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July 2019

North Palm Beach Edition - Monthly



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**WHAT HAPPENS AFTER
A HAIR TRANSPLANT?**

SUMMER ALLERGIES GUIDE

**THE NEXT EVOLUTION OF
PERSONALIZED BODY SCULPTING,
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What Happens After a HAIR TRANSPLANT?

By Alan J. Bauman, MD, ABHRS

While patients report undergoing a hair transplant as a life changing experience that restores their confidence and youthfulness and improves their quality of life, it is important to understand that the change doesn't happen overnight. Results take time and treating hair loss successfully for the long-run takes a commitment that doesn't end after your transplant. Note: Transplanted hair is relatively permanent, but your other hair may not be!



WHAT TO EXPECT DURING RECOVERY

The procedure itself is comfortable and the new, less-invasive “FUE” approach have made recovery faster and easier for patients. Because there are no staples or stitches with today's advanced surgical techniques, there is no tension on the skin, and most patients are able to resume regular activities within just a few days following a hair transplant.

Patients can expect a little soreness following FUE surgery for maybe a day, but most don't require anything stronger than over-the-counter pain medication.

ACCELERATING HEALING AND REGROWTH

Today, more and more doctors performing hair transplantation are using Platelet Rich Plasma (PRP) to help wounds heal faster and reduce the cosmetic downtime from a hair transplant procedure. PRP is used to accelerate the body's recovery mechanisms and create an optimal environment for wound healing to occur comfortably and quickly.

Many hair transplant patients also often opt to use a physician-prescribed laser therapy device to help accelerate healing and decrease discomfort after surgery.

A MULTI-THERAPY APPROACH

The goal for the hair transplant is to replace the hair that you've lost, but continued treatment may be necessary to protect that hair that you have from suffering the same follicular fate. Often, as it is in many areas of medicine, “multi-therapy” or a combination of several different

treatments, may have the best success for achieving long-term success.

Treatments like PRP, PDOgro™, laser therapy, custom-compounded topical minoxidil like Formula 82M, and other interventions can be part of long-term treatment plan to help protect hair follicle function in the non-transplanted hair.

A LONG-TERM INVESTMENT

One of the hardest parts of treating hair loss is helping the patient understand that it is a long-term investment and process. Just like hair loss, initial changes in hair regrowth take time and can be subtle before they are noticeable to the naked eye. This is especially true for hair transplant patients. Continued care and commitment is necessary to ensure optimal results from the procedure and also to effectively maintain the non-transplanted hair. It is essential to follow your doctor's post-op instructions carefully and thoroughly and keep your recommended appointments to ensure the best long-term results.

Routine follow-ups are important in order to determine how well the follicles are responding to the treatments, and to see if changes should be made in the therapy regimen.

Approximately every two to three months following the procedure,

you will be scheduled to return to the office where they will monitor the healing of the donor area and hair growth, which will begin to be visible in approximately four months. All follow-up appointments are critical to the success of the procedure and must be kept. For patients who live out of the area, arrangements can be made to schedule “virtual” follow-ups (via phone or video call) to carefully monitor the recovery progress.

It is important to keep in mind that it can take more than a year to see the full, final results from any procedure or treatment. This is longer than many





other cosmetic treatments or procedures that patients have experience with so many patients are tempted to end their hair treatments too soon. Ending treatment prematurely will disrupt any progress that had been made.

TIMING YOUR TRANSPLANT

So when is the right time for a hair transplant? That depends. When it comes to hair loss, the biggest takeaway for patients should be that early intervention is the key to preventing and managing hair loss. There are many considerations your hair restoration physician will discuss with you in determining if you are a good candidate for hair transplant surgery. Among these deciding factors is lifestyle, health conditions, health of

the scalp, amount of healthy “Donor Hair,” hair loss classification, commitment to follow-up care and age.

Patients are always encouraged to seek the counsel of an ABHRS-certified hair restoration physician while in the early phases of hair loss. Early effective medical intervention can prevent the need for immediate transplantation and also reduce the amount and size of hair transplants needed over time.

For more information on what kind of results you might achieve with an advanced FUE hair transplant, please visit www.baumanmedical.com or call **561-220-3480**.

If you’re considering a hair transplant, ask your board-certified hair restoration surgeon about which of these advanced FUE techniques may be right for you:

- **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.
- **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.
- **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.

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 9000 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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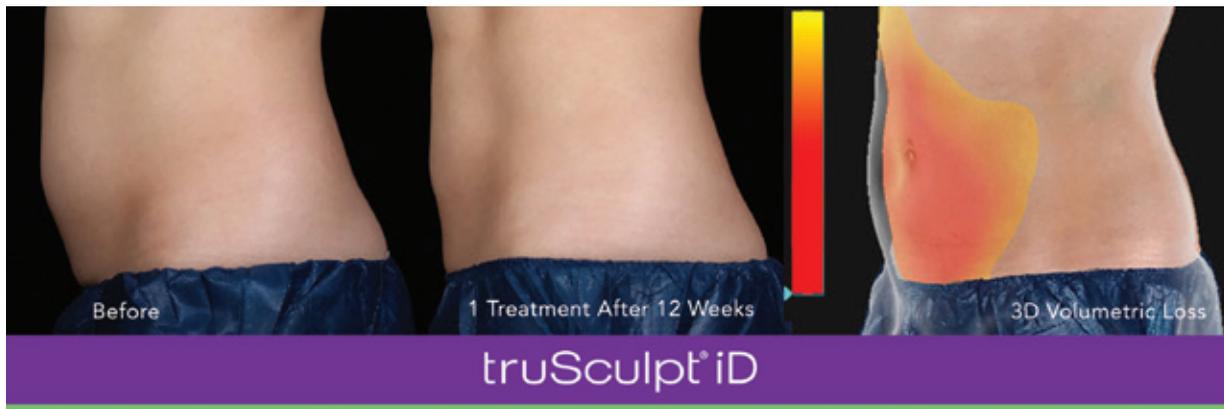
We finally have the answer for those of us who have areas of fat on our body that we just cannot get rid of despite diet and exercise and do not want invasive liposuction, surgery or be left with sagging skin. The latest advancement in body contouring is here and it works!

