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Research continues to link untreated hearing impairment to a growing number of problems such as dementia, which better hearing health could help prevent.

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BAUMAN “TURBO” LASERCAP
Sheds New Light on Thinning Hair

By Alan J. Bauman, MD, ABHRS

Laser therapy has been shedding light on hair loss and promoting hair regrowth since the 1960’s and has in recent years become a go-to treatment for hair restoration physicians. The newest weapon in the arsenal comes 10 years after the release of the first LaserCap device, a portable hands-free FDA-cleared hair regrowth treatment. The new and advanced Bauman TURBO LaserCap delivers more energy to more areas of the scalp than any other portable laser hair regrowth device on the market.

The Bauman TURBO LaserCap was the brainchild of Dr. Michael Rabin, inventor of the original LaserCap, in collaboration with Dr. Alan Bauman, a new treatment pioneer and early adopter of laser therapy for hair growth.

THE SCIENCE BEHIND LASER THERAPY
Laser therapy for hair growth utilizes wavelengths of light in the “visible red” part of the spectrum which have a biological effect on cells. It is known that wavelengths of light produced by the diodes of the lasers are associated with increased blood flow and an increase in energy production (ATP) within the cells, which may be a primary mechanism for helping a follicle to grow better hair by producing thicker, longer, healthier hair strands. Since their discovery in the 1960s, low-level lasers have been proven to be an effective drug-free and side effect-free way to help heal wounds, relieve pain, increase circulation, and decrease inflammation.

BENEFITS OF THE BAUMAN TURBO LASERCAP
Completely reimagined and redesigned from the ground up, the Bauman TURBO LaserCap is the quickest, most powerful device for at-home laser therapy for hair growth, delivering the most laser power over the largest area of any at-home laser using only the highest quality laser diodes available. The Bauman TURBO LaserCap has 300 diodes which simultaneously cover an area 25% larger than any other previous at-home devices, delivering 2-3x more laser energy than previous devices.

The Bauman TURBO LaserCap is also ideal for accelerating healing in hair transplant donor areas around the back of the scalp thanks to its occipital zone lasers. This expanded coverage area also helps protect and enhance hair follicle function at-risk areas around the sides and back of the scalp where hair extensions are often attached.

- Hair Growth: FDA-cleared for safe, non-chemical, side effect-free hair growth.
- Expanded Coverage: 300 High-quality laser diodes have been thoughtfully placed for maximum hair growth, post-op healing and hair extension damage protection.
- Fastest Treatment Time: 5-minute treatment sessions are now possible because of the high-quality diodes and technological improvements which maintain maximum power and deliver more energy in less time.
- Most Portable: The Bauman TURBO LaserCap packs completely flat for convenient travel.

- Customizable & Adjustable: Every Bauman TURBO LaserCap comes with three possible size-adjustment “click-strips,” allowing each patient a comfortable, customized fit no matter your head size and also making the device easy to share.
- Improved Battery: Thanks to longer life, charge level indicator and a spare battery – you never have to skip a treatment to recharge.
- Lifetime Warranty: The Bauman TURBO LaserCap comes with a lifetime warranty and the manufacturer will replace a damaged or malfunctioning device with a working unit, absolutely no questions asked.

CAN I COMBINE LASER THERAPY WITH MY OTHER TREATMENTS?
Absolutely. While laser therapy, like the Bauman TURBO LaserCap, can be used as a stand-alone treatment, many patients maximize its effectiveness by adding it to a multi-therapy treatment plan. Hair transplant patients often use laser therapy to help accelerate healing and decrease discomfort after surgery.

IS THE BAUMAN TURBO LASERCAP RIGHT FOR YOU?
For those with hair loss or hair thinning, keep in mind these may be influenced by many factors including heredity, medications, illness, stress, nutrition, lifestyle, etc., and left untreated only gets worse with time. Because so many factors can influence one’s hair loss status, it is essential to undergo a thorough medical consultation with a specialist before initiating any hair restoration regimen. Baseline evaluations, tracking measurements and standardized medical photos are critical to provide an objective measurement of your progress. Laser therapy like the Bauman TURBO LaserCap can add a non-chemical side effect-free treatment to your hair growth regimen.

LASER THERAPY IS NOT A CURE
Although the Bauman TURBO LaserCap offers the most powerful and efficient at-home device available, patients should note that laser therapy, like other non-invasive hair growth treatments, is not a “miracle cure,” but it can be an important treatment for damaged hair, thinning hair and hair loss. While laser therapy does facilitate hair growth, it is important to understand that it doesn’t regrow
hair that is already dead and gone, which is why early detection and intervention is essential for optimal results. Laser therapy can jumpstart areas where the hair is thinning and can also be effective for hair growth when used in combination with other medical treatments like compounded topical minoxidil 82M, oral finasteride, platelet-rich plasma (PRP) plus extracellular matrix (ECM), PDOgro™, prostaglandin analogs, nutritional supplements and hair transplant surgery.

For more information on what kind of results you might achieve with the Bauman TURBO LaserCap or how laser therapy can be added to your ‘multi-therapy’ hair restoration regimen, please visit www.baumanmedical.com or call 561-220-3480.

While Bauman Medical has no active hair loss studies at this time we may in the future.

