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

November 2019

South Palm Beach Edition - Monthly



**FREE**

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**FALLING FOLLICLES:  
"BIOHACKING BALDNESS"**

**NAVIGATING  
THE MEDICARE PUZZLE**

**PLANNING FOR THE INHERITANCE  
OF A DISABLED CHILD**

**PLATELET-RICH-PLASMA  
(PRP) THERAPY  
FOR PAIN CONDITIONS**

**STRESS AFFECTS OUR BODIES:  
HOW ACUPUNCTURE  
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**LAW OFFICE OF ANDREW CURTIS, ESQ**

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

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

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## CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Sybil C. Berryman**  
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE  
**Bryan Berryman**  
bryan@sflhealthandwellness.com

  
**BERRYMAN**  
Marketing Group LLC

GRAPHIC DESIGNER  
**Sonny Gensing**  
sonny@gwhizmarketing.com

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# PLANNING FOR THE INHERITANCE OF A DISABLED CHILD

How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?

Do you have a disabled child who will be inheriting from your estate?

Does this disabled child receive government benefits?





Many families are not aware that once a disabled child (minor or adult), who is receiving government benefits, receives an inheritance all their government benefits will be stopped until the inheritance is spent down.

All parents worry about what will happen to their children after they die. Parents of adult children with a chronic disability have an additional concern: whether the child will have financial security.

Additionally, many families are not aware that with proper planning through a Third-Party Special Needs Trust the loss of government benefits can be avoided.

The disabled child can utilize their inheritance to provide for their health, maintenance, education and support. The Trusted Law Office welcomes you to contact us at (561) 998-6039 to schedule a free consultation with us to discuss your specific planning needs.



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# FALLING FOLLICLES: “BIOHACKING BALDNESS”

By Alan J. Bauman, MD, ABHRS

**FALLING FOLLICLES?** You aren't alone. Over 80 million men and women in the U.S. are battling some degree of hair loss. While genetics play a key role in many hair loss cases, it's important to realize there may be other contributing factors as well. In fact, there are a host of other issues that can be contributing to your hair loss, such as illness, medications, stress, styling regimens, and other habits--which can all accelerate hair loss. Hair follicles, just like other parts of the body, such as skin, bones, teeth, brain, muscles, etc., are tiny mini-organs and require consistent and proper care, nutrition, and attention in order to keep hair youthfully thick and resilient as we age. While the hair strand itself isn't alive (like your fingernails), the underlying hair follicles are, and they need to be kept healthy or else you will soon find your hair becoming weak, brittle, dull, thin or even falling out.

If you are concerned about the health of your follicles, here are some tips, tricks, and treatments to help you “biohack” your hair loss with the help of a Hair Restoration Physician.

## “BIOHACKING BALDNESS”

Today, thanks to a better understanding of the hair loss process, and a host of effective tools and treatments, we are able to protect and enhance the function of hair follicles at every stage of the process. While some mistakenly consider hair loss a cosmetic issue, the reality is, we are helping patients get back so much more than their hair. Hair restoration allows patients to feel younger, happier and more confident.

Hair restoration begins with data-driven “biohacking” methodology that is used to diagnose hair loss in its earliest stages when you have the best chance of slowing, or even stopping, the progression of hair loss. With the help of an advanced and highly sensitive scientific measurement tool known as HairCheck®, hair restoration physicians can accurately help you determine the amount and quality of hair growing in a given area of the scalp. This is an effective way to gauge the severity of your hair loss early on, and how well you are responding to restorative treatments in the critical time before the results are noticeable to the naked eye. Another breakthrough tool that is helping assess and diagnose hair loss are hand-held HairCam™ scalp microscopes with special dual-polarized LED lighting that can detect miniaturized hairs vs. areas of depleted density as well as help diagnose rare hair loss conditions and other scalp problems.

