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

June 2019

North Palm Beach Edition - Monthly

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"FOLLICULAR FATE"**

**ANTY-AGING THERAPY  
EXOSOMES**

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**Read more about neurofeedback on Pages 26-27**

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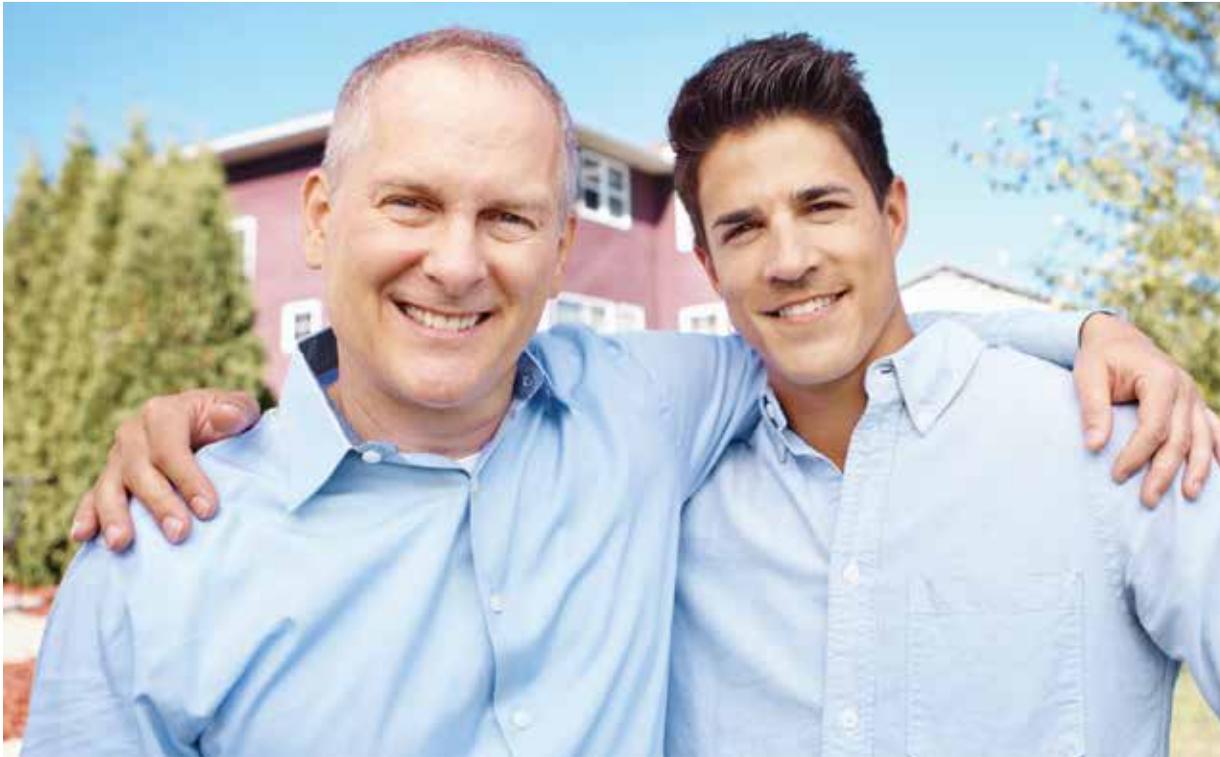
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# How to Avoid Your Father's “FOLLICULAR FATE”

By Alan J. Bauman, MD, ABHRS



**A** lot of the blame for hair loss gets directed at the mother's side of the family, but today, we know that hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two. This means one of the best indicators you have is your family album. Take a look—are your parents, siblings, aunts and uncles losing their hair? If so, you may also be at risk.

But don't worry, just because you may have inherited the hair loss gene, doesn't mean your follicles will be lost forever.

With Father's Day upon us, it's a good time to talk about how advanced techniques for hair follicle harvesting and transplantation differ from “your father's hair transplant.” Unlike the artificial looking “hair plugs” of the past, these new techniques, combined with the artistic skills of the right surgeon, today's comfortable, less invasive hair transplants consistently produce undetectable, permanent, natural-looking results. If you are concerned that you have inherited your

father's tendency toward failing follicles, here is a look at some of the most advanced surgical technology that can help save you from settling for your dad's “follicular fate.”

#### **SMARTGRAFT FUE:**

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

#### **ARTAS ROBOTIC-ASSISTED FUE SYSTEM:**

The FDA-cleared ARTAS robot is a state-of-the-art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using

the FUE technique. The robot's sophisticated micron-level precision allows patients to benefit from an unprecedented level of safety; accuracy, efficiency, and comfort during their hair transplant procedure. The system also features artificial intelligence and stereovision sensors to detect and analyze follicular units — calculating density, exit-angles, orientation, and location to then proceed with precision robotic graft harvesting based on algorithms programmed by the surgeon.

#### **NEOGRAFT FUE:**

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

While these transplant procedures can provide patients with natural-looking results, it is still imperative to do your homework when researching a surgeon. One of the biggest problems with hair transplants is that many unqualified, inexperienced doctors offer this procedure and/or perform procedures infrequently. The risks for hair transplant patients include increased discomfort, surgical complications, infections, scarring, poor density and unnatural looking results. When looking for a hair transplant surgeon, make sure you consult with an experienced minimally-invasive hair restoration physician — someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and performs FUE hair transplantation on a daily basis.

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistry of the surgeon involved. Patients, therefore, should not choose their surgeon based on the tool they use, but more so on their experience and artistic ability. Do your research, ask questions, look at before-and-after pictures, and don't be afraid to ask for patient testimonials. To find a qualified hair restoration specialist, start by visiting the American Board of Hair Restoration Surgery (ABHRS), International Alliance of Hair Restoration Surgeons (IAHRS) or the International Society of Hair Restoration Surgery (ISHRS).