If you are interested in being added to our database, please visit www.844GETHAIR.COM

**ABOUT LASER THERAPY FOR HAIR REGROWTH**

- FDA-cleared for the treatment for hair loss.
- Drug-free, chemical-free, side effect-free non-invasive treatment option for hair thinning for both men and women.
- Improves hair growth by reversing the miniaturization of hair by improving blood flow and increasing energy production at the follicle.
- Increases mitochondrial membrane potential at the cellular level through a process called photobiomodulation.
- Consistent use of low-level laser therapy treats hair loss, hair thinning and has been proven to improve the appearance of hair quality, hair strength and hair thickness in addition to promoting hair growth.
- Clinical studies have shown a 51% increase in healthy hair counts on subjects when compared to those using placebo devices.
- There has never been a reported side effect of low-level laser therapy since its use began in the 1960s.
- The one-time cost of a powerful laser therapy device may be your least expensive hair growth treatment over time.

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

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated over 20,000 hair loss patients and performed over 8,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of “10 CEOs Transforming Healthcare in America” in Forbes.

His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men’s Health, The New York Times, Women’s Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more.

A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.

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More and more patients prefer to avoid or at least postpone a facelift, or simply are not a candidate for a facelift due to medical reasons. This is a good alternative for those patients. In addition, a facelift although it lifts sagging skin, it does not replace volume in the face.

First let’s discuss what aging really is in order to understand how we can combat it effectively. Aging of the face consists of volume loss and sagging skin. If we want to “naturally” rejuvenate the face we need to address both these issues. The Silhouette Instalift™ is the only non-surgical procedure that addresses both issues.

Looking for a natural looking way to redefine facial contours without surgery? Consider the Silhouette Instalift™.
This Silhouette technology is in a class of its own, it’s not a filler and it’s not your typical thread. It is both, “dual action” means it lifts and volumizes at the same time. It is an advanced micro-suspension technology that uses small (3D) 360 degree cones made from PLLA (also known as “Sculptra”) to simultaneously lift skin and build collagen. The lifting effect is immediate while collagen production is gradual and peaks at about 8-12 weeks.

After the patient’s needs are assessed, and the entry points are marked, a local anesthetic is injected and the sutures are placed. There is very little discomfort during and after the treatment.

Once the sutures are placed, the skin will be repositioned to obtain the desired lifting effect. The ends of the suture are then cut. The number of sutures applied depends on each individual patient’s skin elasticity and condition of the skin. Possible side effects are, as with any procedure that involves needles, bruising and minor pain and swelling. This is an office procedure that takes about 45 minutes and lasts about 18-24 months. The Silhouette Instalift™ was FDA approved in April 2018 for use in the mid-face and was awarded the prestigious 2018 New Beauty Magazine breakthrough award. It has been popular in both South America and Europe for many years.

**Why choose Silhouette Instalift™?**
- Non-surgical procedure
- Minimally invasive
- Minimal recovery time/no down time
- Immediate lifting effects
- Volumizing in addition to lifting effects due to PLLA collagen stimulation
- Sutures are entirely re-absorbable
- Natural looking

I am so excited to be able to perform this procedure right here in my office. Call today to see if you are a candidate for the Silhouette Instalift™. MD Beauty Labs (561) 655-6325.

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**Medical Director, Daniela Dadurian M.D.**
* Board Certified Anti-Aging Medicine
* Board Certified Laser Surgery

Daniela Dadurian, M.D. received her medical degree from the University of Miami School of Medicine. She is certified by the Board of Anti-Aging & Regenerative Medicine and the Board of Laser Surgery. Dr. Dadurian has also completed a fellowship in Stem Cell Therapy by the American Board of Anti-Aging Medicine. She is a member of the International Peptide Society, the American Academy of Anti-Aging Medicine and the Age Management Medicine Group. Dr. Dadurian is the medical director of several medical spa and wellness centers in Palm Beach county with locations in West Palm Beach and on the island of Palm Beach. She is a leading expert in anti-aging & aesthetic medicine. Her state of the art facilities offer and array of anti-aging, functional medicine, cosmetic and laser therapies.

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The retina is the light-sensitive tissue lining the back of our eye. Light rays are focused onto the retina through our cornea, pupil and lens. The retina converts the light rays into impulses that travel through the optic nerve to our brain, where they are interpreted as the images we see. A healthy, intact retina is key to clear vision.

The middle of our eye is filled with a clear gel called vitreous (vi-tree-us) that is attached to the retina. Sometimes tiny clumps of gel or cells inside the vitreous will cast shadows on the retina, and you may sometimes see small dots, specks, strings or clouds moving in your field of vision. These are called floaters. You can often see them when looking at a plain, light background, like a blank wall or blue sky.

As we get older, the vitreous may shrink and pull on the retina. When this happens, you may notice what look like flashing lights, lightning streaks or the sensation of seeing "stars." These are called flashes. Usually, the vitreous moves away from the retina without causing problems. But sometimes the vitreous pulls hard enough to tear the retina in one or more places. Fluid may pass through a retinal tear, lifting the retina off the back of the eye — much as wallpaper can peel off a wall. When the retina is pulled away from the back of the eye like this, it is called a retinal detachment.

The retina does not work when it is detached and vision becomes blurry. A retinal detachment is a very serious problem that almost always causes blindness unless it is treated with detached retina surgery.