Over the years I pursued the quest to find the most effective non-surgical body-contouring technology.

So first, I had Zerona then CoolSculpting and then finally SculpSure, but none of these technologies impressed me like truSculpt® iD. This is the latest Body Sculpting technology that utilizes radio frequency wavelength to non-invasively melt fat under the skin and results in a 24% fat thickness reduction with one treatment alone. The treatment takes 15 minutes per area and multiple areas can be treated at the same time. This radio frequency technology penetrates deep to heat the entire fat layer from skin to muscle. The treatment is very

comfortable, it feels like a “warm” massage and the melted fat is eliminated through the lymphatic system, through urine within 8- 12 weeks. There is absolutely no down time and all areas of the body can be treated effectively. Since radio frequency energy is being used we obtain excellent skin tightening results unlike any of the previous non-invasive body sculpting devices. In addition, there are no side effects unlike any of the other technologies.

With so many of the body contouring technologies out there, I think it would be helpful if I compare the most popular technologies available:



Coolsculpt vs truSculpt® iD

Coolsculpt uses freezing to eliminate fat, it can be uncomfortable and can result in skin laxity.

SculpSure vs truSculpt® iD

SculpSure can require more than one treatment for 24% reduction and is uncomfortable. Multiple areas cannot be treated at the same time and some areas cannot be treated at all with SculpSure.

truSculpt® iD vs Emsculpt

Emsculpt is a muscle toning device, not body contouring. There is not much, if any fat reduction.

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

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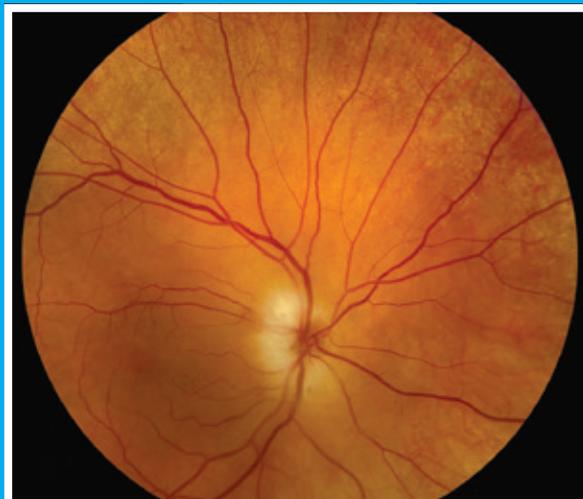
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ISCHEMIC OPTIC NEUROPATHY

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

I schemic optic neuropathy (ION) is when blood does not flow properly to your eye's optic nerve, eventually causing lasting damage to this nerve. With ION, you suddenly lose your vision in one or both of your eyes.