Male patient before and after FUE Hair Transplant by Dr. Alan Bauman



Male patient before and after FUE Hair Transplant by Dr. Alan Bauman

For more information on what kind of results you might achieve with an advanced FUE hair transplant, please visit [www.baumanmedical.com](http://www.baumanmedical.com) or call 561-220-3480.

### GENETICS AND HAIR LOSS

- There are now over 200 known DNA locations (genes and SNPs) that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two.
- Hair loss can start as soon as puberty ends, depending on your hereditary sensitivity to DHT (dihydrotestosterone).
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding – all of those put together will determine how quickly you see loss occur and how quickly it progresses.
- Because it is a recessive gene, hair loss can skip generations, skip siblings, etc.
- Many consumer DNA tests (e.g. 23andMe) include a prediction of whether you are likely to experience hereditary hair loss.

### About Dr. Alan J. Bauman



**Alan J. Bauman, MD, ABHRS, IAHRs**  
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 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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# ANTY-AGING THERAPY

# EXOSOMES



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### WHAT IS EXOSOME TREATMENT?

Exosome treatment is a form of regenerative medicine that utilizes a more specialized and enhanced form of stem cell therapy. Stem cells can be used to encourage healing processes as they adapt to surrounding cells. However, exosomes carry precise signals that work to instruct cells on what to do.

Exosomes are packed with proteins, RNA, and mRNA. mRNA is a powerful force for building proteins and stimulating reparative processes. These unique molecule bundles are obtained from the outside of stem cells.

### WHAT TO EXPECT

Exosomes that are used for treatment are collected from stem cells. Once collected from stem cells, the exosomes are prepared for injection with safety and precision in mind..



During exosome treatment, exosomes are delivered to the targeted treatment area through small injections. Once delivered, they work to deliver specific instructions to the cells. Signals are directly delivered that encourage optimal intercellular communication for healing and restoration. In response, the body is then naturally healed for optimal health and wellness.

There is no required downtime following sessions, and you are free to return to your daily activities following treatment.

Results may vary for each person and can depend on the specific concern being addressed. While you may experience some initial relief, it may take a period of time to experience the best results as your body continues the natural healing process. A series of regular treatments may help you achieve and maintain optimal healing and relief.

### WHO IS A CANDIDATE?

Exosomes treatment can be used to treat a range of health concerns. However, it is especially beneficial for those who are living with rheumatoid arthritis or other chronic joint pain. The best way to determine if you are a proper candidate is through a consultation with one of our experts.

### CONTACT US

Don't live in pain any longer, reach out to the professionals here at MD Beauty Labs located in West Palm Beach, FL, to learn more about the benefits of exosomes. Contact us today and schedule your consultation!



**Medical Director, Daniela Dadurian M.D.**

\* Board Certified Anti- Aging Medicine

\* Board Certified Laser Surgery

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

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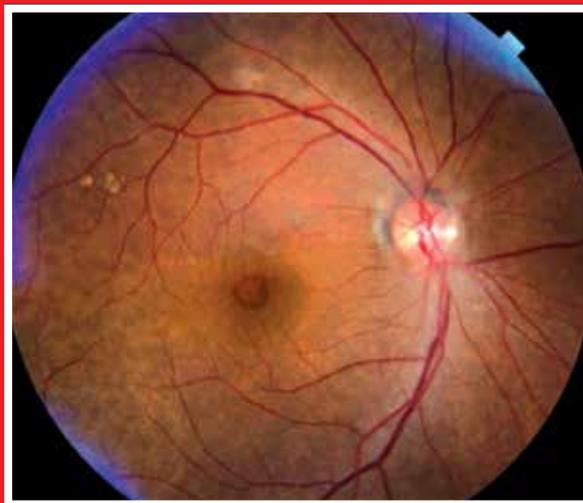


# MACULAR HOLE

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



**M**acular hole is when a tear or opening forms in your macula. As the hole forms, things in your central vision will look blurry, wavy or distorted. As the hole grows, a dark or blind spot appears in your central vision. A macular hole does not affect your peripheral (side) vision.



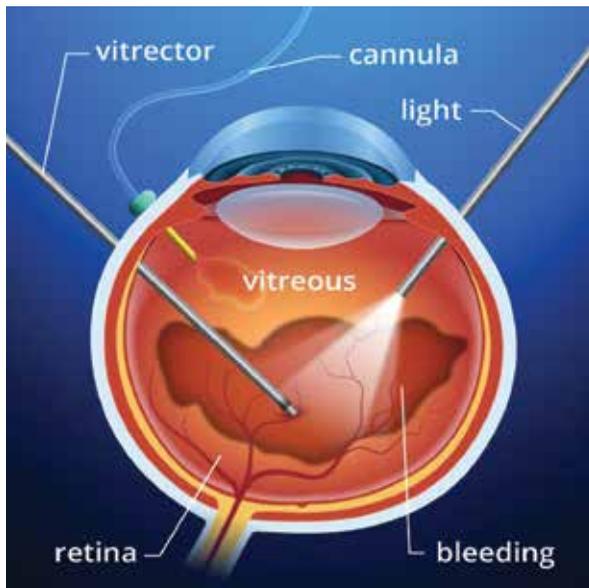
## WHAT CAUSES A MACULAR HOLE?

Age is the most common cause of macular hole. As you get older, the vitreous begins to shrink and pull away from the retina. Usually the vitreous pulls away with no problems. But sometimes the vitreous can stick to the retina. This causes the macula to stretch and a hole to form.

Sometimes a macular hole can form when the macula swells from other eye disease. Or it can be caused by an eye injury.

## MACULAR HOLE DIAGNOSIS

Your ophthalmologist will put drops in your eye to dilate (widen) your pupil. This allows him or her to look through a special lens at the inside of your eye.



**Things to know about Vitrectomy surgery for macular hole:**

- Your eye may hurt after surgery. Your surgeon will have you take medicine to help with pain.
- You will need to wear an eye patch for a short time. You also will need to put drops in your eye.
- You cannot fly in an airplane until the gas bubble is gone. This is because going up quickly in altitude can make eye pressure rise. That can cause problems with the bubble. If you have the oil there are no restrictions.
- If you need to have any other type of surgery, be sure to tell your doctor before surgery that you have a gas bubble in your eye.
- Your vision will improve as the macular hole closes. It may take several months for the hole to finish healing. How much vision you get back depends on the size of your macular hole. It also depends on how long the hole was there before you had surgery.