TORN OR DETACHED RETINA SYMPTOMS
Symptoms of a retinal tear and a retinal detachment can include the following:
- A sudden increase in size and number of floaters, indicating a retinal tear may be occurring;
- A sudden appearance of flashes, which could be the first stage of a retinal tear or detachment;
- Having a shadow appear in the periphery (side) of your field of vision;
- Seeing a gray curtain moving across your field of vision;
- A sudden decrease in your vision.

Floaters and flashes in themselves are quite common and do not always mean you have a retinal tear or detachment. However, if they are suddenly more severe and you notice you are losing vision, you should call your ophthalmologist right away.

WHO IS AT RISK FOR A TORN OR DETACHED RETINA?
People with the following conditions have an increased risk for retinal detachment:
- Nearsightedness;
- Previous cataract surgery;
- Glaucoma;
- Severe eye injury;
- Previous retinal detachment in the other eye;
- Family history of retinal detachment;
- Weak areas in the retina that can be seen by an ophthalmologist during an eye exam.
TORN OR DETACHED RETINA DIAGNOSIS
Your ophthalmologist can diagnose retinal tear or retinal detachment during an eye examination where he or she dilates (widens) the pupils of your eyes. An ultrasound of the eye may also be performed to get additional detail of the retina.

Only after careful examination can your ophthalmologist tell whether a retinal tear or early retinal detachment is present. Some retinal detachments are found during a routine eye examination. That is why it is so important to have regular eye exams.

TORN OR DETACHED RETINA TREATMENT
A retinal tear or a detached retina is repaired with a surgical procedure. Based on your specific condition, your ophthalmologist will discuss the type of procedure recommended and will tell you about the various risks and benefits of your treatment options.

Torn retina surgery
Most retinal tears need to be treated by sealing the retina to the back wall of the eye with laser surgery. Both of these procedures create a scar that helps seal the retina to the back of the eye. This prevents fluid from traveling through the tear and under the retina, which usually prevents the retina from detaching. These treatments cause little or no discomfort and may be performed in your ophthalmologist’s office.

Laser surgery (photocoagulation)
With laser surgery, your Eye M.D. uses a laser to make small burns around the retinal tear. The scarring that results seals the retina to the underlying tissue, helping to prevent a retinal detachment.

Detached retina surgery
Almost all patients with retinal detachments must have surgery to place the retina back in its proper position. Otherwise, the retina will lose the ability to function, possibly permanently, and blindness can result. The method for fixing retinal detachment depends on the characteristics of the detachment. In each of the following methods, your Eye M.D. will locate the retinal tears and use laser surgery or cryotherapy to seal the tear.

Vitrectomy
This surgery is commonly used to fix a retinal detachment and is performed in an operating room. The vitreous gel, which is pulling on the retina, is removed from the eye and usually replaced with a gas bubble.

Sometimes an oil bubble is used (instead of a gas bubble) to keep the retina in place. Your body’s own fluids will gradually replace a gas bubble. An oil bubble will need to be removed from the eye at a later date with another surgical procedure. Sometimes vitrectomy is combined with a scleral buckle.

If a gas bubble was placed in your eye, your ophthalmologist may recommend that you keep your head in special positions for a time. Do not fly in an airplane or travel at high altitudes until you are told the gas bubble is gone. A rapid increase in altitude can cause a dangerous rise in eye pressure. With an oil bubble, it is safe to fly on an airplane.

Most retinal detachment surgeries (80 to 90 percent) are successful, although a second operation is sometimes needed.

Some retinal detachments cannot be fixed. The development of scar tissue is the usual reason that a retina is not able to be fixed. If the retina cannot be reattached, the eye will continue to lose sight and ultimately become blind.

After successful surgery for retinal detachment, vision may take many months to improve and, in some cases, may never return fully. Unfortunately, some patients do not recover any vision. The more severe the detachment, the less vision may return. For this reason, it is very important to see your ophthalmologist regularly or at the first sign of any trouble with your vision.
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.
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.
ROUTINE EXAMS OFTEN FIND HEAD, NECK AND ORAL CANCERS

While not as common as some other types of malignancies, oral cavity and oropharyngeal (head and neck) cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam. Most head and neck cancers begin in squamous cells, which are cells that line moist surfaces, such as those inside the mouth, nose, sinuses and throat. Salivary gland cancer, another category of head and neck cancer, has many different forms because these glands are made up of many different types of cells that can become malignant. As you might suspect, tobacco use, heavy alcohol use, and infection with human papillomavirus (HPV) increase the risk of many types of head and neck cancer.

According to the American Cancer Society, some of the early warning signs and symptoms can include:

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn’t go away (also very common)
- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn’t go away
- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.

What Causes Oral Cancer?
All cancers are caused by genetic changes in the DNA (deoxyribonucleic acid) inside our cells. DNA is the chemical in our cells that contains the genetic information needed for many factors, including how cells function. Just as every human being has unique DNA, or a distinctive genetic code, so does every malignant tumor. Cancer develops due to a genetic mutation, or damage to the DNA in our cells.

One of the factors that can increase your risk of mouth cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papillomavirus (HPV) in Caucasian men and women.

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

Clinical Trials Lead to Tomorrow’s Treatments and Cures
Through a strategic partnership with Sarah Cannon, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the past three years, the majority of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

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, that deliver the most advanced and personalized care in your local community.
I WANT A DENTAL IMPLANT
But I Will Be Leaving Soon For the Summer…
WHAT CAN I DO?