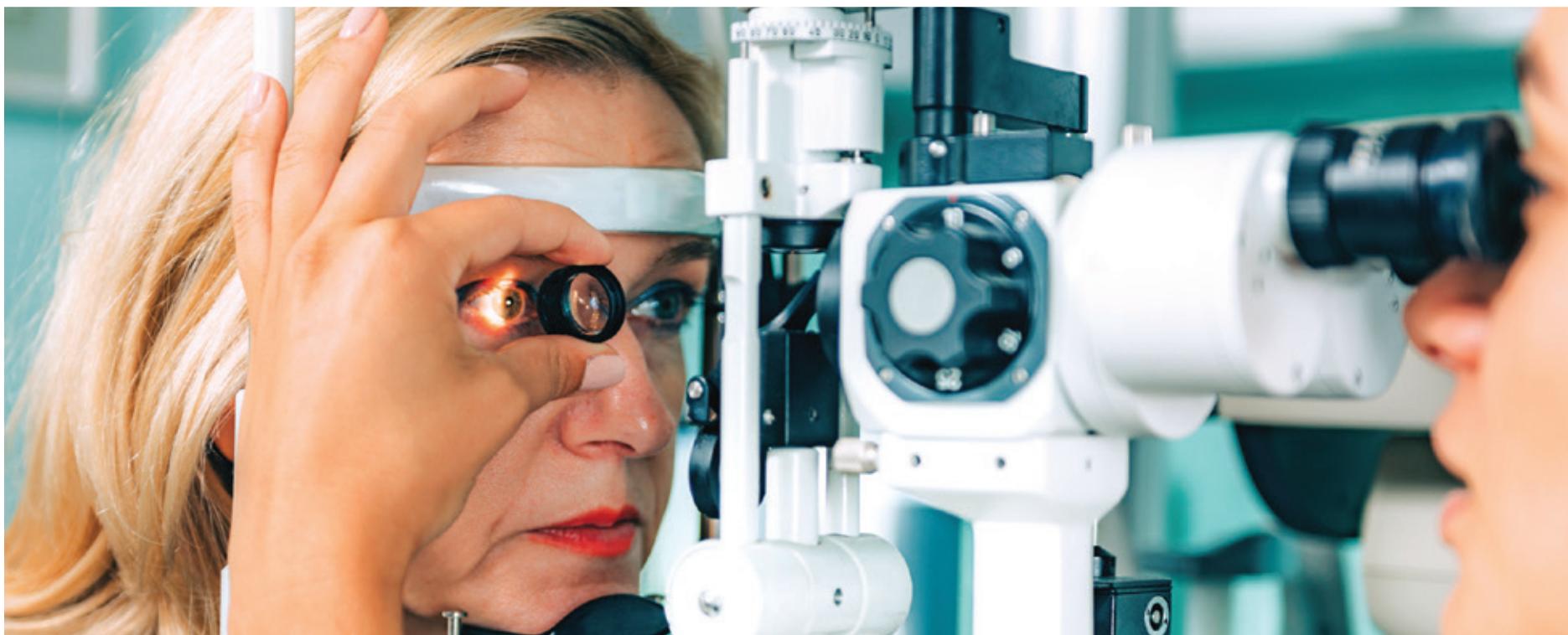


The optic nerve carries signals from your eyes to the brain. Your brain then turns these signals into the images you see. When blood flow to the optic nerve is reduced or blocked, the nerve does not get enough oxygen or nutrition. The optic nerve stops working properly, and eventually dies.

ION can affect your central (detail) vision or side (peripheral) vision—or both. Because a damaged optic nerve cannot be fixed, any vision loss from ION is usually permanent. Usually, people with severe ION still have some peripheral vision.

WHAT ARE SYMPTOMS OF ION?

If blood flow to your optic nerve is reduced, your vision will darken for a few seconds or minutes then return to normal. This is called a transient



ischemic attack (TIA). This kind of attack can happen before ION begins. If you have TIA symptoms, call your ophthalmologist or primary care doctor right away. Finding and treating the problem as soon as possible can help prevent further vision loss from ION.

WHO IS AT RISK FOR GETTING ION?

While anyone can get ION, you are more likely to develop it if you:

- are over 50 years old
- have high blood pressure
- have diabetes
- smoke cigarettes
- have clogged arteries
- have glaucoma
- have migraine headaches
- have swelling of arteries in the head (called temporal arteritis)

ISCHEMIC OPTIC NEUROPATHY (ION) DIAGNOSIS

Your ophthalmologist will do an eye exam to look for warning signs of ION. He or she will dilate (widen) your pupils with eye drops and then check for swelling of the optic nerve and blood vessels in the back of your eye.



Your ophthalmologist may also test your side (peripheral) vision and measure the fluid pressure within your eye.

ISCHEMIC OPTIC NEUROPATHY (ION) TREATMENT

If your ION is caused by swelling of arteries in your head (temporal arteritis), your ophthalmologist may have you take steroid (prednisone) pills. This medicine may prevent ION from developing in your other eye.

Your doctor may want to treat any other health problems you have that put you at risk for ION. He or she may prescribe medicine for high blood pressure, diabetes, clogged arteries, migraine headaches, or other health problems.

There is no treatment to improve vision loss from ION. However, your ophthalmologist may suggest useful materials and ways to help you see with low vision.



The Retina Institute of Florida

Lauren R. Rosecan

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

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LIFE BEYOND A CANCER DIAGNOSIS

According to the American Cancer Society, there are an estimated 16 million cancer survivors in the U.S. today. If you are a survivor, you have come a long way since you were first diagnosed. With the help of your oncology team, your family and even your employer, there is a lot of promise in the coming years. Your life after cancer offers the prospect of years of good health, rewarding work and a happy and fulfilling future.

While the end of successful cancer treatment is a time for celebration, it can also mean new challenges for survivors. Milestones such as returning to work, managing emotional issues and the ongoing physical effects of cancer and treatment can also present unanticipated changes for both patients, as well as their families. The key to returning to a normal life after cancer treatment may be found in establishing new habits of diet and exercise or learning to cope with a range of emotional and physical challenges.

Nutrition and Exercise

Cancer survivors typically should turn first to their care team for information and advice about nutrition, physical activity and dietary supplements to improve quality of life and long-term survival. In times past, doctors often advised patients to rest and reduce physical activity to avoid fatigue associated with cancer and treatment. If patients experience pain, shortness of breath or rapid heart rate, this is good advice. However, recent research indicates that exercise during and after treatment can be safe and beneficial. Your cancer team is the best resource for beginning or resuming a more active post-cancer lifestyle and they can refer patients and family caregivers to other professionals for a personalized post-treatment plan.

Physical and Emotional Challenges

The aftereffects of chemotherapy, surgery or radiation therapy should not be underestimated. Pain, fatigue and nausea are not unusual. More serious conditions include anemia, lymphedema (a buildup of fluid in fatty tissues just beneath the skin) and even severe infections. For both men and women, cancer and cancer treatment can cause changes in fertility and side effects in sexuality. Your oncology team is trained to monitor and manage the short- and long-term effects of treatment, so it is important to discuss your concerns with your team and follow their instructions.



Thanks to improved screenings and treatment options, today, many patients can look forward to many healthy and productive years after being diagnosed with cancer.

The emotional side of cancer survivorship touches both patients and their families. The stress associated with a cancer diagnosis and the physical effects of treatment are often still fresh in memory. Survivors and their families can feel a complicated mixture of relief and worry about the future. Some people suffer episodes of anxiety and even depression. All these are matters to discuss with your oncology team, who can help you achieve balance or refer you to another appropriate professional, if needed.

Healthcare After Cancer

In the rush to put cancer in the past, it is important to remember that the end of treatment doesn't mean the end of seeing your cancer team. Most often, long-term follow-up appointments and tests, followed by routine checkups and health screenings, will continue for many years. It is important to keep your follow-up appointments and undergo tests and screenings as recommended by your oncologist. While there is no absolute certainty that seeing your oncologist will prevent cancer from returning, it will help make sure that any recurrence is detected and treated early.

