin as opposed to injections. The tiny perforations allow the PRP to penetrate into the dermal layers, and the results continuously improve the glow of the skin within two to three months. Many patients report plumped skin, a brighter complexion and seeing less noticeable dark circles.

Bring out your inner beauty naturally. Your beauty will be revived with a natural face shape, increased collagen, smoother skin, increased blood flow, youthful glow, and a younger appearance.

The O-Shot

Non-surgical procedure to treat sexual dysfunction and improve orgasms in women.

P-Shot®

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Vampire Breast Lift

The Vampire Breast Lift is a non-surgical way of enhancing the breasts, and giving them a lift, without causing the downtime and pain that implants or even a standard breast lift would involve. It can give fullness, lift and enhance cleavage.

Aesthetic Treatment Centers

As a leader in the industry, ATC always offers the latest technology in skin and body care. By combining their expertise through industry leaders, innovative procedures, and cutting-edge products, you will always receive remarkable results within the serene, inviting atmosphere of the Aesthetic Treatment Centers.



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Open Enrollment has passed.... Are you still paying too much? It is not too late for the most affordable option

by Jennifer Finazzo, Licensed Agent

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

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

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

SHE CAN HELP!

THE PREMIERCHOICE DIFFERENCE

- With the PremierChoice Specified Disease/Sickness Plans, the PremierChoice Accident Plans, and the PremierChoice Health & Wellness Plan You

are in a nationwide PPO Network with additional administrative cash benefits that reduce or eliminate excess medical costs.

- Choose Any Doctor, Any Hospital! But You can stretch Your dollars further by choosing an In-Network Provider.
- No Calendar Year Deductibles to Satisfy!
- Each Plan pays in addition to any coverage You have in force.
- Your initial rate is guaranteed for 15 months at no extra charge!*
- 24-Hour coverage, on or off the job.
- Portable coverage You can take with You even if You move or change jobs.

ACCIDENT PROTECTION FOR EVERYDAY LIFE!

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

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

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

WHAT IS EXCESS MEDICAL EXPENSE COVERAGE?

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

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

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

EMERGENCY AIR AMBULANCE

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

WHY MEDGUARD*?

Health coverage provides benefits for medical treatment but doesn't include benefits for non-medical expenses. Traditional life insurance pays benefits after death. What if You survive a critical illness? Where will You find the financial resources to cover non-medical costs during Your recovery? all questions that Jennifer Finazzo can help you thru in the process of looking at all your options.

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

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

Jennifer Finazzo
Licensed Agent
(239) 825-0700

jennifer.finazzo@ushadvisors.com
www.ushagent.com/jenniferfinazzo



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*Requires purchase of the Optional SMIGIST & AMI Riders.

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

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



GAINSWave **is a Revolutionary** **New Therapy**

that Treats **Erectile Dysfunction (ED)**

WHAT CAUSES ED?

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

COMMON TREATMENT FOR ED:

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

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

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

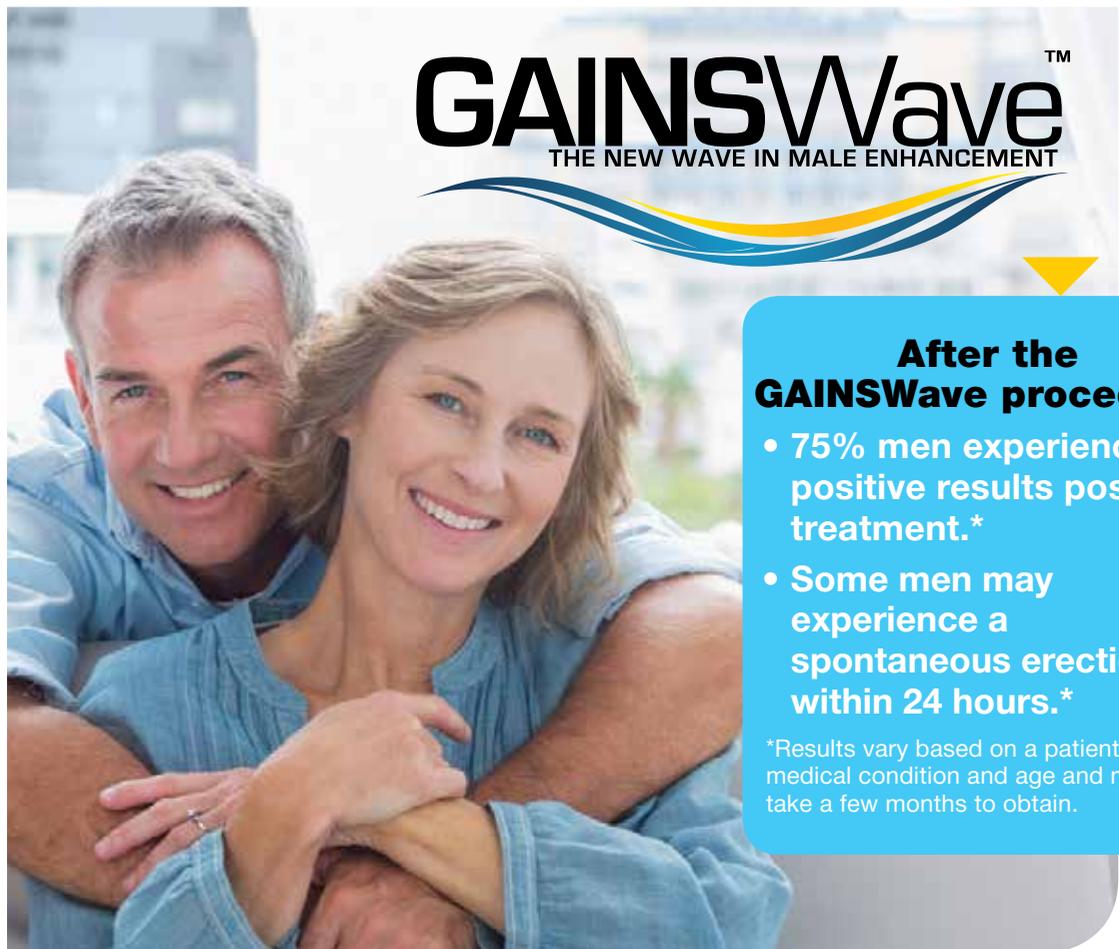
WHY MEDICATE WHEN YOU CAN CURE?

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

SCIENTIFICALLY PROVEN RESULTS

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

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



After the GAINSWave procedure:

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

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

IS IT SAFE?

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

HOW TO GET STARTED

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

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

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EDfixMD.com

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

WHO BENEFITS FROM BRAIN THERAPY?

By Renee Chillcott, LMHC



HOW YOUNG IS YOUNG AND HOW OLD IS OLD?

Have you heard the saying “You can’t teach an old dog new tricks”? This saying comes from the information that the brain learns information differently throughout our life cycle and that there are “windows” of opportunity for learning certain things such as language acquisition. Through research we also know that the brain changes throughout our life cycle. However, when it comes to being mentally healthy, the brain can learn, change and improve, regardless of age.

Mental health is a broad term that encompasses our emotional, psychological, and social well-being. It can also have a profound impact on our physical well-being and daily functioning. Mental health affects how we think, feel and act as we cope with life and is important at every stage of life, from childhood and adolescence through adulthood.

At The Brain and Wellness Center in Boca Raton, our mission is to help bring education and optimal mental health to the clients that we serve.

We enjoy utilizing all our skills to enhance the quality of life and bring hope towards a better future for our clients.

HOW CAN I BE MENTALLY HEALTHY?

Being mentally healthy can be achieved in different ways for different people. At our clinic, we don’t take a one-size-fits-all attitude. Instead we customize each session to fit the individual and base this on their needs, symptoms, and individual differences. We offer several different services in-house and will not hesitate to refer out for services we don’t offer if they’re needed. Through Neurofeedback, EMDR, and counseling, optimal mental health is within reach.