Then he or she will take pictures of your eye using optical coherence tomography (OCT). With OCT, a machine scans the back of your eye. This provides very detailed pictures of the retina and macula. Your ophthalmologist studies these pictures to check for problems.

**MACULAR HOLE TREATMENT**

Surgery called vitrectomy is the best way to treat a macular hole. Your ophthalmologist removes the vitreous that is pulling on your macula. Then he or she puts a gas bubble or Silicone Oil inside the eye. This bubble or oil helps flatten the macular hole and hold it in place while your eye heals. The gas bubble slowly goes away on its own but silicone oil requires a second surgery to be removed.



**The Retina Institute of Florida**

**Lauren R. Rosecan**

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

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

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# 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.

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



### **BENEFITS OF COSMETIC ACUPUNCTURE**

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

### **COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS**

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

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

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

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

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

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

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

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

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

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**Phone: (561)656-0717**  
**Toll-Free: (877)307-0005**



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

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# CLINICAL TRIALS

As of 2019, there are over 15 million cancer survivors in the United States, and approximately two million of them have survived for 20 years or longer, according to the National Cancer Institute. Some of the reasons cancer survival rates have dramatically increased over the past two decades can be linked directly to such things as improvements in early detection methods, more advanced therapies, and to genetic research and clinical trials which are responsible for developing more effective drugs.

## Cures for Cancer Will Come from Clinical Trials

The future cures for various types of cancer will all come from clinical research, yet not many adult cancer patients participate in clinical trials. Why? Many times it is because clinical trials are misunderstood and patients fear being “a guinea pig.” In clinical trials for a life-threatening disease like cancer, no one who participates in a clinical trial is ever treated like a guinea pig. In fact, such great precautions are taken on behalf of patients who participate in clinical trials that, many times, their cancer treatment goes beyond standard care protocols.

## Debunking the Myths

Aside from the misconception about being a guinea pig, patients who are considering participating in a clinical trial for cancer are often concerned that they might be given a placebo or a drug that will prove to be ineffective. The truth is that in some types of clinical trials (specifically those that are investigating something simple such as a new cold medication) some participants are given only a placebo. However, in clinical trials for cancer, a participant is never given anything less than the current standard of care.

All participants in oncologic clinical trials will be given the best standard treatment available for their particular type of cancer; then in addition to that standard treatment, they may be given the new drug that is being tested or a placebo. No participant is ever given a placebo alone.



## Increased Participation in Clinical Trials Means Faster Approval for New Treatments

According to the American Cancer Society, there are hundreds of promising new cancer drugs and therapies currently undergoing research. The average time for a new drug to be approved is seven years, and many times clinical trials cannot be conducted because of a lack of patient participation. If more cancer patients participated in clinical trials, there would be more new drugs available sooner in the future. Don't miss the opportunity to be a part of finding the cures for cancer.

Florida Cancer Specialists & Research Institute (FCS) is a recipient of the national ASCO Clinical Trial Participation Award and a strategic partner of the Sarah Cannon Research Institute, one of the largest clinical trial organizations in the U.S. As such, FCS offers access to more national clinical trials than any other private oncology practice in Florida; and, if you qualify to participate in a clinical trial, you can do so in the comfort and convenience of your local FCS cancer center.

## World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, throughout Florida. 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, that deliver the most advanced and personalized care in your local community.



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**West Palm Beach**  
1309 North Flagler Drive  
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For more information, visit [FLCancer.com](http://FLCancer.com)

# WHAT DO YOU WANT?

## Replacing Missing Teeth

A good majority of the questions we answer pertain to how patients can replace their missing teeth. There are a multitude of ways this can be accomplished. The more important question that needs to be addressed first is “what do you want?” In our experience, the response to this question can vary widely. Some patients are fine with empty spaces in their mouths, some are fine with appliances that can be removed (taken in and out of the mouth) while others insist that they want “glued in teeth”. Knowing “what you want” is paramount to deciding what types of treatment options are ideal for your needs.

No one treatment is right for everyone. Each patient has individual needs, desires and issues. Below is a short list of common options patients often consider when replacing missing teeth. Please understand that these therapies may not be applicable to everyone based on their individual situations.

### REMOVABLE DENTURES:

Dentures are appliances that replace missing teeth and are taken in and out of the mouth. They typically rest on the gums and if used on the upper arch, usually have plastic that covers all (or part) of the roof of the mouth. Dentures can be used if a patient is missing some or all of their teeth. Most often, this option is the least expensive but it does come with some drawbacks. If replacing all teeth, the denture rests on the gum and bone. These hard and soft tissues shrink over time which typically leads to rocking of the denture. The dentures can be relined by the dentist and adhesive used to help stability, but patients often report a change in how food tastes due to the amount of plastic used.

### CROWNS AND BRIDGES:

These techniques have been used for years and can be very effective. An existing tooth or teeth can be ground down to a stub and the decay removed. A mold can be taken and sent to the laboratory where a “cap” or “crown” is fabricated. This cap can be cemented onto the remaining tooth stub. In some cases where a few teeth are missing, multiple caps that are connected (a “bridge”) can be used to fill the empty spaces. Decay can reoccur under these new caps (or bridges) leading to the need for them to be replaced. In some occasions, multiple procedures are needed before the dentist can make a crown or bridge such as periodontal surgery or root canal therapy.



### DENTAL IMPLANTS:

Dental implants are nothing more than a tooth root replacement. When a tooth is removed, there is an empty space in the bone where the tooth root used to be. A new root (shaped like the root removed) can be placed into the location. This new root is made of titanium and can never get a cavity. Typically over a number of months, our body’s bone “glues” to the new root. Once this gluing occurs, a cap or bridge can be made to connect to the implants just as it can be done on tooth roots. Other options exist where implants can be used to help secure dentures so that they do not rest on the gums and do not slide or move while you wear them. In some instances, the use of implants to support dentures can allow you to have less plastic in your mouth. Although no one has a crystal ball, implants can last the rest of your life.