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.

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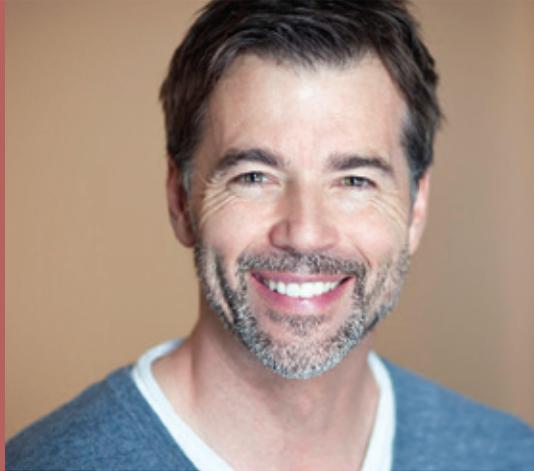
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For more information, visit FLCancer.com

Replace or Keep a Tooth: How Do I Decide?

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

The decision to keep or replace a tooth is a very emotional one for many patients. Beyond the concern over losing a tooth, many patients have difficulty with the idea of removing any part of their body. Typically, our patients request the most “conservative” option available. Although keeping a tooth (no matter how diseased it may be) seems conservative, it may in fact be the least conservative option that could end up in additional cost and more invasive procedures.



Collect The Data:

Just like in any important decision, it is critical to gather all the information you can regarding the prognosis of the tooth in question. It is obvious that we need to know about the presence of decay in a tooth and the extent of its invasion. Questions such as “will this tooth need a crown?”, “will this tooth need a root canal?” and “will this tooth need additional procedures to save it?” are all good to ask.

An equally important question is, “what is the periodontal health of my tooth?” Periodontal health is the health of the gum and bone tissue supporting the tooth (think of it as the ground around the tooth). Imagine you were building a new house on the beach which stands on a pillar. Clearly you would want to know the status of the pillar. It would be important to know if the ground around the pillar was solid. If it was determined that this ground was weak or much of it had washed away, you may think twice about investing time and money building something on that existing structure.



Similarly, if the gum and bone around a tooth is compromised, it may not be worth the investment to repair a tooth (such as placing a new crown). Although a new crown may help with the decay, it would be of no use if the entire tooth was lost due to the lack of bone support around it.

Alternatively, if the tooth truly does not have a good prognosis, removing it may help save the jaw bone. This will allow for other options to replace the tooth while bone still exists (for example a dental implant). Saving the bone in this situation is actually the conservative choice. Replacing a tooth is often a lot easier than replacing jaw bone.

Periodontal Evaluation:

A periodontal evaluation can help determine what the overall foundation around the tooth looks like prior to making your decision about the best treatment for you. This examination is painless and involves reviewing a current set of dental x-rays, measuring the “gum pockets” and “gum loss” around the teeth, checking for tooth mobility and determining the amount of healthy tooth root that remains in the bone. The above information can help predict the prognosis of the teeth.

Working with your dentist and periodontist as a team can help you decide what treatment options are available to you. Understanding the long term prognosis based on the health of the tooth and the periodontal foundation will help you make a more informed and conservative treatment decision.

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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HEARING TECHNOLOGY: THE HIP NEW ACCESSORY?

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



**HEARING LOSS
AFFECTS PEOPLE OF
ALL AGES**



When you think about eyeglasses, what do you think of? Most likely your own pair or those of loved ones. If you're more fashion-minded, you might even think about that funky pair you saw recently on one of your favorite celebrities. You definitely don't think of old age.

But what about when you think of hearing aids? Probably a different story.

A PR PROBLEM

In the United States, 14 million people 12 years or older have a visual impairment. Thirty million people 12 years or older have hearing loss in both ears — that's one out of every eight people.

Both eyeglasses and hearing aids correct a sense impairment — so why are eyeglasses a fashion statement, but it takes, on average, seven years for someone to even get their hearing tested after noticing a hearing loss?

HEARING LOSS AFFECTS ALL AGE GROUPS

The idea that hearing loss is something that happens to people in their old age simply isn't true. Significant numbers of people across all generations experience some degree of hearing loss.

Children

2 to 3 of every 1,000 U.S. babies are born with a detectable hearing loss

1 in 5 U.S. teens has some degree of hearing loss
1 in 8 U.S. kids ages 6 to 19 has hearing loss from using earbuds to listen to music at unsafe volumes
Over 90 percent of U.S. children born with hearing loss have parents with no hearing loss.

Young adults

According to a World Health Organization report, 50 percent of millennials risk hearing loss because of damaging volumes via personal audio devices; 40 percent do so via noisy entertainment venues such as concerts.

Adults

About 1 in 7 U.S. adults ages 20 to 69 has hearing loss.

22 percent of U.S. adults are exposed to dangerous noise levels at work.

About 1 in 10 U.S. adults experiences tinnitus (a ringing, pulsing, or buzzing only they can hear).

About 90 percent of tinnitus cases have accompanying hearing loss.

Service members

3 in 5 returning service members experience hearing loss.

Among both active and veteran service members, hearing loss and tinnitus are the most reported health issue.

50 percent of all blast-induced injuries result in permanent hearing loss

Hearing loss among service members has become a big enough problem that the Department of Defense spearheaded an interactive course that provides early and ongoing hearing loss-prevention training

NORMALIZING HEARING LOSS

Clearly, hearing loss is even more prevalent than vision problems. And it leaves no age group untouched. But the stigma remains, such that only 1 in 5 people who could benefit from hearing technology actually uses it.