EMDR

EMDR or Eye Movement Desensitization and Reprocessing, focuses on the memories we have that were stored incorrectly and therefore continue to disturb us, even if we’ve reasoned them out. These memories get stored in the emotional part of our brain, so accessing them leaves us feeling as if we are still experiencing them, and all the

same hurt comes back. EMDR allows the brain to tap into these feeling memories and conjoin them with more logical reasoning so that we can heal them. We don’t lose the memories but we lose the emotional grip they have on us. EMDR is an effective treatment for all ages. Even small children can get “stuck” in trauma experienced early in life that the brain stores and they are unable to connect.

What are the Symptoms that can be helped by EMDR?

- High anxiety and lack of motivation
- Depression
- Memories of a traumatic experience
- Fear of being alone
- Unrealistic feelings of guilt and shame
- PTSD
- Difficulty in trusting others
- Relationship problems

IS EMDR NEW?

- Since the initial medical study in 1989 positive therapeutic results with EMDR have been reported with the following populations:
- People who have witnessed or been a victim to a disaster
- Clients suffering from PTSD (post-traumatic stress disorder)
- Suffers of panic disorders and anxiety attacks
- Suffers of phobias
- Chemically dependent clients
- Persons exposed to excess loss
- Crime victims
- First Responders
- Accident or burn victims

EMDR is similar to that of REM sleep, when our eyes move as we sleep, our brain is able to process the information we have collected through the day. In an EMDR session, your eyes are guided with hand movements or tappers, back and forth at a good pace. While the movement is happening, you may experience different memories, thoughts about the memories, feelings may come up and they may sometimes be intense. Through this process, you will be guided and supported. By the end of the process, your memory, and thoughts about the memory will be different. It won’t hold the same feelings for you anymore, and you may see yourself, and indeed your life, in a new way.

EMDR is a powerful with children as well, helping them move past fears and behaviors triggered by past events. It is done through play and can help move children through tough times with less stigmatizing affects. The children continue to work through therapy in play, with the EMDR allowing the brain to work out their feelings much faster.



COUNSELING

There is no “right or wrong” way to benefit from counseling. Rather, it’s all about the “fit” and needs of our clients. At The Brain and Wellness Center we offer many different options and techniques of counseling to fit those needs. Different counseling styles and approaches for individual clients of all ages, couples and families; make us a unique and inviting place to heal and grow.

Our Therapists:

Kristan Torres, LMHC - Hope Christian Counseling
Hccounseling.com

**Tina Landeen, LCSW –
Harmony Family Counseling**
Myharmonytherapy.com

**Renee Chillcott, LMHC –
The Brain and Wellness Center**
Bocabraincenter.com

**Roxanne Grobbel, JD, LCSW, RPT-S –
Insight Counseling Center**
InsightCounselingandEducation.com

Dr. Jennifer Rubolino, EdD, LMHC
Drjenniferrubolino.com

NEUROFEEDBACK

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

While the client sits comfortably watching a movie or pictures appear on the screen (a calm

and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen. Neurofeedback is an effective treatment for all ages. From infants to geriatric, everyone benefits from improving brain patterns.

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

- Anxiety • Sleep disorders • Depression
- ADD/ADHD • Sensory processing disorder
- Bipolar disorder • Seizure disorders
- Auditory/visual processing
- Chronic pain/Fibromyalgia
- Migraines/headaches • Traumatic brain injuries
- Stroke • Cognitive decline • Peak performance
- Oppositional defiant disorder
- Rages/mood swings
- Attention/focus/concentration
- Reactive attachment disorder
- Autism/Asperger’s • Learning disabilities
- Obsessive compulsive disorder

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP AND DO I NEED ONE?

The QEEG is a quantitative EEG. It’s also called a brain map and does just that... it gives us a map of what is going on with the entire brain at one time.

We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

We don’t always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

HOW DO I GET STARTED?

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

Renee Chillcott, LMHC

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



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(Cannabinoids)



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- Helps to Fight Cancer
- Promotes Cardiovascular Health
- Relieves Nausea
- Helps Treat Seizures
- Helps To Relieve Neurological Disorders

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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.