Once it is clear what YOU want and a full examination (including x-rays and sometimes a 3D scan) completed, it becomes easier to determine the least expensive and most conservative way to achieve your goal. It is important to remember that no patient is exactly the same and that each patient may have limitations of their options due to their desires or their specific situation.

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

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



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

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

*Dr. Cohen uses in-office, state of the art 3D Green 2 CT imaging which offers Hi Resolution 5 Second Low Dose Scans to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures. Botox® and Dermal Fillers are also utilized to enhance patients’ cosmetic outcomes.*

*Dr. Cohen formerly served on the Board of Trustees for the American Academy of Periodontology and the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American College of Maxillofacial Implantology and the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.*



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# What's the Difference Between **MEDICARE ADVANTAGE** and **MEDICARE SUPPLEMENT** **INSURANCE Plans?**

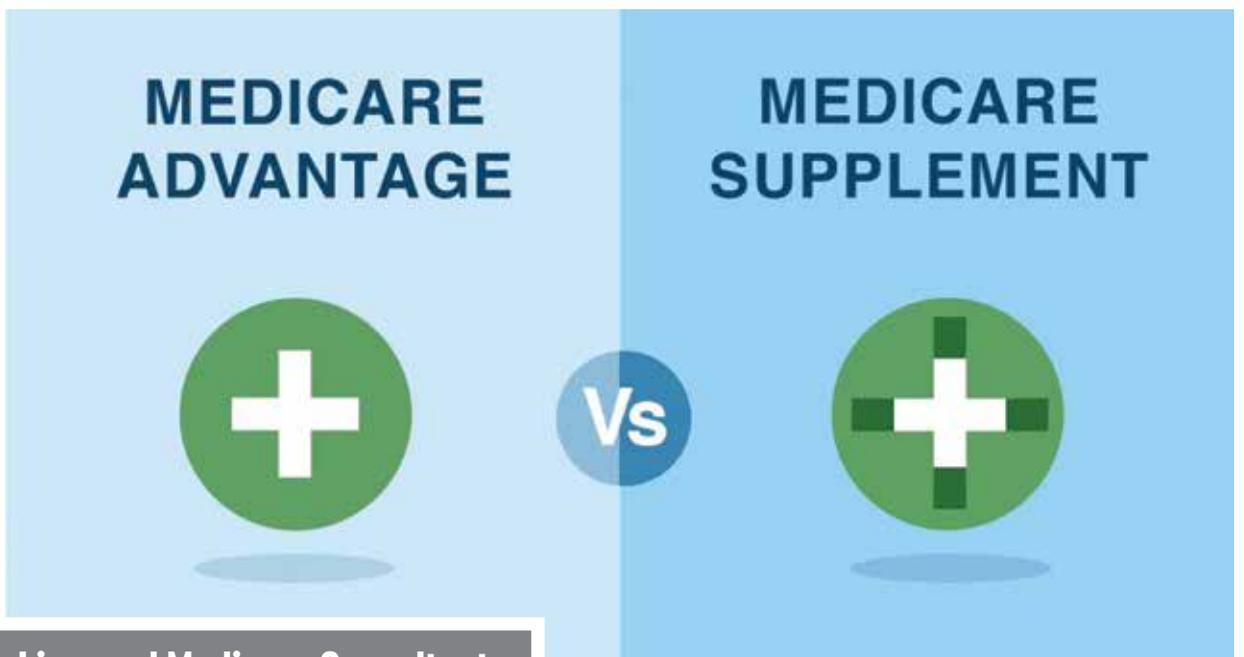
**T**here are different ways that you can receive your Medicare coverage, or add onto that coverage. Medicare Advantage and Medicare Supplement Insurance are options that may sound familiar, but they're quite different. They do have one main thing in common: they're both offered by private insurance companies.

There are two options commonly used to replace or supplement Original Medicare. One option, called Medicare Advantage plans, is an alternative way to get Original Medicare. The other option, Medicare Supplement (or Medigap) insurance plans work alongside your Original Medicare coverage. These plans have significant differences when it comes to costs, benefits, and how they work. It's important to understand these differences as you review your Medicare coverage options.

Original Medicare, Part A and Part B, is a government health insurance program for those who qualify by age or disability. Part A is hospital Insurance, and Part B is medical Insurance. There are some out of pocket costs associated with Original Medicare, such as co payments, coinsurance, and deductibles. To help with those costs, if you are enrolled in Original Medicare, you can purchase a Medicare Supplement (Medigap) Insurance plan.

**Medicare Advantage plans** offer an alternative plan; you're still enrolled in the Medicare program; in fact, you must sign up for Medicare Part A and Part B to be eligible for a Medicare Advantage plan. The Medicare Advantage plan administers your benefits to you. Depending on the plan, Medicare Advantage can offer additional benefits beyond your Part A and Part B benefits, such as routine dental, vision, and hearing services, and even prescription drug coverage.

If you decide to sign up for a Medicare Advantage plan, you will want to shop around because costs and coverage details are likely to vary significantly.



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**MEDICARE SUPPLEMENT INSURANCE PLANS**

**Medicare Supplement insurance**, also known as Medigap or MedSup, is also sold through private insurance companies, but it is not comprehensive medical coverage. Instead, Medigap functions as supplemental coverage to Original Medicare. Current Medigap plans don't include prescription coverage.

Medigap plans may cover cost like Medicare coinsurance and copayments, deductibles, and emergency medical care while traveling outside of the United States. There are 10 standardized plan types in 47 states, each given a lettered designation (Plan G for example) Plans of the same letter offer the same benefits regardless of where you purchase your plan.

You will want to compare the Medigap policies carefully, because while benefits are standardized, the costs are not, meaning they could fluctuate widely depending on the insurance company offering the plan and location.