But there's a growing online trend of people discussing their lives with hearing loss — many of them millennials or slightly older — in an attempt to remove the stigma of hearing loss and hearing aids.

Living With Hearing Loss is written by Shari Eberts, who was recognized as a HearStrong Champion for her tireless work to change the stigma surrounding hearing loss.

The Invisible Disability and Me is written by a woman with a cochlear implant who hopes to raise awareness of and support those who've experienced sudden sensorineural hearing loss.

Cosmopolitan magazine's brand connection to millennial women is so strong that it launched a Cosmo Millennial Advisory Board staffed with millennials who are experts in their fields; Cosmopolitan regularly features articles about life with hearing loss, covering topics from dating with hearing loss to becoming a NASA engineer despite having been born profoundly deaf.

The Twitter page Normalize Hearing Loss is "on a mission to normalize hearing loss and hearing aids and other tech the way we've normalized glasses," and encourages users to include @NormalizeHL or #NormalizeHearingLoss in their tweets.

HEARING TECH FOR TODAY'S CONNECTED CULTURE

What's more, the hearing technology of today is a far cry from the hearing aids of 50 years ago. The digital tech of today is sleek and discreet, minimizes background noise, improves speech clarity in complicated sound environments, and focuses on what's in front of you rather than taking in and amplifying all sounds equally.

Plus, hearing devices are becoming as connected as everything else. You can stream audio wirelessly from your mobile device to your hearing aids, geotag the hearing aid settings for your favorite locations, even hear a phone call in both ears simultaneously — and control it all on the sly with a smartphone app!



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

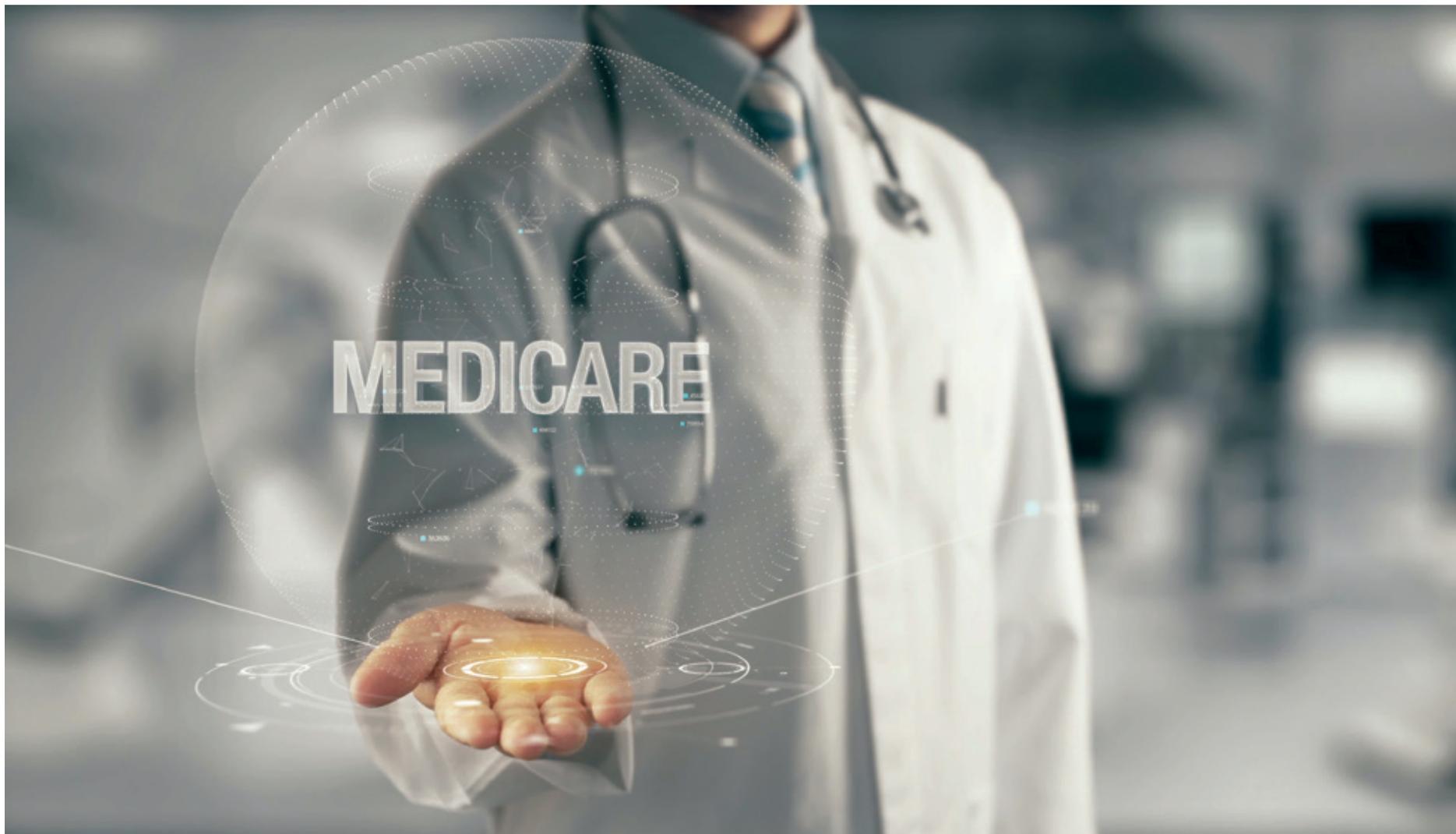
Originally from Southern NJ, Dana Luzon received her undergraduate degree in Speech Pathology and Audiology from the Richard Stockton College of NJ, and continued on to receive her Doctorate of Audiology at Salus University's residential program. Her varied clinical experiences throughout her doctoral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

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

There 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.