Many of our “snowbird” patients run into this dilemma during the late winter and early spring. This particular question is one we are asked routinely with good cause. Understanding the steps of dental implant therapy can help simplify the decision process when it comes to timing treatment around your schedule.

THE PROCESS:
Dental implants can be used in many different ways. They can serve to replace a single tooth, multiple teeth or even help restore a smile and chewing function for your whole mouth. The easiest way to understand a basic dental implant is to think about a single tooth. A tooth has 2 parts: the crown (which you see when you smile) and the root (which anchors the tooth in the bone). A dental implant is nothing more than a replacement root.

Once the tooth is extracted, a new root (the implant) can be placed in the empty socket where the old root used to live. The implant is typically hidden under the gum tissue and is not visible. As the area heals, the implant “glues” to the bone. This typically occurs with a high probability of success, but as with any procedure, there are no guarantees. It is also important to remember that medical issues and personal habits, such as smoking, can impact if the dental implant “takes”. The time for this healing and gluing can vary. The range of time is determined by a number of factors based on your individual situation, but often ranges from 12 weeks to 6 months. After successfully gluing to the bone, the implant root is ready to have your dentist fabricate the crown.

THE WAIT:
In a typical treatment, time is needed for the implant or implants to glue to the jaw bone. If the implant and bone have not fused and a crown is attached, it is possible to injure the site and require the implant to be removed and replaced. This can be compared to pouring wet concrete around a pipe and moving the pipe before the concrete sets. On the other hand, waiting slightly longer than necessary for the implant to fuse, does not carry the same risk.

The fact that implants need time to fuse to the bone actually fits very well with the schedules of our snowbird patients. Many of them choose to have their implants placed prior to leaving for the summer. This option allows them to use the summer months to let the area heal while forgetting the treatment has been started. When returning to the area in the fall or winter, the implants are typically fused to the bone and ready to have the dentist fabricate the permanent crowns. This sequencing is similar to baking a cake. The initial work is completed and then forgotten about until the timer is up. Spacing treatment to utilize the summer months as healing time can be an effective way to continue your treatment without delaying the final results.

Every patient’s treatment needs are not the same. A complete examination is necessary to develop a plan that will meet your individual desires. In many cases, the use of the summer months as healing time can help keep your treatment on track without unnecessary delays.

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 Periopulse 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.

www.PBCPERIO.com
561-691-0020
According to the Better Hearing Institute, hearing loss is the third most common health problem in the country today, behind only arthritis and heart disease with more than 50 million Americans suffering from its effects. With May being recognized as the National Better Hearing Month and to help bring attention to this issue affecting approximately 1 in 5 Americans, Dr. Luzon Coveney is encouraging all Americans to educate themselves on hearing health.
“The myth regarding hearing difficulty is that it is associated with the normal aging process. However, hearing loss is typically a reflection of past noise exposure and/or a family history of hearing loss. Further, more than half of all hearing-impaired persons are younger than 65,” said Dana Luzon Coveney, Au.D., Board Certified Doctor of Audiology at Audiology & Hearing Aids of the Palm Beaches. As the baby boomer population ages, more Americans are forced to face hearing health challenges. Growing numbers of younger Americans are also reporting hearing problems. Occupational noise is another factor impacting hearing in people of all ages.

“Sadly, too many people either do not recognize that they are having hearing difficulties, or do not want to admit their difficulties due to preconceived notions or social stereotypes.” Modern hearing devices are advanced, cosmetically discreet and are fully automated. Because not seeking treatment can have long-term negative effects on communication and cognition, Dr. Luzon Coveney wants to remind people that help is available. Even a mild hearing loss, if left untreated can lead to memory loss and cognitive decline.

“With the month of May being recognized as National Better Hearing Month, I want to encourage people in the community to seek answers to their questions about hearing difficulties and to educate themselves about available solutions,” said Dr. Luzon Coveney, who was voted by the public as the best Audiologist in Palm Beach County.

“That is why I will be sponsoring Free Hearing Screenings during the entire month of May. The screening is 100% free and there is no cost or obligation to attend. However, due to limited scheduling, the free screening requires an appointment. Anyone who is interested need to simply call my office at 561-627-3552. My goal in sponsoring these screenings is to provide people in this community with the knowledge they need to make informed decisions regarding hearing health,” said Dr. Luzon Coveney.

**PROFESSIONAL SERVICES OFFERED BY DR. LUZON COVENEY INCLUDE:**

- Video Otoscopy
- Comprehensive Hearing Testing
- Dispensing of Digital Hearing Aids
- Use of Live Speech Mapping and Real Ear Measures
- Tinnitus Evaluation and Treatment
- Aural Rehabilitation and Counseling
- Hearing Aid Checks and Servicing
- Assistive Listening Devices (ALDs)

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.

561-536-5557
4266 Northlake Blvd., Palm Beach Gardens FL 33410
HearingCareFL.com

**Dana Luzon Coveney, Au. D., FAAA, Doctor of Audiology**
Less Pain Pill Access is Hurting Those Who Hurt

Could Body Biofeedback be your Answer?

By Michael Cohen, Director and Chief of Neurotechnology Center for Brain Training

In July of 2018 new regulations went into effect in the State of Florida. These placed a three- or seven-day limit on opioid prescriptions for acute pain. The new regulations don’t restrict prescribing for chronic pain (such as cancer, terminal diseases or severe traumatic injuries). Nonetheless, many physicians feel pressure to voluntarily restrict – or discontinue – prescribing pain pills, even for chronic pain patients.