If you decide to sign up for a Medigap policy, the best time to enroll is actually 6 months prior to turning 65, as this is when the plans will be their cheapest. If you wait until 3 months or less before turning 65 to sign up for coverage, you will pay on average 10% more. This period of time up until 6 months after you turn 65 is called , Initial Open Enrollment period. If you enroll in a Medigap plan during this period, you can't be turned down or charged more because of any health conditions. But if you apply for a Medigap plan after age 65, you may be subject to medical underwriting; and your acceptance into a plan isn't guaranteed.

Let Licensed Medicare Consultants educate you on the differences in coverage so you can make the best decision based on your individual situation.

# KEEP YOUR HEARING AIDS DRY IN THE SUMMER MONTHS

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



It's important to clean your hearing devices every day, either before you put them in your ears every morning or when you removed them at night. Your Audiologist can instruct you on how best to clean your particular hearing aid model and will give you some small tools to brush the aid and clean ear wax from the sound bore and vent hole.



To best protect your instruments from humidity or moisture, use a DRY-AID kit or Electronic Dryer such as AGXProtect. These kits use UV lights to remove moisture that has accumulated in the instrument (from perspiration, humidity, etc.) and can extend the life of your hearing aids. Electronic dry-aid kits as well as small dry jars are available for purchase from your Audiologist. Electronic dry aids include a germicidal light that kills most bacteria and other germs, desiccants to absorb moisture, and fans to circulate air through the internal components of the hearing aids. Dry jars use the desiccant beads to draw out moisture the hearing aid has accumulated throughout the day and are typically less costly.

Now available is the AGX PerfectClean. This electronic case washes out wax, then dries then disinfects your hearing devices in a one-hour cycle. It uses a safe solution to make daily cleaning easier. Most hearing aid repairs are due to moisture and earwax accumulating in the hearing aid. The vast majority of these repairs are preventable. Hearing aids are simple to care for. **Dr. Dana Luzon Coveney**, Board Certified

Doctor of Audiology with Audiology & Hearing Aids of the Palm Beaches recommends scheduled maintenance at the office every 3-6 months for a check up on the health of your devices.

Avoid dropping your hearing instruments on hard surfaces; the shock can damage the receiver or other miniature electronic components. Keep your instruments in their case or your dry aid kit when they're not in your ears. It is common for hearing aids to get lost when they're put in a pocket or purse without their designated case. It's also not uncommon for dogs to chew on hearing aids left lying out, so keep them in a protective case to prevent damage to your devices.

Preventive maintenance is the key to longer lasting hearing aids. Well maintained hearing aids can last four to five year, so a little maintenance will go a long way! To purchase an AGXProtect or PerfectClean please call Audiology & Hearing Aids of the Palm Beaches at **(561) 627-3552** and schedule an appointment with Dr. Luzon Coveney. We look forward to being your home for hearing healthcare.



**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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# IS SHOCKWAVE THERAPY THE ANSWER TO HEALING YOUR PAIN?

## Shockwave Therapy, also known as ESWT and EPAT

Shockwave therapy is a relatively new treatment option in orthopedic and rehabilitation medicine. The first medical treatment developed from this research was lithotripsy. This allowed focused shockwaves to essentially dissolve kidney stones without surgical intervention. Today, over 98% of all kidney stones are treated with this technology. The use of shockwaves to treat tendon related pain began in the early 1990s.

Shockwaves are used to treat many orthopedic conditions, including plantar fasciitis (heel spurs), patellar tendinitis (jumper's knee), lateral epicondylitis (tennis elbow), medial epicondylitis (golfer's elbow) and shoulder tendinitis. Multiple studies have been conducted to assess the efficacy of shockwave therapy.

Shockwave therapy is a multidisciplinary device used in orthopedics, physiotherapy, and sports

medicine. Its main assets are fast pain relief and mobility restoration. Together with being a non-surgical therapy with no need for painkillers makes it an ideal therapy to speed up recovery and cure various conditions causing acute or chronic pain.

Shockwave is an acoustic wave which carries high energy to painful spots and musculoskeletal tissues with sub-acute, sub-chronic and chronic conditions. The energy promotes regeneration and reparative processes of the bones, tendons, and other soft tissues.

### Medical Effects

Acoustic waves with high energy peak used in Shockwave therapy interact with tissue causing overall medical effects of accelerated tissue repair and cell growth, analgesia and mobility restoration. All the processes mentioned in this section are typically employed simultaneously and are used to treat chronic, sub-acute and acute conditions. The medical effects are:

- New Blood Vessel Formation
- Reversal of Chronic Inflammation
- Stimulation of Collagen Production
- Dissolution of Calcified Fibroblasts
- Dispersion of Pain Mediator "Substance P"
- Release of Trigger Points

### Conditions and Indications for Shockwave Therapy

- Tennis Elbow
- Calcific tendonitis of the shoulder
- Frozen shoulder
- Golfer's elbow
- Trigger point treatment
- Greater trochanteric pain syndrome
- Plantar fasciitis, heel pain, heel spur
- Achilles tendonitis



“

Most patients with chronic pain problems have been through various unsuccessful types of treatments. Up to 80% of the same patients worldwide report that Shockwave therapy has helped them eliminate their problem.

”

#### **Will Shockwave therapy help me?**

Most patients with chronic pain problems have been through various unsuccessful types of treatments. Up to 80% of the same patients worldwide report that Shockwave therapy has helped them eliminate their problem.

#### **Does the treatment hurt?**

There may be a slight feeling of discomfort during the treatment, depending on the level of pain the patient is already experiencing in the area. However, since the treatment lasts only about five minutes, most patients are able to tolerate this discomfort. Additionally, the intensity of the treatment can be adjusted throughout the session.

#### **How many treatments will I need?**

The number of treatments varies depending on the condition and tissue response. The effect of the treatment is cumulative, so you will typically need more than one. Very often though, you will experience relief right after the first treatment. The average number of treatments is between 3-6 times over a 2-3 week period.