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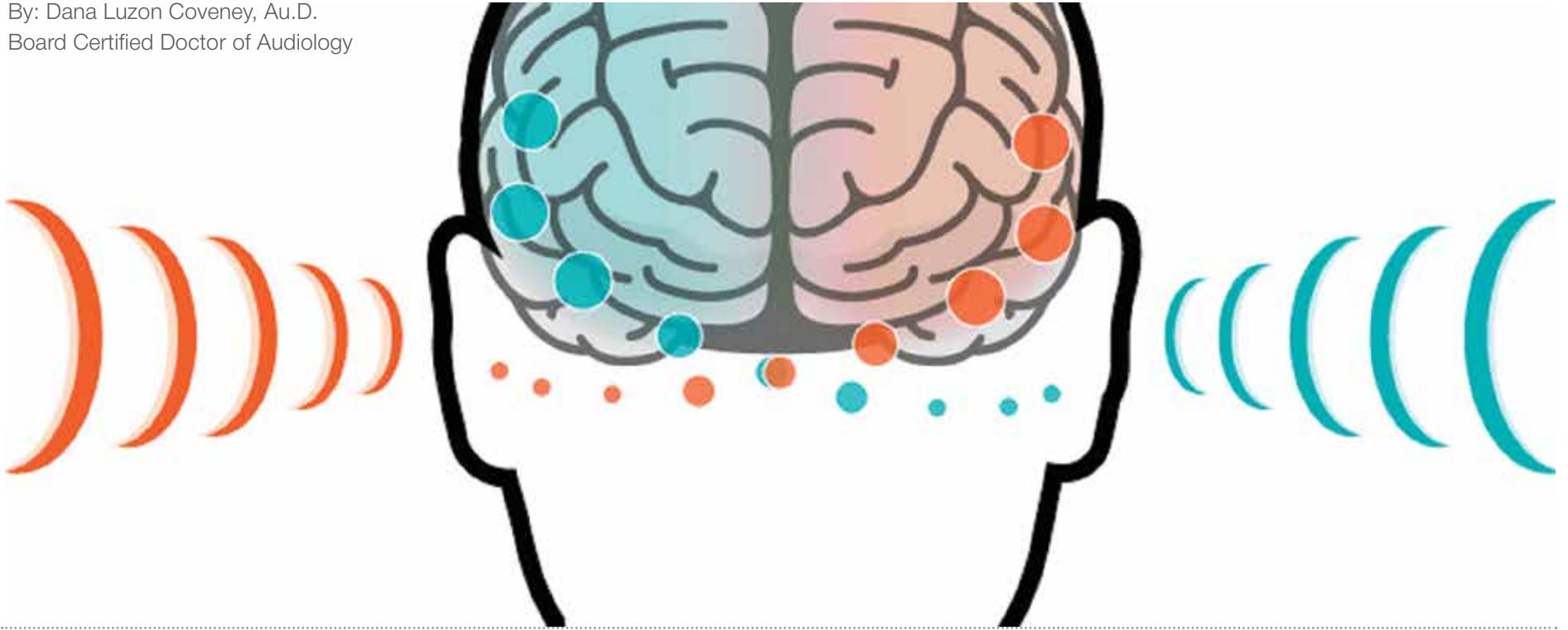


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WHY DO I NEED TWO HEARING DEVICES?

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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WHAT IS THE DIFFERENCE BETWEEN THC AND CBD?

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

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

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

What is THC?

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

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

The effects of THC include:

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

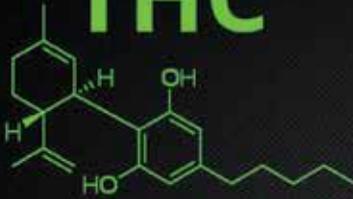
What is CBD?