While the spirit of the law was to improve overdosing problems, it’s had an unintended consequence for people with legitimate chronic pain: It’s “cut off” people who could only function in daily life with the use of pain killing medications, leaving them with few options:

- Live with relentless, debilitating pain
- “Doctor shop” to find a physician willing to prescribe what they need
- Turn to illicit street drug alternatives.

The American Medical Association (AMA) found prescriptions for pain killing drugs, including OxyContin and Vicodin, declined nine percent in 2017, or about 19 million fewer prescriptions compared to a year earlier. Opioid prescriptions are down by 55 million since 2013, a 22 percent reduction nationwide and a sign that “physicians and other health care professionals are increasingly judicious when prescribing opioids,” Patrice Harris, chairwoman of the AMA’s Opioid Task Force, said in a written statement.

– Source: MedicalXpress.com

A pioneer in body biofeedback
In 2014 the Center for Brain Training became one of the first neurofeedback centers in the United States to offer body biofeedback, a little-known – but effective – alternative to pain medication for chronic pain.
It was experimental for us then, but today it’s a staple in our toolbox after numerous people told us they benefited from it. Some even called their results “transformative.”

**Resetting the nervous system**

Neurobiology experts believe that chronic pain occurs when the nervous system becomes over-aroused and sends excessive pain signals to the brain. Then, for whatever reason, too much of the brain is recruited to pay attention to those signals, perpetuating the pain.

Body biofeedback appears to interrupt the pain signals and get the brain back on track so it doesn’t continue to magnify the pain signals.

---

**Ever since I was diagnosed with Lyme disease, I’ve had fibromyalgia and other diagnoses. Nobody was able to help. I searched for a long time before finding the Center for Brain Training. Their body biofeedback treatments have helped enormously with my pain and helped me feel so much clearer.** — L.T., Center for Brain Training client

**I’m still amazed at how well the biofeedback worked. Brain training helped my pain without negatively impacting every other part of my life like the side effects of the medications had done. To be able to go from being unable to do anything to finally having significant relief without pain medication was a blessing.** — S.W., Center for Brain Training client

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**Results**

We can’t say how long it’ll take for you to see results, or even guarantee that you’ll get results at all. However, in the five years we’ve been using body biofeedback, at least 75 percent of our chronic pain clients have experienced improvement. They reported even more improvement when body biofeedback was combined with neurofeedback.

Most people will need from 6-15 sessions, though there’ll be some noticeable benefit for many people after two to three sessions.

How long does it last? Several months for some people. Several years for others. Many people seek out periodic “maintenance” sessions to help ensure that their relief persists.

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**Why you probably haven’t heard of body biofeedback from your doctor**

Because body biofeedback is a non-drug treatment, many doctors and other health professionals are unaware of the technology and its effectiveness.

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In the United States, our health culture is centered on drugs. Therefore other approaches, even though effective, are often overlooked. The reason? They lack robust promotional budgets such as those of pharmaceutical companies.

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**Two client stories**

A client had been plagued by chronic back pain since the age of 16. She tried many solutions, eventually seeking help from a pain doctor and becoming addicted to pain medication. After four body biofeedback treatments over the course of a month, she reported an 80% reduction in pain and a significant reduction in pain medications. After two more sessions she discontinued her pain medications. One year later she was still pain- and medication free.

A woman had 40 years of chronic headaches, neck and back pain she attributed to a car accident at age 19. She’d seen more than 50 healthcare specialists, including neurologists, chiropractors and acupuncturists, without any relief. After four sessions of body biofeedback she reported a 75% reduction of her pain.

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**Call today**

If you’re concerned about options for helping your chronic pain, don’t give up. Call the Center for Brain Training for details or to book a free consultation to find out how we may be able to help.

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**Learn more about neurofeedback at our free informational seminar**

**Wednesday**

**May 22**

**6-7:15 p.m.**

Call **561-744-7616** for details or visit [www.CenterForBrain.com](http://www.CenterForBrain.com)
An Alternative to Pain Medications

Chronic pain affects many people in the United States. It’s diagnosed when a person has experienced pain for at least three months or longer. Many individuals suffer for years in silence before they seek medical help, but unfortunately, the standard of care for chronic pain is to mask it with drugs or injections.

With the epidemic of people becoming addicted to pain relievers like oxycodone and other narcotics, educating the public on proven alternative methods that actually heal the body to reduce pain instead of “numbing it” is helping many people to overcome their painful conditions.

COMMON CAUSES OF CHRONIC PAIN
- Injury & Trauma
- Disease & Infections
- Fibromyalgia
- Spinal compression
- Arthritis
- Neuropathy (Nerve Damage)

Neuropathy is associated with many of the above-listed types of pain, as it’s common for nerve damage to have occurred in individuals with diabetes, chemotherapy treatment, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a build-up of toxins, and vascular disease.

In the United States alone, neuropathy affects nearly 20 million people. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and unsuccessful.

SYMPTOMS OF NEUROPATHY
MOST OFTEN INCLUDE THE FOLLOWING SENSATIONS
- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling & stumbling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation
**HOW LASER THERAPY WORKS**

As mentioned, the most common treatment for pain and nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past decade, Laser Therapy has proven effective in treating and reducing chronic pain and neuropathic issues.