Licensed Medicare Consultants
 toll free # **866-300-3520**
 local # **561-277-6846**

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.





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

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

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.

LOSE WEIGHT, REDUCE STRESS, ACHIEVE OPTIMUM HEALTH

Call Today for Details and Schedule Your **FREE Consultation Appointment**

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SUMMER ALLERGIES GUIDE

From the desk of Tamar N. Rubin, MD allergist/immunologist at Florida Center For Allergy & Asthma Care

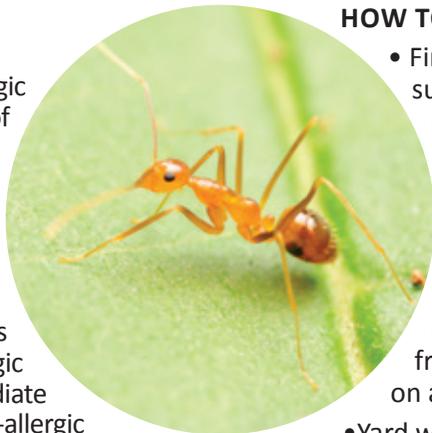


“ I want you to enjoy the fun and excitement of summer sports, outdoor activities, and travel without being troubled by your allergies and asthma. Please come see us for your best summer yet. Have a wonderful and safe summer. ”

– Tamar N. Rubin, MD

1. FIRE ANTS AND INSECT BITES ALLERGY

Although most people are not allergic to insect stings, the majority of insect stings in the United States come from wasps, yellow jackets, hornets and bees. The fire ant, which is related to other stinging insects, now infests more than 260 million acres in the southern United States. The most serious reaction to a fire ant sting is an allergic one. This condition requires immediate medical attention. A ‘normal’ non-allergic reaction to fire ants includes redness and a pustule at the bite’s site.



Symptoms of an allergic reaction may include one or more of the following:

- Hives
- Tightness in the chest, difficulty in breathing
- Hoarse voice or swelling of the tongue or throat
- A more severe allergic reaction, or **anaphylaxis**,
- Dizziness or a sharp drop in blood pressure

Fire ant sting allergy is treated in a two-step approach: first an emergency treatment and the second step is preventive treatment that includes seeking treatment of an allergist.

HOW TO AVOID FIRE ANT STINGS?

- Fire ants are most active in the summer and frequently build mounds in fields.
- Insect repellents **DO NOT** work against them.
- Avoid wearing sandals or walking barefoot in the grass.
- Shoes and socks provide protection and time to get away from a fire ant mound if stepped on accidentally.
- Yard work and gardening should be done with caution.

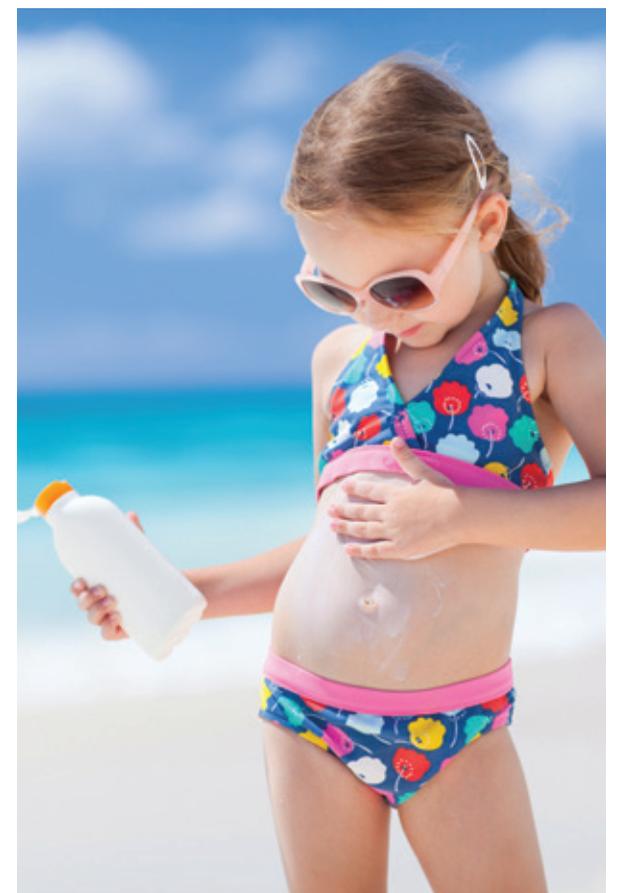
Keep prescribed medications handy at all times and follow the instructions if you are stung.

2. CONTACT ALLERGY

A contact allergy is an allergic reaction to the skin when touched by ‘offensive’ chemicals. A common summertime contact allergy is to **sunscreen products**.

Symptoms:

- skin rash
- swelling
- itching
- bumps
- blisters
- pain



Causes: exposure to components and ingredients that can cause allergic reactions.

Reactions: contact allergies or dermatitis may be only at the location on the skin in contact with the offender or in some cases may spread to all sun exposed areas.

HOW TO HAVE FUN UNDER THE SUN WITHOUT GETTING BURNED?

- Be thoughtful when choosing sunscreen and read the labels.
- If allergic to one of the ingredients, seek assistance from your allergist in finding a product not containing the element, but that will still protect you from the harmful UV rays.