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

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

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

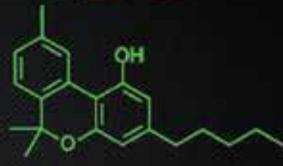
THC



Medical benefits:

- eases pain
- helps with relaxation
- suppresses pain from nerve damage
- reduces risk of nerve damages
- suppresses muscle spasms and convulsions

CBD



Medical benefits:

- reduces Dravet seizure
- kills breast cancer cells
- stimulates bone growth
- stops inflammation
- anti-inflammatory properties
- anti-oxidant properties
- anti-psychotic



LOCATIONS:



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HEMP OIL

VS

CANNABIS OIL

The difference between CBD from Hemp and CBD from Cannabis strains

HEMP OIL

PRODUCT: Hemp bi-product.

LABELS: Must state that is made from hemp.

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

INGREDIENTS: GMO's, tranfats & additives

EXTRACTION: BHO, propane, hexane or hydrocarbons.

HEMP:

CANNABIS OIL

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

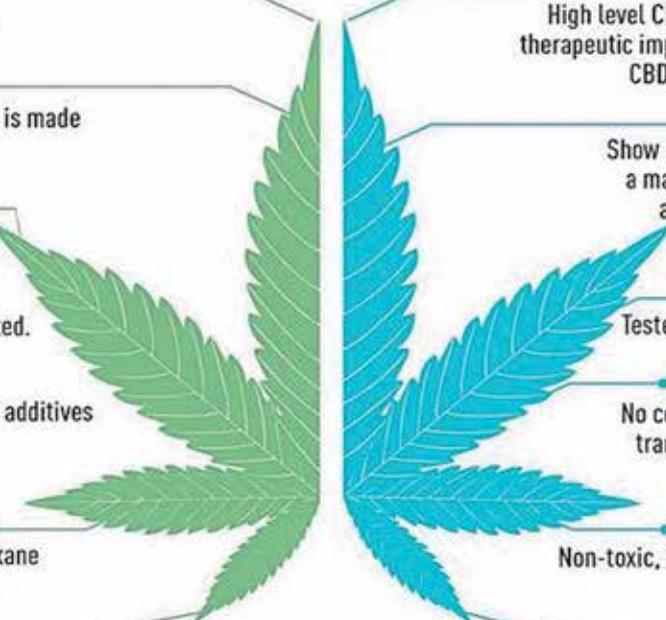
LABELS: Show ratio of CBD/THC, a manufacturing date and batch number.

TESTING: Tested for consistency.

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

EXTRACTION: Non-toxic, supercritical CO2.

CANNABIS:




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

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



REJUVAnation Medical Center regenerative therapy is so exceptional because:

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

**SAFE
CLINICALLY EFFECTIVE
NO REJECTION
NO SURGERY**

WHAT IS A STEM CELL?

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

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

Potential Benefits of REJUVAnation Stem Cell Procedures?

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

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

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

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



RejuvaWAVE® only available at Simply Men's Health

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

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

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

Is RejuvaWAVE® SAFE?

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

STEM CELLS for Peyronie's: RejuvaEnhancement™ Procedure?

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

THE POWER OF STEM CELLS?

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

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

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



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

The tissues are obtained only from live, healthy births. NO EMBRYONIC TISSUES OR NO TISSUE FROM ABORTED FETUSES ARE EVER USED. The amniotic and umbilical cord tissue is obtained through aseptic recovery techniques during a planned Caesarian section of full-term deliveries from a healthy woman aged 18-35 who have been prescreened according to the FDA and American

Association of Tissue Banks guidelines for infectious disease and have undergone extensive testing and screening.

HOW TO GET STARTED?

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

WHAT OUR PATIENTS ARE SAYING:

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

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

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

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

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



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

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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www.avigailwellness.com
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 914-433-2849



Vibroacoustic therapy is a wellness balancing platform and does not replace medical diagnosis and treatment.

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 then Medicare/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 arcuate 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 #440 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

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

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

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

Dr. Goldman speaks English and Spanish.

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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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"My team at Florida Cancer Specialists cared for my individual situation with the clinical trial I needed."

-Lynette Bell, Veteran, Patient & Fighter

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