Laser Therapy uses no thermal or heating effect; it creates microcirculation around the soft tissue and nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light beam.

Laser Therapy is quick, painless and highly effective. The laser light's infiltration, an increase in ATP (Energy) and mitochondrial cell function, increases and produces the healing and stimulation of damaged tissues and nerves.

**ADVANTAGES OF LASER THERAPY**

- Decreases inflammation
- Stimulates tendon healing
- Incites nerve healing
- Helps wounds to heal more quickly
- Decreases numbness
- Decreases tingling
- Improves circulation
- Increases oxygen-rich blood
- Improves microvessel flow
- Relieves back and spinal inflammation
- Remove toxins

It is often beneficial to co-treat severe cases of chronic and neuropathic pain by combining laser therapy and synergistic approaches. These are regularly sought after by patients to improve mobility, functionality and alleviate pain faster.

**SYNERGISTIC TREATMENT**

- Decompression
- Electrical nerve stimulation
- Manual stretching
- Massage therapy
- Natural supplementation to regenerate the myelin sheath
- Therapeutic ultrasound

Treating the underlying cause of your pain is essential. Having a comprehensive evaluation to define your level of discomfort and conditions are critical steps to eliminating your pain naturally and improving your long-term outcomes.
RejuvaWAVE®
Revolutionary New Treatment
For Erectile Dysfunction And Peyronie’s Disease

INSTEAD OF MEDICATING —
CURE WITH REJUVAWAVE®
Customary treatment for ED is prescription medications or injections that cause an erection. However, Simply Men’s Health has revolutionized this standard of care by introducing the only ED Treatment that CURES erectile dysfunction. The RejuvaWAVE® is revolutionary, non-invasive, and heals the underlying causes of ED. RejuvaWAVE® uses FDA-cleared, scientifically proven technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation, and to stimulate tissue regeneration, which creates new blood vessels in treated areas. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. Our treatment is about regenerative medicine; helping men return to their younger healthier selves, and enabling a spontaneous, active sex life.

IS REJUVAWAVE® SAFE?
Yes. RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used worldwide. RejuvaWAVE® uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, anti-aging treatments and wound healing. 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

Simply Men's Health is the leader in Men’s Sexual Health and a pioneer in the field of regenerative medicine. Simply Men’s Health was the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men’s sexual health by introducing the state-of-the-art RejuvaEnhancement® Procedure to help reverse the inevitable aging process and treat ED and Peyronie’s Disease. Peyronies disease is defined as relating to symptoms. Peyronies is a build up of scar tissue in the penis that causes a curvature or bend in the erected penis. This disorder typically causes a great deal of pain during intercourse.

The RejuvaEnhancement® Procedure combines growth factors and stem cells from your own blood with live, cryogenically-preserved, pluripotent stem cells and growth factors derived from human placentas and amniotic. The amniotic allograft contains over 75 growth factors, cytokines, collagen, and stem cell activators which call the body’s own stem cells. In addition, the cryogenically-preserved allograft contains LIVE PLURIPOTENT stem cells and fibroblasts which promotes cell repair and tissue regeneration to help restore your sexual vitality. These stem cells and growth factors work synergistically together with RejuvaWAVE® to restore patients to their younger healthier selves, rather than relying

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

Simply Men’s Health believes in treating and curing the underlying issue with regenerative medicine.

WHAT IS REGENERATIVE MEDICINE AND REJUVAWAVE® AND REJUVAENHANCEMENT® PROCEDURE?
Regenerative medicine, rather than treating symptoms, shifts the body into a healing and restoration state. RejuvaWAVE® stimulates your body’s own healing response and creates new blood vessels in the area treated. The RejuvaEnhancement® Procedure magnifies the effects of the RejuvaWAVE®.

Simply Men’s Health
RejuvaEnhancement® Procedure?
The RejuvaEnhancement® Procedure combines growth factors and stem cells from your own blood with live, cryogenically-preserved, pluripotent stem cells and growth factors derived from human placentas and amniotic. The amniotic allograft contains over 75 growth factors, cytokines, collagen, and stem cell activators which call the body’s own stem cells. In addition, the cryogenically-preserved allograft contains LIVE PLURIPOTENT stem cells and fibroblasts which promotes cell repair and tissue regeneration to help restore your sexual vitality. These stem cells and growth factors work synergistically together with RejuvaWAVE® to restore patients to their younger healthier selves, rather than relying

www.sflHealthandWellness.com
Enjoy a SPONTANEOUS & ACTIVE SEX LIFE again in as little as 3 weeks – no pills, no needles, no surgery!
A PROVEN TREATMENT OPTION FOR YOUR BACK PAIN

Do you have back pain? Are you suffering in silence from stiffness, limited range of motion, and excruciating agony? You are not alone, 80% of the population has some extent of back pain, and the standard of care is typically through addictive drugs that mask the symptoms of pain or risky surgery that all too often is unsuccessful.

There is a better way, a proven way, one in which has allowed many individuals to find freedom from pain.

"The DRX9000 is an excellent noninvasive modality for treating the pain of acute injuries or for chronic pain from degenerative or herniated discs," explains Dr. Reimer. "This technology incorporates innovations in spinal decompression therapy that offer relief for persistent back pain without medication or surgery. Gentle decompression enlarges disc space and eases the herniated or degenerative discs back into proper position, restoring nutrients and blood flow."
One design element of the DRX9000 makes therapy particularly easy on the patient. Whereas other spinal decompression systems rely on the patient’s strength to stay in position while the machine works, the DRX9000 has specially designed harnesses to hold the patient securely in place.