These advanced tools provide unique data that allows you and your hair restoration physician the opportunity to customize a treatment plan that not only avoids unwanted side effects but maximizes effectiveness and provide you with optimal results, based on what your follicles need to grow and be healthy. As with any health condition, each patient has different needs and will respond differently to treatment, so having the ability to gain this insight and data is invaluable when deciding upon or modifying a treatment regimen. *Advanced, leading-edge treatments that are available today include:*



*HairCam™ scalp microscopes can detect miniaturized hairs vs. areas of depleted density as well as help diagnose rare hair loss conditions and other scalp problems.*





The HairCheck® tool can accurately determine the amount and quality of hair growing in a given area of the scalp to gauge the severity of hair loss and measure results during treatment

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**Hair Loss Risk Management** – the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

For more information on the causes and treatments for hair loss, or to learn more about "biohacking" baldness, please visit [www.baumanmedical.com](http://www.baumanmedical.com) or call **561-220-3480**.

## 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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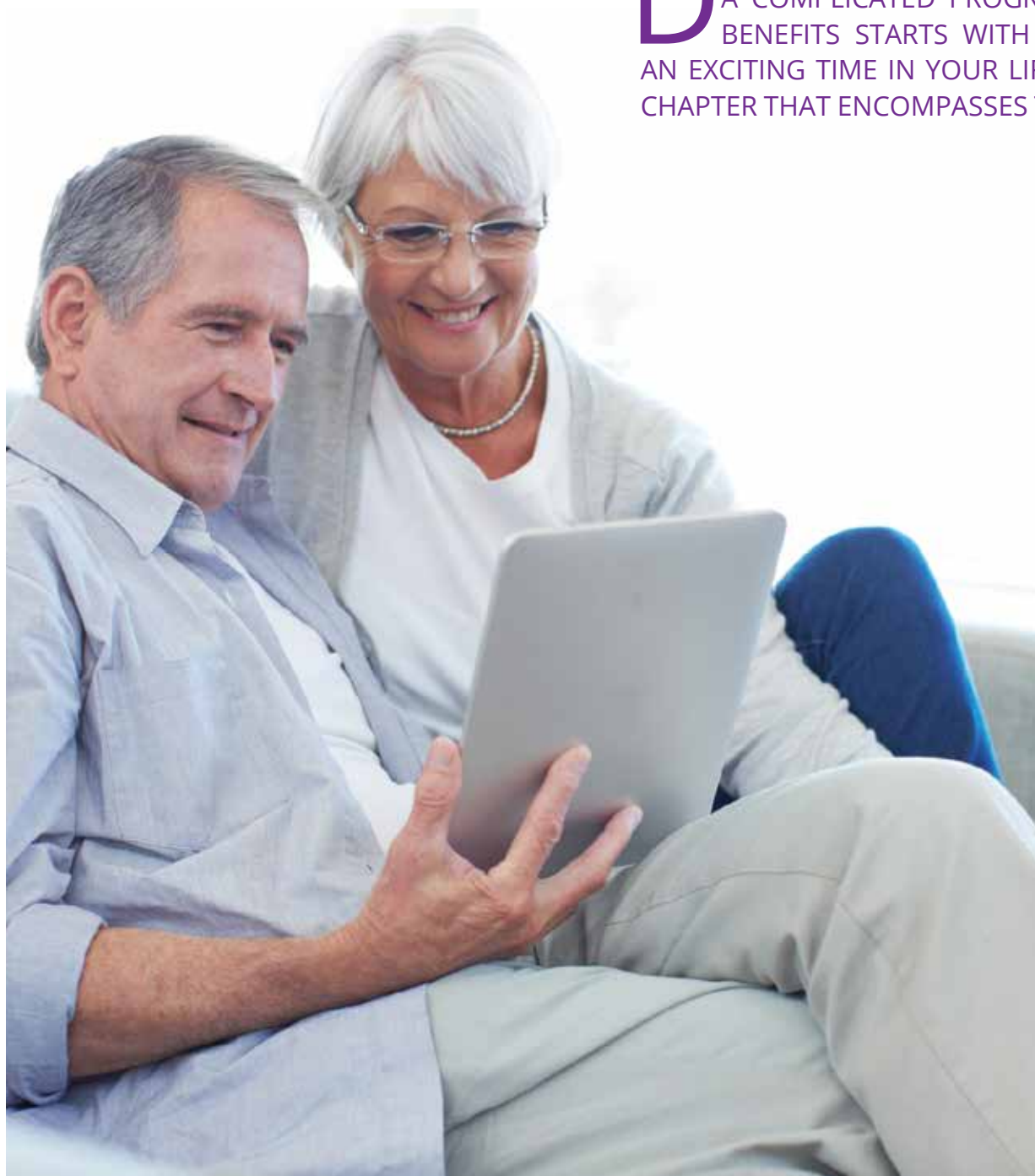
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## TIPS ON FINDING A QUALIFIED HAIR RESTORATION PHYSICIAN