3. POLLEN ALLERGY

Plants produce pollen grains meant to be moved from one plant to the other of the same kind for fertilization purposes. Although pollen is meant for plants to reproduce, if inhaled can cause **allergy/asthma symptoms:**

- Sneezing
- Watery eyes
- Runny nose
- Nasal congestion
- Itchy throat



HOW TO FIND OUT IF YOU OR YOUR CHILDREN ARE ALLERGIC TO POLLEN:

- See an allergist and get tested (skin testing)

Allergic to pollen: what to do?

- Avoid exposure (Fact: most pollens are released into the air during the morning hours)
- Monitor pollen and mold counts (Fact: visit our website florida-allergy.com for daily reports)
- Wear sunglasses to protect your eyes
- Immunotherapy, or ‘allergy shots’ can dramatically reduce allergy symptoms
- Avoid gardening and yard work , especially during the morning hours
- Change clothing when you come indoor; wash hands and hair

4. ASTHMA FLARE-UPS

If you suspect that you or your child suffer from asthma, your next step is to seek advice from an allergist. With proper treatment you should be able to participate to most sports and enjoy fireworks, barbecues and bonfires.

Symptoms:

- severe shortness of breath
- chest tightness
- coughing – especially at night, while exercising, or laughing
- wheezing

WHAT TO DO:

- seek medical assistance, proceed to the nearest emergency room
- follow up with a specialist
- get tested and determine cause
- understand triggers and avoid household and environmental exposure at best



ASTHMA ACTION PLAN

Adopting an asthma action plan will provide handy instructions on how to proceed in case of an emergency. Besides educating your child and everyone around him to recognize the 3 “zones”:

GREEN (doing well)

YELLOW (episode at inception, get ready)

RED (alert call 9-1-1)

Remember to be **S.A.F.E.**

S Seek immediate assistance

I Identify the **A**llergen that caused the reaction

F Follow up with a specialist

Epinephrine carry it at any time



1-877-4-ALLERGY (1.877.4.255.3749)

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Struggles with Reading? Math? Comprehension? Writing?

Send your child back to school ready to succeed

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

Certain children, no matter how hard they try, struggle in school.

Too often the parents struggle right along with them. They spend countless hours helping their child keep up – not to mention digging into their pockets for tutoring, special classes or other learning programs.

The Center for Brain Training sees a lot of bright children who have to try harder than other children just to keep up. Many of those experience drastically-improved lives after working with us.

You may have been told that the root of your child's school difficulties is an attention deficit. However, if your child struggles with reading, with comprehension, with math or has difficulty getting words onto paper (for example taking notes) – then he or she may not have an attention deficit at all – it could be a learning or processing issue.

Sound familiar?

Many academic problems are brain issues, not a lack of desire in the child to do well.

Though stimulants may temporarily improve attention, they don't correct processing issues. They don't help the frustration, the behaviors and the anxiety that often come with learning challenges when the medication wears off.

Stimulants do not fix anything.

The root cause of a child who struggles academically may be that parts of the brain that are supposed to talk to each other aren't doing it very well.

Why is this important? Research shows that there must be functional connections between key areas of the brain in order for learning to take place easily. Without them, certain subject areas – and school in general – become a nightmare and an enormous frustration for the child.

Malfunctioning connections can result in **dyslexia** and other reading problems, **dyscalculia** (difficulty with math) and/or **processing problems**. Furthermore, the resulting frustration *can often look like ADHD*.

The Center for Brain Training offers an innovative NEW PROGRAM to help your child overcome learning challenges

Until now we've helped kids with conventional neurofeedback. Thanks to the advent of a new type of brain map called a "connectivity map," along with a new type of neurofeedback called MCT neurofeedback, treatment can now be even more targeted and effective.

I've been in this field for over 20 years working with and teaching child psychologists from around the world about how neurofeedback helps ADHD and processing issues. However, I've never been more excited about any development than I am the connectivity map and MCT neurofeedback.

Here's how the 3-step program works:

Step 1: Conduct a connectivity map to identify the problem

We record a special EEG of your child's brain. It's painless and takes about 30 minutes.

The connectivity map identifies specific areas of the brain that are poorly connected or poorly organized and are likely to be impacting the child's ability to process information.

Parents of our clients frequently exclaim that this information describes their child's struggles remarkably well: "This is exactly what Brittney tells me happens every night when she's doing math homework!" "You are describing Ricky when he tries to write his language arts essay!" They often marvel, too, at the fact that tests for which they have laid out thousands of dollars didn't turn up what was really going on the way the connectivity map did.

Step 2 – Encourage new brain organization with MCT neurofeedback

Neurofeedback technology is used to help promote changes in the way neurons in the brain fire. MCT neurofeedback is even more effective than traditional neurofeedback. MCT stands for "multivariate coherence training." MCT pinpoints and gently encourages neuronal connections to improve, often faster than using other forms of neurofeedback.

Step 2 involves 15 sessions of MCT neurofeedback training, typically two sessions per week, targeted to the specific brain connectivity issues identified from analysis of the connectivity map.

We ask parents during the course of training to keep track of any changes in reading, math, writing, comprehension, behavior and mood changes.

Step 3 – Re-evaluate changes, assess progress

After 15 neurofeedback sessions, we conduct a second connectivity map to see where physical changes have occurred and to summarize parent feedback. We identify areas, if any, that may need additional training.

Being able to save kids (and adults) from a lifetime of struggle is at the heart of our mission at the Center for Brain Training.

Help for Your Struggling Child In a Matter of Weeks

Real Stories

Now that you know a bit about the science, let me tell you about real people from our practice who have benefited from our 3-step program.