“The harnesses allow the patient to relax while the equipment slowly and gently stretches the spine,” states Dr. Reimer. “In fact, patients have been known to fall asleep during treatment because they are so relaxed. For a noninvasive machine, it has gotten excellent results from patients with all causes of back pain, such as herniated, bulging, or degenerative discs, which make for challenging cases, as well as for some of the simpler cases. I’ve been utilizing it in Palm Beach County for approximately 12 years, and we have had excellent effectiveness with it. We have had patients who got immediate relief and some who have had to go through longer protocols, but overall the success rate has been very high.”

American Med Care Center offers a full complement of treatment modalities, including ultrasound, electrical muscle stimulation, and cervical and lumbar traction. Dr. Reimer and his staff are pleased to be able to offer a comprehensive set of options for all of their patients.

**PATIENT APPROVED**
The DRX9000 treatment has enabled Rob to spend quality time with his family once again.

“When I went to Dr. Reimer, one of my goals was to take my three-year-old daughter for her first trip to Disney World,” he explains. “At that point, I could walk, but it was very, very painful. I told him that I had that goal to go there and be able to walk around. A month and a half later, we went to Disney World, and I wouldn’t have had a good time there if it wasn’t for Dr. Reimer. My pain level used to be about an eight or nine throughout the day, and now it’s down to a one or two. It’s virtually gone.”

Rob credits Dr. Reimer for being attentive and listening to his concerns, and for finding the right treatment for his problem, instead of just treating the symptoms.

“Dr. Reimer is very pleasant and easygoing, but he’s also very professional,” assures Rob. “He does an extremely thorough examination, unlike any other chiropractor I’ve ever been to. He and the staff are like family. I can’t say enough about them. They’re just great.”

“American Med Care Center is part of a new model of healthcare that is emerging.” Dr. Reimer states. “With advances in technology, a Wellness Revolution is occurring. Science is allowing us to better study the natural design and true physiological function of the body. Pain is seen as an important clue, proper function is seen as the physician’s goal and the stability of the systems of the body is the culmination of the therapy with the participation of the patient.”

American Med Care Center offers a variety of treatment options for chronic back pain, sciatica, herniated or bulging discs, spinal stenosis, and Failed Back Surgery Syndrome. To schedule an appointment, call the office at (561) 967-6655, or visit treatingyourbackpain.com.

**American Med Care Center**
3200 Forest Hill BLVD
West Palm Beach, FL 33406
TreatingYourBackPain.com
Many of our children are stressed, not sleeping well & suffer from anxiety. Wellness holistic approach & vibroacoustic therapy may help

Our children are OUR CHILDREN! no matter how old they are. We – parents carry this psychological-emotional role and parents-children bond even when our children are grown up, are independent, already left the home nest, and physically, are far away. We are happy with their happiness, achievement and success, and worry when things get out of control and messy in their lifes.

Many people tend to look with nostalgia to their childhood years, yet some of us still carry an open wound from struggling with stress, insomnia & anxiety. In many cases parents were not attentive enough to bodymind interrelation of mental, emotional and physical needs and the impact of the external world in children's inner world.

Our life nowadays is very dynamic and, in many cases, hectic. Technology and society change so rapidly therefore research about the influence of these changes on a personal and social levels, may not be quick enough to realize their negative effects.

Many children get their smartphone in first/second grade. These are the years that new habits are infused into subconsciousness easily and unfiltered.

Schools justify countless exams and competitive environment as:” preparation for real life”. Social media culture creates an atmosphere of exposure, obsessive request for attention and desire to get more “likes”.

When children get back home, very often parents are not waiting for them because they are at work. They may be hungry, tired and overwhelmed from homework, social interactions and preparation for exams. They may escape challenges by playing video games and become addicted.

The environment at school is not always harmonious. It may be stressful, commuting may be exhausting, and social pressure and bullying may create negative atmosphere that may be harmful to children’s wellness, health & wellbeing.

In high school the above conditions may be magnified. In college students may accumulate more pressure because many of them need to work in addition to the academic exams and projects’ demands.

The bottom line – stress is here, there and everywhere.

You may say – “that is life” or you may say, “let’s provide self help tools” to reduce mental, emotional and physical stress daily”

Wellness-wellbeing conditions at home and at schools (elementary, high school, college) to improve children’s heath:

1. Healthy food to nourish the cells
2. Effective spaces to reduce fatigue and insomnia
3. Ways to reduce mental, emotional and physical stress daily
4. Encouraging ways to move the body
5. Atmosphere to support creativity
6. Ecosystem for effective conversation and multidisciplinary dialogue
7. Personal physical space and green eco environment (air circulation, clean water, inspiring design)
8. Emotional support for individuals’ personal evolvement

How vibroacoustic therapy can benefit children of all ages

Vibroacoustic therapy (Norway/Finland) is a process in which harmonic low sound frequencies in the range between 30hz-120hz are streamed to special mats, bed frames, pillows and stuffed animals.