- A Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair growth.
- Look for full-time hair transplant surgeons who are certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Due to the limited number of full-time, experienced ABHRS-certified Hair Restoration Physicians worldwide, prospective patients should be prepared to travel and-or consult "virtually" via phone and video-call.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions about how to achieve your desired results and what should be done to maintain them.
- The ISHRS or International Society of Hair Restoration Surgery recently urged patients to avoid unprofessional clinics and unscrupulous practices that offer unsolicited financial incentives upfront. Ask yourself if a practice offering "free consultations," deeply discounted coupons, or financial rebates truly have your best interests in mind.
- Ask for a referral from your primary care doctor or dermatologist to a qualified, credentialed, full-time Hair Restoration Physician who is fully equipped, trained, and experienced in HairCheck, HairCam, and other technology to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

# Navigating the Medicare Puzzle

**D**OES MEDICARE CONFUSE YOU? YOU ARE NOT ALONE. MEDICARE IS A COMPLICATED PROGRAM. WISELY MANAGING YOUR MEDICARE BENEFITS STARTS WITH UNDERSTANDING THE FACTS. AGE 65 IS AN EXCITING TIME IN YOUR LIFE. IT'S THE BEGINNING OF A WHOLE NEW CHAPTER THAT ENCOMPASSES THE WHOLE YOU (BODY, MIND AND SPIRIT).



Aetna Medicare is more than a typical insurer; we are a health company and we are devoted to helping you realize your health ambitions, big and small. We hope to join you in your health journey by turning your ambitions into achievements so you can age actively.

#### **HOW DO YOU KNOW YOU'RE GETTING THE BEST ADVICE?**

Guidance and support go a long way towards achieving your best health. That's why Aetna representatives help simplify Medicare and connect you to the right coverage, resources and care.

#### **WHAT DO I NEED TO KNOW ABOUT MEDICARE?**

Medicare is a sophisticated system, but maneuvering your way through the maze is the tricky part. You'll want to have the best coverage based on what your income will allow.

#### **MEDICARE HAS SEVERAL PARTS:**

- Part A (hospital)
- Part B (physician & out-patient services)
- Part C (Medicare Advantage Plan)
- Part D (prescription drug coverage)

Because (Original) Medicare only covers approximately 80% of Part B expenses, most individuals will need to enroll in supplemental coverage to cover the cost associated with outpatient services. We understand that a total





approach to health and wellness may be different for each of our members. That's why we offer a choice of Medicare Advantage, Medicare Supplement and Prescription Drug Plans (PDP) for supporting your unique health ambitions.

Having the right amount of coverage is key to taking care of the whole you. That's why we offer Medicare Advantage plans that cover your doctors (Part B), hospitalization (Part A) and prescription drugs (Part D) in one simple plan – some with added benefits for dental, vision care and fitness. Medicare Advantage includes PPO & HMO plans, which have co-pays or deductibles instead of the 20% balance that Medicare does not cover. The benefits depend upon the plan you select.

A Medicare Supplement plan (sometimes called, MediGap) may help protect your savings and peace of mind. Aetna Medicare Supplement plans are designed to fill the coverage gaps left by Original Medicare and place a firm limit on how much you pay each year. One of the benefits of pairing a Medicare supplement insurance plan with Medicare is the flexibility. You can use any doctor or hospital that accepts Medicare, and a network does not limit you. We have over

10 plans to choose from – to ensure you get the coverage you need, while minimizing out-of-pocket costs.