#### **Will I feel any pain after the treatment?**

Most patients will experience an immediate pain relief following the treatment. However, within 2-4 hours after the treatment, they may experience some soreness in the treated area. This soreness has been reported as tolerable and not limiting.

#### **Why consider Shockwave therapy?**

EPAT has a proven success rate that is equal to or greater than that of traditional treatment methods (including surgery) and without the risks, complications and lengthy recovery time. EPAT is performed in your physician's office/clinic, does not require anesthesia, requires a minimal amount of time, patients can bear weight (i.e. walk) immediately, and return to work/normal activities within 24-48 hours, resuming strenuous activities after 4 weeks.

#### **Shock Therapy Benefits**

1. Non-surgical treatment
2. Affordable
3. Non-invasive, painless treatment

4. Speeds up healing process
5. Minimal side effects

#### **Treatable Conditions**

1. Plantar fasciitis, heel pain, heel spur
2. Tennis elbow
3. Jumpers knee
4. Achilles tendonitis
5. Shin splits
6. Frozen shoulder



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Simply Men's Health REJUVAnation Medical Center is a leader and pioneer in the field of men's sexual health. They use exclusive, patented, state-of-the-art equipment RejuvaWAVE® (acoustic-pressure wave) combined with RejuvaEnhancement (umbilical stem-cell procedure) to reverse and cure the underlying cause of erectile dysfunction. No pills. No needles. No surgery.



## RejuvaWAVE®

only available at Simply Men's Health

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

## RejuvaEnhancement® Amniotic Stem Cells



- REPAIR
- REGENERATE
- RESTORE

These procedures naturally improve blood flow to the penis by stimulating the growth of new blood vessels and opening up blood vessels by removing micro-plaque. They optimize sexual performance, enhance size and fullness of erections, increase sensation, and reverse ED and Peyronie's Disease. Patients have seen incredible results in a very short amount of time.

*"I'm in my '70s and have diabetes, bypass surgery and prostate cancer," says one patient. "I had tried everything and thought my sex life was over until I came to Simply Men's Health. The results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. I feel like Superman!"*

Owner of Simply Men's Health REJUVAnation Medical Center, Joan Katz, M.D., a Harvard-trained



physician in preventive and anti-aging medicine adds, "Simply Men's Health was designed to be a haven for men to confidentially restore men's sexual vitality. With our exclusive RejuvaWAVE®, we reverse the underlying cause and restore spontaneity."

All exams and procedures are done by male physicians and medical providers. Men of all ages can benefit from the treatments exclusively found at Simply Men's Health, including younger men who want to enhance size, optimize their sexual performance and improve their sexual health.

The medical center, specializing in regenerative medicine, also treats and cures other common issues, including hair loss and low testosterone,

and uses stem cell therapies for anti-aging, sports injuries, knee pain, arthritis and chronic conditions.

- RejuvaWAVE® Shockwave Therapy to Cure ED and Peyronies Disease (PD)
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# KNEE PAIN

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

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



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

### Causes of knee osteoarthritis

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

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

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

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

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

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

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



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

### Why do knee injections often fail? What is different about the Supartz procedure?

- They perform blind injections without image guidance
- They use antiquated equipment from as far back as 2001, even in some of the largest hospitals.
- They use Cortisone, which can have side effects

Most blind injections result in needle misplacement. With this much inaccuracy, it's no wonder most people never find relief. When properly injected into the knees, supartz helps to cushion and lubricate the knee joint, nurturing the cartilage for natural pain management. This solution helps to restore normal function to the knee, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.

The Advanced Spine & Joint Institute offers the latest therapies and technology to relieve joint pain more effectively without drugs or painful surgery. Their protocol system offers many

people a safe and straightforward technique to relieve chronic joint pain. They offer a no-cost, no-obligation consultation where you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options will be for your specific knee pain issues.

### Benefits

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

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

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&  
JOINT INSTITUTE**

10233 Okeechobee Blvd, Suite B-6  
West Palm Beach, FL 33411  
561-721-0492  
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# Can I Ever Get Off Medication for my Anxiety (or Depression)?

By Michael Cohen  
Director and Chief of Neurotechnology

**O**ne of the most frequent questions I hear from people seeking help for anxiety or depression is: **Can I ever get off my medication?**

Some have tried stopping medications and struggled badly. Often they're resigned to taking drugs, even though those drugs may not work very well or may have unpleasant side effects. They've been led to believe by their doctors that they are probably going to be on medication for the rest of their lives.

Why did their doctors give them such discouraging news? Because medication is what doctors have been taught about in school – it's what's in their toolbox. Why don't they mention neurofeedback (non-drug biofeedback for the brain)? Because they likely know very little - or nothing at all - about it.

The fact is, it's possible to reduce your reliance on medications. Approximately 75 percent of our clients who want off their meds are able to significantly reduce or eliminate them altogether when they are conscientious about completing neurofeedback sessions and taking certain brain-boosting supplements.

## 3 Cases – Coming off Medications

1. A recent client suffered from depression for 40 years. She had been treated by top psychiatrists and psychologists for decades and was taking several medications. Despite all that, she wasn't functioning well. She was overwhelmed by the smallest life challenges and resisted even leaving her house.

After 12 neurofeedback sessions in a month, a regimen of specific supplements and some home brain exercises, she reported feeling dramatically better. At that point her psychiatrist reduced her medications by more than 50 percent.

2. Another client, age 35, had up to five panic attacks a day. To cope, she took Xanax, as well as a low-dose of anti-depressant medication. She came to us because she wanted to get pregnant but was worried what those medications might do to a developing fetus. She was looking for an alternative way to manage her anxiety. After 12 neurofeedback sessions, her panic attacks had disappeared. She was able to get off all her medications, and she felt more confident about getting pregnant.

3. Another of our clients had been on medication for mood disorders for 40 years and was spending up to \$1,000 per month on them. After working with us for nine months, he was down to just one medication, a very low dose of Lexapro for \$30, and no longer ruled by feelings of anxiety and depression.