A 12-year-old girl had been diagnosed with learning disabilities. She had trouble keeping up with classmates and particularly struggled with math and taking notes. She had chronic headaches that weren't helped by medication and suffered chronic exhaustion. After a connectivity map and five MCT sessions, the girl told her mother she was more easily thinking up topics and ideas for writing. Two sessions later she reported that math seemed simpler. After two more sessions she came home with the proof – the first high math score she had ever earned. With continued training, she experienced a significant decrease in headaches and significant increase in energy.

One 8-year-old girl had such severe learning disabilities that her mother was told by a neuropsychologist that she would need significant help for the rest of her academic career. She didn't like to read and didn't read well. She hated math and struggled to add even single digit numbers. Following a connectivity map and about seven MCT neurofeedback sessions, she blurted out one day that she'd like her parents to give her some numbers to add. When single digit addition quickly became boring she requested strings of double digits. She was doing math for fun! On another occasion, after 10 sessions, while in a waiting room, she picked up a large children's book and read 66 pages as her mother looked on in astonishment. Another joyful moment occurred when her mother discovered her in bed one night with a flashlight reading under the covers!

...Not Just For Kids.

If your child has learning disabilities, it's likely that one or both of the parents may have them as well. Here's how our program changed the life of a woman in her mid-50s, who had a number of severe learning disabilities that were ignored when she was young.

"Joan's" learning disabilities left her overwhelmed and practically paralyzed by the demands of normal life. Unable to process information well, she suffered extreme and unrelenting anxiety and conflicts with her husband. She had trouble reading and trouble paying attention. She came to us because she

thought she had severe ADHD. A connectivity map revealed that she did not have ADHD but rather some significant connectivity issues in two parts of her brain. After five targeted MCT training sessions, she reported feeling calmer. She was also able to communicate with her husband without the conversation erupting into conflict.

What's indisputable is that at any age the brain can improve how it processes information.

Call Us Today.

If what you've read in this article resonates with you, it's time to contact the Center for Brain Training to find out more.

I know you have a lot of questions. That's why I offer a **free, no-obligation consultation**. Once we meet and I understand your situation better, we can discuss if this new technology is a good option for your child or even for yourself.

Call or text us today – or visit our website – for more information.



Michael Cohen,
Director and Chief of Neurotechnology

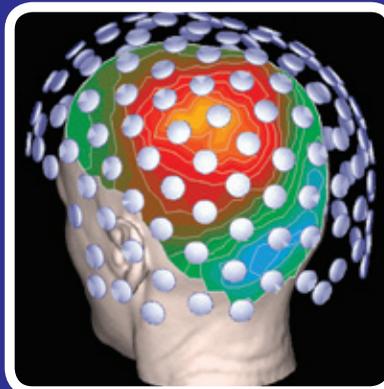
Michael Cohen is a leading expert in brain biofeedback. For over 20 years he's worked with clients, taught courses and provided consulting to physicians and mental health professionals around the world, helping them incorporate into their practices new biofeedback technologies for chronic pain, anxiety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

I first heard about the connectivity map in the fall of 2015 at the ISNR* conference when Dr. Robert Coben presented a study he co-authored on children with learning problems. Frankly, his results blew me away. The study looked at children trained twice a week for 20 sessions with individually-tailored neurofeedback, based on a connectivity map. By the end of the study their reading scores were enhanced by an average of 1.2 grade levels! The control group showed no improvement.

He did extensive pre- and post-neuropsychological testing to document the children's improvements. Increasing grade level competence by one year in 20 sessions (as little as five weeks) is very impressive. I checked with several child psychologists I know, and they were equally impressed.

I am unaware of any other tool that has documented this level of consistent improvement.

In February of 2016, the Center for Brain Training began using this three-step training protocol on a select group of clients. By then an enhanced version of MCT neurofeedback had been developed which potentially reduces the number of sessions required for most children. The results exceeded our expectations and convinced us we had a fantastic way to help people overcome the challenges of learning disabilities.



Learn more about neurofeedback at our free informational seminar
Wednesday, July 17, 6-7:15 p.m.

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



Center for Brain Training is located at:
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*ISNR is the International Society for Neurofeedback and Research.



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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.



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- 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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- Medical Profiles Special Advertising Section

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KNEE PAIN

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

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



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

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By Charles Etgen Certified Aging in place consultant



If you're looking for handicap accessible tubs, then you've come to the right place. Here at the Tub Cut, we make it easy for you to get a handicap accessible shower, without having to install a new tub or replace your existing bath. Our handicap tub conversions make it simple and easy.



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Handicap tub conversions from the Tub Cut are not what you might imagine. Instead of ripping out your existing bathtub or shower unit, we simply adapt it to fit your mobility needs, making your existing tub “walk-in,” removing any potentially dangerous barrier to entry and exit. Our process involves using special tools to cut a section out of the side wall of baths and bathtubs

and then sealing the exterior, preventing any water from penetrating the bath unit. The cut-out section of bathtubs makes showers more handicap accessible. Just like walk-in showers, there's nothing to climb over or slip on.

Handicap tub converters should, in our opinion, be reversible. With us, your handicap tub conversion for your handicap accessible baths or showers can be undone - great if you want to sell your property

or you no longer require accessibility options. The Tub Cut, therefore, offers exceptional value for money on handicap tub converters, retaining the value of your property.

If you're interest in handicap accessible showers, baths or bathtubs, then get in touch with us today. We have vast experience with walk-in tubs for seniors and can help you find the ideal handicap tub converter solution.



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THE CORNEA

By David A. Goldman MD



Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This

was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com



IT'S HOT EVERYWHERE IN JULY

Brent Myers



Have you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.

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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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