If you do choose a Medicare Supplement, it is important to add an additional PDP to cover your Prescriptions. Medicare Supplement plans do not include prescription drug coverage.

Sometimes feeling your best requires the right combination of prescription drugs. Since Medicare has no coverage for Part D, Aetna Medicare has a range of PDPs to support your health ambitions. They include a 60,000-strong pharmacy network. And, with a broad list of covered drugs – changes are good yours are on it.

#### **HOW DO I FIND OUT MORE?**

At Aetna Medicare, we understand the more you learn the more you know. In fact, Aetna has a legacy of caring for the whole person, providing care, trust and access to Medicare coverage since 1966. And, Aetna representatives advocate for our members' best health by helping them get the most from their benefits, building trust and always providing a clear path to care.



**Lisa Sachs**

Lisa Sachs is a licensed Field Sales Representative in Palm Beach County and has been a proud Aetna employee for ten years. She loves working with the senior community and is passionately dedicated to her clients. Lisa assists people with Medicare parts A and B, with enrollment in the HMO, PPO, POS and SNP (special needs plans for those with Medicaid) offered by Aetna. Her duties don't stop there though as she also specializes and assists members to see if they possibly qualify for additional government programs offered by the state of Florida such as Medicaid and the Extra Help program through Social Security. She believes in always being as available as possible and insists upon the highest level of customer service. "Sometimes just picking up your phone and sincerely showing that you care, is all someone might need at the moment", she says. "She makes a point to do just that by keeping her phone close to her at all times and even taking calls on weekends and holidays. "I feel the need to treat my clients the way I would want someone to treat my Mother or Father. Medicare can be a bit confusing and she prides herself on taking as much time as needed to fully explain the benefits of each plan and the enrollment process. For a phone or in house appointment Lisa can be reached at your convenience seven days a week at **(561) 267-1186**

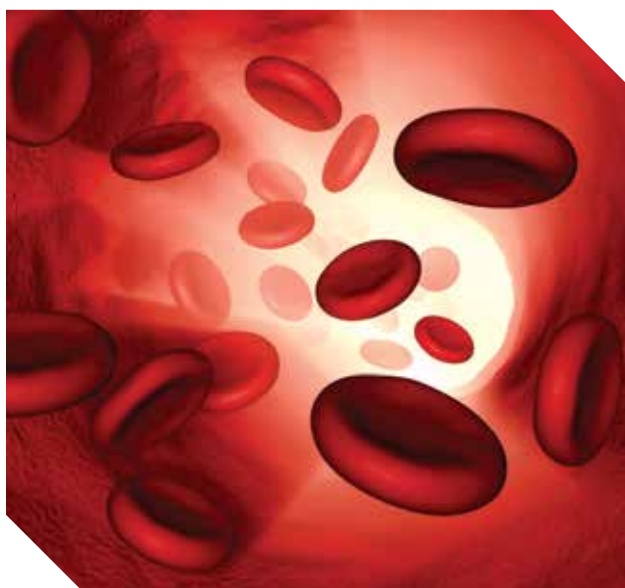
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By Aaron Rosenblatt, MD

# Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions



**P**LATELET-RICH PLASMA THERAPY, sometimes called PRP therapy, takes advantage of our blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone.

A growing number of people are turning to PRP injections to treat an expanding list of painful conditions and or injuries, including osteoarthritis. It is commonly used for knee arthritis, we also use this method on other joints as well such as shoulders, wrists, sacroiliac, ankles and hips. This is also used to help treat pain from the neck and low back. This can be used to treat disk pain and or arthritic pain from the entire spine.

When treating osteoarthritis with platelet-rich plasma, we inject PRP directly into the affected joint.

**The goal is to:**

- Reduce pain
- Improve joint function
- Slow, halt and even repair damage to cartilage

Platelet-rich plasma is derived from a sample of the patient's own blood which is easily obtained at their time of the visit. The therapeutic injections contain plasma with a higher concentration of platelets than is found in normal blood. This is also all prepared in the doctor's office.

**WHAT IS PLASMA?** Plasma refers to the liquid component of blood; it is the medium for red and white blood cells and other material traveling in the blood stream. Plasma is mostly water but also includes proteins, nutrients, glucose, and antibodies, among other components.