**When medication is useful**

Now, don't get me wrong. I'm not against medications for anxiety and depression. They are a completely reasonable short-term answer for people in crisis. However, in the long term, it's better whenever possible to tackle the underlying problems rather than rely on medications your whole life.

Medication is useful in helping you *manage* your symptoms. However, when you get off the medication, your brain's ability to function hasn't improved.

Often patients we see have tried getting off their medications unsuccessfully. Some have been told: "This is proof that you need the medication." Well, keep this in mind...

**Nobody's brain is deficient in Prozac or Xanax** (though your brain gets used to it). Unless you have something like neurofeedback to help your brain transition, it can be difficult to get off.

**Neurofeedback – A tool for the brain**

Neurofeedback, when used in conjunction with nutritional supplements, teaches your brain and nervous system to be more resilient and to work better. *When your brain works better, there's typically less need for medications, and you become better at handling situations or thoughts that can trigger anxiety or depression.*

*The result? Over time you can gradually wean off medications and do so far more smoothly, even after years of use.*

**Brain supplements – How can they help?**

I'm sure you're wondering about the supplements I mentioned above, but before I tell you about them, here's something you should know about *me*:

For more than 20 years I've investigated supplements reputed to contribute to brain health and optimal cognitive functioning. Frankly, I have been unimpressed with most of them, in part because they didn't meet one of my most important criteria: consistently working.

In recent years, however, I have been recommending two products. One is a micronutrient vitamin. The other is a free-form amino acid compound. These supplements, when taken in combination and as part of a neurofeedback training program, have impressive synergistic benefits. They seem to significantly and consistently increase the rapidity with which our clients respond to their training.

It appears that the high-quality nutrition provided by these micronutrient supplements, combined with neurofeedback, helps create a more resilient and stable brain. A more stable brain facilitates an easier transition from medication. (The Center for Brain Training always coordinates medication-reduction efforts with our clients' physicians).

By the way, the impact of micronutrient vitamins has not gone unnoticed in scientific circles. In a published scientific review, Harvard psychiatrist Charles Popper, M.D. noted that "Broad-spectrum micronutrient interventions... (are) surprisingly effective for altering mood, cognition, and behavior." He has also noted that micronutrients appear effective in early controlled trials "as potent treatments of ADHD, aggressive and disordered conduct, and mood disorders in youth and adults."

**Assessment – Is what we do at The Center for Brain Training right for your situation?**

So, what happens when you come to us and say you want to get off or reduce your medications?

- We assess your situation to ensure that your goal of getting off or reducing medication is appropriate
- We custom-design your neurofeedback training protocol based on a qEEG brain map
- We recommend, if appropriate, a "brain vitamin supplement regimen"
- We assess if there are tools or exercises you can use at home
- We provide guidelines on how to talk to your doctor about lowering your dosage. Most doctors are open to trying medication reduction gradually if they feel it's being done responsibly. We suggest you discuss with your doctor having extra medication or a prescription on hand if needed. (This seldom happens, but it gives our clients peace of mind.)

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

**13, 6-7:15 p.m.**

Call **561-744-7616** for details or visit **www.centerforbrain.com**

**Call Us Today!**

If you've been hoping to find a solution other than medication for anxiety or depression, I urge you to call us today for a **free consultation**. During this consultation I will determine what is appropriate for your unique situation.

If I think what we do at The Center for Brain Training can make a difference I'll explain why and what's involved. We specialize in tools and support to assist you in feeling better and reducing or eliminating your reliance on medications. It's a much healthier long-term approach.



**Michael Cohen**  
Director and Chief of Neurotechnology

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



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# ARE YOU PASSIVE, REACTIVE OR PROACTIVE WITH REGARDS TO YOUR WELLNESS-HEALTH-WELLBEING?

**W**e humans, are creatures of habits. Habit get us into automatic ways of behavior and give us an illusion that we control the situation we are in, and a sense stability and security. Many people justify this tendency with a common sense view: “why change something that is working ok?”

Before we **recommend to be proactive with regards to the bond between your WELLNESS-HEALTH-WELLBEING, Let's first define these well-known concepts – so that we are on the same page:**

**Health** is our bio-physio-psychological state of our being. It is influenced by our genetic tendencies and the interaction with the environment. (inner body environment and the external one). We are usually alerted by negative healthy signs after an annual physical exam if the results are out of the averaged range.

**Wellness** are the conditions in the external world of physical and social conditions which influence how good we sleep, the variety of healthy food that is available, the space available to move our bodies, the ways we reduce mental, emotional and physical stress daily, and the atmosphere which enable us to take care of ourselves.

**Wellbeing** – are the inner conditions of balance and harmony of our mental, emotional and physical dimensions as we solve problems and conflicts, remove negative emotions and manifest joy and creativity.

**Though we like to be in “the zone of the known, stable, and expected” life is a constant change.**

If you wear imaginative quantum glasses and look inward, every time your eyes blink, your heart beats, or you breathe, millions of electrochemical processes take place. Emotions, thoughts, believes impact our physical body and vice versa – if we are in pain, stressed, or don't sleep well, or don't eat healthy food, these conditions drain our vitality and make us behave from survival mode (fight, fly, freeze). In such situations, we act with no patience, and our perception and decision making are off tune.

There is a dynamic interrelation between our health, wellness and wellbeing. Therefore, we need to be proactive in keeping a preventive balanced healthy life style and mange our life with attention and care.

## HOW DO YOU CARE OF YOUR 37.2 TRILLION CELLS?

Western culture teaches us to rely on experts. After all it makes sense. With all the accumulated research, science, technology, knowledge and data, we need to get the best proffesional advice in any field in our life, specially when it comes to our health. **The question is – are you passive, reactive or proactive.** Do you view the specialists as gurus or as advisors? Do you follow them with closed eyes or do you explore alternatives before taking a decision of how to move forward?

Many people ignore their inner organs until they ache as a way to remind you that they exist. “You suddenly realize you have a liver. Why didn't you take care of your liver in the first place”?