The process is very soothing and easy – you simply lie on vibroacoustic therapy mat or hug a pillow or a special stuffed harmonic pet and feel gentle sonic waves hugging you from within. The outcome – less stress, less insomnia or fatigue, less pain, less anxiety. In addition, there is a sense of clearer mind, better mood and calmer body, all with no efforts.

Olav Skille – The inventor of Vibroacoustic therapy was playing his bass in front of children with disabilities. He noticed relief of tension in their physical body and less physical, emotional and mental stress. That encouraged him to create special mats and pillows with vibroacoustic therapy built in. Avigail Berg-Panitz – the writer and owner of The SoundWell – www.vibro-therapy.com, was personally trained by Skille and she added the stuffed animals to the arsenal of vibroacoustic therapy equipment.
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

www.vibro-therapy.com
www.avigail.wix.com/avigailbergpanitz
www.avigailwellness.com
avigail@vibro-therapy.com
914-433-2849

HARMONIC PULSING AND PURRING PETS SERVE AS EMOTIONAL SUPPORT

There is something magic in hugging a teddy bear or a Panda. Children in all ages (and adults) feel a sense of security together with a smile. The harmonic pets’ vibrations are felt as if they hug you back. They serve as emotional support pet. There is a sense they calm bodymind, provide confidence, comfort and initiate a better mood.

SILENTSOUNDSPACE TO RECHARGE VITALITY AND REDUCE STRESS

Schools with holistic wellness approach should dedicate a special room called SilentSoundSpace. Children and teachers will enjoy experiencing silence and harmony and gentle inner body massage in this sanctuary space or tranquility temple. There are variety of designs for a SilentSoundSpace (depends on physical location and budget) yet they are all based on vibroacoustic therapy mats / recliners and are isolated from noise and distractions. This is a space of tranquility, serenity and bodymind balance. This is a place in which children and teachers let go of stress, anxiety and fatigue and recharge vitality. Vibroacoustic therapy may minimize bullying, violence and aggressive behavior.

Parents may adopt UnWindMe – a vibroacoustic therapy personal and portable mat and create a SilentSoundSpace at home as well.

WHY WE CHERISH A SILENT SPACE

From the minute we wake up, we run in the maze of our daily missions: Parents preparing their children and themselves. Children getting ready to school... Business people getting organized to their multiple projects. During the day we accumulate more duties and unexpected interactions... We respond to emails, conversations, messages. Very often, the only time a person is by her/himself is when they are in the restroom... rest-room...

Having silence and a personal space – helps balance and calibrate inner systems. We all need such a space and that is why high-quality sleep is so essential to our mental, emotional and physical systems. That is also why we need a break during the days. – Many societies and cultures have the SIESTA and some schools enable taking a nap. You close your eyes and dis-appear. The problem is that because adults and children are so overwhelmed, they are unable to reset and reboot their body-minds. That is why Vibroacoustic therapy is so effective – it enables taking that calming pause during the day – with no efforts. The outcome is similar to the feeling of recharged vitality after taking a good nap.

Let’s work together to incorporate vibroacoustic therapy as an easy to use, very effective and effortless way to help our children – BE LESS STRESSED, SLEEP BETTER & SUFFER LESS FROM ANXIETY.
Having Trouble Getting in & out of the Bath?

TubcuT® has the Answers

Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

The TubcuT® is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT® as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.
IT’S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT® creates an opening that fits your needs. Unlike cap systems, The TubcuT® adapts to you and what your lifestyle requires. With TubcuT’s® exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT® threshold is typically 4” above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® follows the same exact contour of your tub there, and there is no ledge on the threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that’s unlike anything else available. The TubcuT® is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.

The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson’s disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!

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“You won’t have anymore trouble getting in and out of the bathtub with TubcuT®”
Cataract Surgery in 2023: What should you expect?

By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development — for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient’s refraction as they age if needed. Another interesting technology is the FluidVision lens from PowerVision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye’s natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.

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 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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The Ophthalmologist'.

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

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

Dr. Goldman speaks English and Spanish.

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O K. So here we are… five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well… how are you doing?

Too often we wait until it’s too late to ask these types of questions. But let me encourage you with this today: Don’t Give Up!

Maybe you’re well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you’ve had a rough go of it and you’ve been derailed or don’t think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, “that’s the same advice for both groups.” You’re right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: “So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.” (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. “let’s not get tired of doing what is good,” “we will reap a… blessing,” but here is the kicker: “IF we don’t give up.”

Wow! That’s an awfully big “IF”...

Perseverance reveals a lot about ourselves.

**Perseverance reveals our conviction.** Do I really believe in what I’m pursuing? Do I really feel deep down in my gut that what I’m going after is right and true? If I don’t believe in it, then I’ll give up quickly. But if I do believe, then how can I possibly give up?

**Perseverance reveals our commitment.** In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.

Edison is quoted as saying, “I have not failed, I’ve just found 10,000 ways that won’t work.” If I’m really committed to it, then it’s not just a matter of “I won’t give up” but really a matter of “I can’t give up.”

**Perseverance reveals our character.** Who are you when no one else is watching? What do you do when you’re alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: “Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy.”

The writer of Hebrews put it this way: “So don’t throw it all away now. You were sure of yourselves then. It’s still a sure thing! But you need to stick it out, staying with God’s plan so you’ll be there for the promised completion.” (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: “We do not determine a man’s greatness by his talent or worth, as the world does, but rather by what it takes to discourage him.” (JF)

So be great… and Don’t Give Up!
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