**WHAT ARE PLATELETS?** Like red and white blood cells, platelets are a normal component of blood. Platelets

secrete substances called growth factors and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

We use PRP therapy to treat osteoarthritis and also theorize that the platelet-rich plasma:

- Inhibits inflammation and slow down the progression of osteoarthritis
- Stimulates the formation of new cartilage
- Increases the production of natural lubricating fluid in the joint, thereby easing painful joint friction
- Contain proteins that alter a patient's pain receptors and reduce pain sensation

Platelet-rich plasma injections are outpatient procedures. Because the patient's blood must be drawn and prepared for injection, a typical procedure may take anywhere from 45 to 90 minutes.

Whether the patient has a one-time injection or a series of injections spaced over weeks or months is up to the individual patient and doctor. If a series of injections is planned, a







doctor may recommend a single blood draw during the first visit and use fresh PRP in the first injection and freezing and thaw the remaining PRP as needed for future injections. However, some experts believe freezing and thawing PRP negatively affects its usefulness and prefer to do a separate blood draw for each PRP injection. Dr. Rosenblatt believes it is safer to take a fresh sample of blood prior to any new injection.

**PLATELET-RICH PLASMA INJECTIONS REQUIRE PRECISION**

- An experienced physician, like Dr. Rosenblatt, should perform the injections. The use of imaging technology (e.g., fluoroscopic guidance) ensures a precise injection.

- Precision is important because, like viscosupplementation treatments, platelet-rich plasma injections must be made directly into the joint capsule.

Scientists are still exploring which arthritis patients should be eligible for PRP injections. While nondefinitive conclusions can be made, research suggests that PRP injections are appropriate for patients of all ages. Dr. Rosenblatt explains, “When appropriate,

PRP injections are an extremely safe and effective way to help treat the pain of so many different types of individuals. I have used this technique on young athletes and for older patients with joint and or spine pain with great success. It even surprises me sometimes how well this treatment works. It’s truly amazing how people with acute or chronic pain and or injuries respond to this treatment.”

In Dr. Rosenblatt’s beautiful freestanding interventional pain management building in Delray Beach, FL, individuals have been able to

benefit from this technique. People have flown in from all over the United States for this treatment specifically with Dr. Rosenblatt. He has been performing this procedure with great success. Every patient is evaluated by the Dr. Rosenblatt and a comprehensive treatment plan is always made. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!



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# LUNG CANCER UPDATE

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States. More people die of lung cancer in a year than from breast, prostate, colon, and pancreatic cancer combined. Lung cancer is the second most common cancer in both men and women – it ranks just behind prostate and breast cancer, respectively.

## EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 16.3%, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 52.6%. So, a patient's chances of surviving lung cancer are three times greater when it is detected early.

Through the use of low dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes incurable, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest x-rays. Screening is recommended for people with a history of heavy smoking, defined as 30 pack years or more. A pack year means smoking an average of one pack of cigarettes per day for one year (for example: one pack per day for 30 years or two packs per day for 15 years). Check with your physician to see if you could benefit from a CT lung scan. Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

## IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.



*About 85% of all lung cancer cases occur in people who are smokers or have smoked in the past. The remaining 15% of cases occur in non-smokers, for reasons not yet fully understood.*

Newer immunotherapy treatments have significantly improved survival rates for some lung cancer patients. A recent study, presented at the American Association for Cancer Research (AACR) Annual Meeting in 2017, demonstrated that, for a small subset of patients, immunotherapy can work for a very long time.

## LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. In some cases, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

With some types of lung cancer, research has shown that receiving chemotherapy before radiation or surgery may actually be helpful. Chemotherapy may shrink the tumor, making it easier to remove with surgery. It may also increase the effectiveness of radiation, and can destroy hidden cancer cells at the earliest possible time.