If your approach to life is holistic and integrative and your medical dr. doesn't support this approach, do you replace him /her?

## WELLNESS ON DEMAND, DEMAND WELLNESS

Wellness on Demand, Demand Wellness is a new proactive approach to take care of yourself.

Let's observe the second part first – **Demand Wellness** in every space you stay for many ours of you day. – at home, at school or at work, in public spaces and in health institutions. The owners/ leaders of space should provide:

1. Healthy food
2. Space to move your body freely
3. Conditions to reduce mental, emotional and physical stress daily
4. Space to take a nap
5. Conditions to manifest your personal creativity
6. Physical echo friendly environment of air circulation, high quality of water, plants and inspiring design of public and personal space
7. Social echo friendly atmosphere of positive communication and dialogue
8. Condition to improve performance and evolvment

**Wellness On Demand – is your role to proactively generate inner conditions of wellness in you.** Can you feel inner home in your bodymindspirit and filter out negativity and chaos? In fact, **Wellness on Demand is your wellbeing.** The core steps to maintain and sustain good wellbeing is reducing stress daily, moving your body, eating healthy food to nourish your cells, sleeping good quality sleep and manifest creativity to be inspired and joyful from within.

## OUTSOURCESING Wellness@Work

Many startups, small/medium businesses, entrepreneurs and solopreneurs or businesses such as lawyers and real-estate agencies don't priorities investing in their employees' wellness. Sometimes their motivation in creating a minimum program of fitness and diet simply derives from getting discount on health insurance.



**The truth is that if leaders and managers create a culture of wellness at work, and invest in their employees, they will benefit from great natural support, loyalty and motivation and less days of absence.**

It's very simple – when you truly care for your employees – they feel at home at work and invest their attention, time and better performance.

If you don't know how to create wellness@work program, or you don't have a human resources manager, contact Avigail berg-Panitz – the writer. Avigail (MA in Holistic Health) partners with Dr Ken (Chiropractor) to offer workshops, tools and service of Wellness on Demand, Demand Wellness.

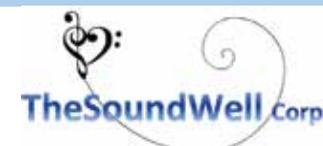
Parents, schools & health institutions, and other leaders, are welcome to contact us and explore how to increase life quality with our fresh wellness approach we call **7P: Proactive, Preventive, Personalized, Positive, Passionate, Persevering wellness-health-wellbeing Perception.**

Learn more: [www.avigaili.wix.com/8things4wellness](http://www.avigaili.wix.com/8things4wellness), [www.avigailwellness.com](http://www.avigailwellness.com)



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# SLIP AND FALL TIPS

By Charles Etgen Certified Aging in place consultant

**F**alls are the second leading cause of accidents in the home and account for 8.9 million trips to the emergency room every year. Fortunately, most are preventable. With a few simple changes around the house, you can reduce your risk greatly. According to the National Safety Council there are lots of preventative measures that you can take to reduce your risk of becoming a statistic. Key problem areas include stairs and under lit, wet or cluttered areas.



## 1. KEEP THAT FLOOR CLEAN AND CLEAR.

Clean up messes, spills and debris immediately. Clean up the things that naturally clutter the floor. Newspapers, books, shoes should all be put away. Reduce the clutter and you won't have to tap dance so much.

## 2. BANISH THE CORDS.

Tie up those computer cords and television cords and modem cords and... All those cords can cause a nasty fall. Draw them together and tie them off.

## 3. NON-SKID AREA.

Use throw rugs and a non-skid bottom in areas that can be slippery such as kitchens and bathrooms. Consider putting down a permanent non-skid surface that can't be removed.

## 4. LET THERE BE LIGHT.

Upgrade the lower wattage bulbs to higher ones so you can see where you are stepping. Install night lights along whatever hallways or rooms you may use at night.

## 5. KEEP A STURDY STEP-STOOL AROUND

in case you need to reach higher shelves. Better yet keep your most used items shoulder height.

## 6. BATHROOM SAFETY.

Most likely the worst room in the house is the bathroom. We have already discussed a few things you can do but what about the tub? That's a big step and for a lot of people a dangerous one. Consider these solutions: You can replace your tub with a walk-in shower or you can opt for a solution growing in popularity called The TubCut™. Here the existing tub is cut and a section is removed. Pieces are fit into place converting your tub into a walk-in shower and can be done in one day with no demolition. A Permanent Non skid surface on the floor of the

tub and a few Safety Grab bars in the tub area as well as by the toilet these installations at the very least should be applied in the bathroom.

"The TubCut™ is custom fitted to each tub and gives a finished look, is weight bearing and reversible," said Paul Echavarria of Access

Designs. "We have been installing TubCuts™ for decades and we have dealers throughout out the USA & Canada"

According to Echavarria, it changes people's lives. "It just one less thing to worry about. It increases you margin of safety," he said.



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# How Doctors Choose Surgeons

By David A. Goldman MD

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

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

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

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



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | [www.goldmaneye.com](http://www.goldmaneye.com)



Brent Myers

## You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

**PHYSICALLY.** Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

**EMOTIONALLY.** Sleep and stress have similar effects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

**MENTALLY.** Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

### *His Model*

“By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

### *His Command*

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).

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## Optimism. A powerful element in fighting cancer.

Marissa Lenney was diagnosed with stage 3 inflammatory breast cancer five weeks after her daughter, Adrianna, was born. Marissa's family rallied around her as the doctors at Florida Cancer Specialists started her treatment less than 24 hours after her diagnosis. Being treated just 15 minutes from home allowed Marissa to soak up as many mom moments as she could. Florida Cancer Specialists' quick response and her family's support helped Marissa picture a future where she could be with her daughter.

*"By getting treated locally at Florida Cancer Specialists, I was able to spend more time with the people who matter most — my family."*

*Marissa*

*-Marissa Lenney, Patient & Breast Cancer Fighter*

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