One of the more recent areas of lung cancer research focuses on creating cancer vaccines. Cancer vaccine research involves triggering the immune system to recognize and attack cancer cells without harming normal cells. Unlike common vaccines that are used to prevent diseases such as mumps or measles, cancer vaccines are used to treat, not prevent, lung cancer. Although the research in this area is showing some promise, vaccines are currently only available in clinical trials.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

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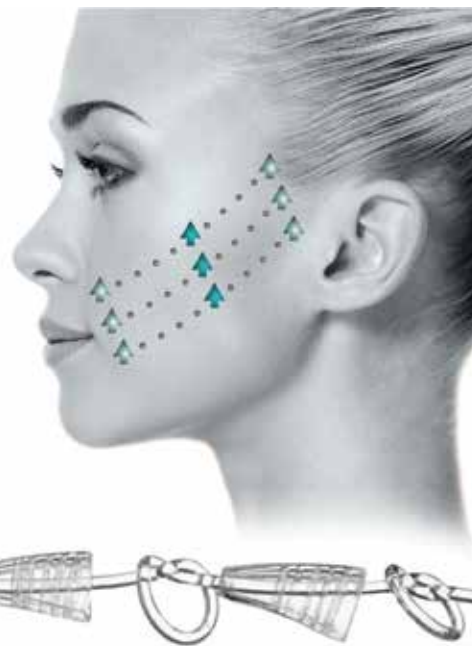
**M**ore and more patients prefer to avoid or at least postpone surgery, or simply are not a candidate for surgery due to medical reasons. This is a good alternative for those patients.

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



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Silhouette Instalift™ now has different sutures with varying numbers of cones, depending on where on the body it is being used. The 8 cone suture is used on the face, whereas the 12 and 16 cone sutures can be used to lift butts, saggy skin above the knees, elbows and saggy belly skin. It also works well for cellulite.

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

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# WHAT IS BELL'S PALSY?

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



**B**ell's palsy is a nerve problem that affects the muscles of your face. It causes weakness or partial paralysis of the muscles on one side of your face. With Bell's palsy, your eyelid may not close properly and your smile may seem uneven.

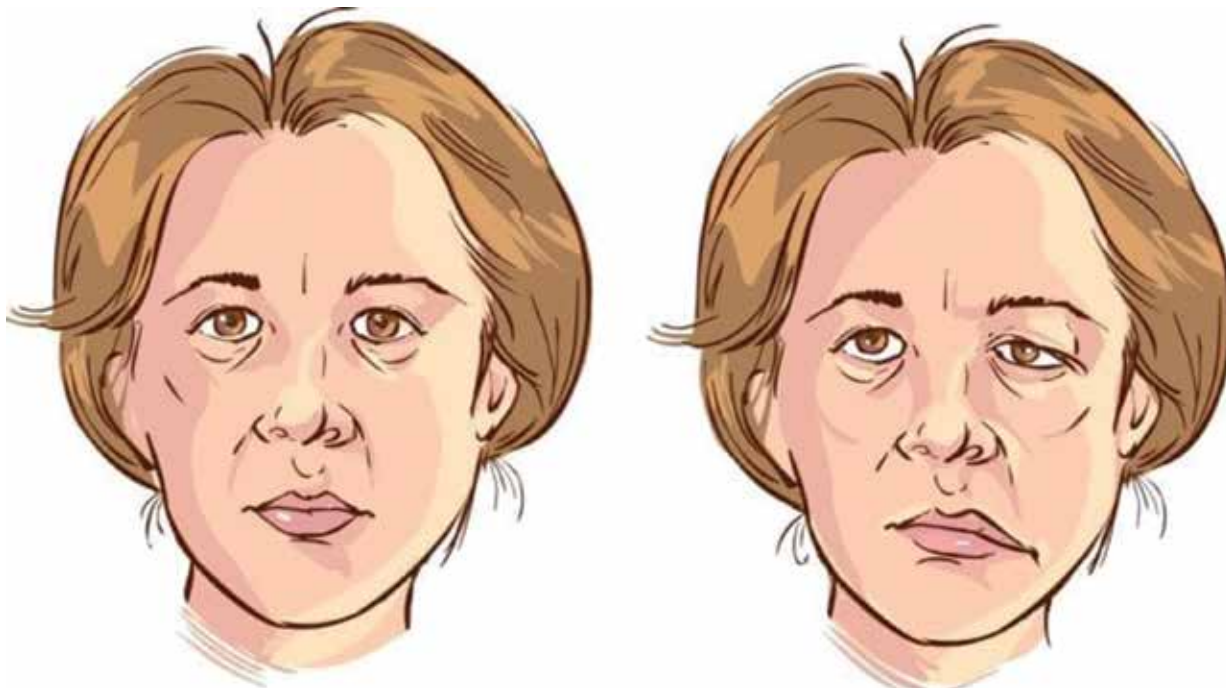
Bell's palsy usually affects adults only. It is more likely to happen to people who have diabetes, are pregnant, or have a family history of Bell's palsy.

#### WHAT CAUSES BELL'S PALSY?

Generally, it is not known what causes Bell's palsy. However, doctors believe it may be due to one or more of these problems:

- problems in your body's immune system (how it fights disease)
- reduced blood flow to a nerve that goes to your face (the 7th cranial nerve)
- infection from a virus, causing swelling of the facial nerves





**BELL'S PALSY SYMPTOMS**

Bell's palsy symptoms can appear all of a sudden. You may notice that you cannot smile on one side of your face. You may have trouble speaking clearly, and you may lose feeling in your face. You may have some facial pain just before or as it becomes weakened or partially paralyzed.

Your eyes may become dry and you may have blurry vision. One eye may not close completely, and it may feel irritated.

You might not be able to taste food as well as you could before. Also, you could have hearing problems, such as having things sound distorted or unusual.

Tell your primary care doctor or ophthalmologist if any of your symptoms get worse.

If you have symptoms on both sides of your face, you may have something other than Bell's palsy.

If your symptoms do not improve in a few weeks, your ophthalmologist may recommend an MRI. An MRI is a scan that provides images of tissue inside the body.

**HOW LONG DO BELL'S PALSY SYMPTOMS LAST?**

For about 8 out of 10 people, symptoms of Bell's palsy start to improve in about 3 weeks. Symptoms should be nearly gone in about 2–3 months.

Some symptoms may remain, such as a small amount of facial paralysis or reduced movement on one side of your face. For about 2 out of 10 people, Bell's palsy symptoms never go away.

Your ophthalmologist can tell you how to relieve uncomfortable eye-related symptoms with Bell's palsy.

**BELL'S PALSY TREATMENT**

There is no treatment for Bell's palsy. In most cases, it goes away on its own in a few weeks. However, your ophthalmologist can help manage the symptoms affecting your eye. Eye drops or other lubricants provide relief if you cannot fully shut your eye.

In some cases, corticosteroids, antiviral drugs or other medicine may be prescribed to help you heal from Bell's palsy



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Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.

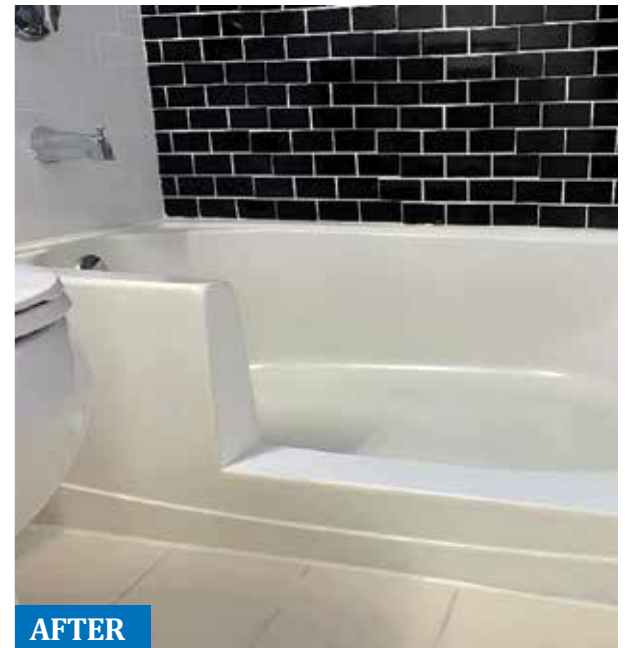
Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

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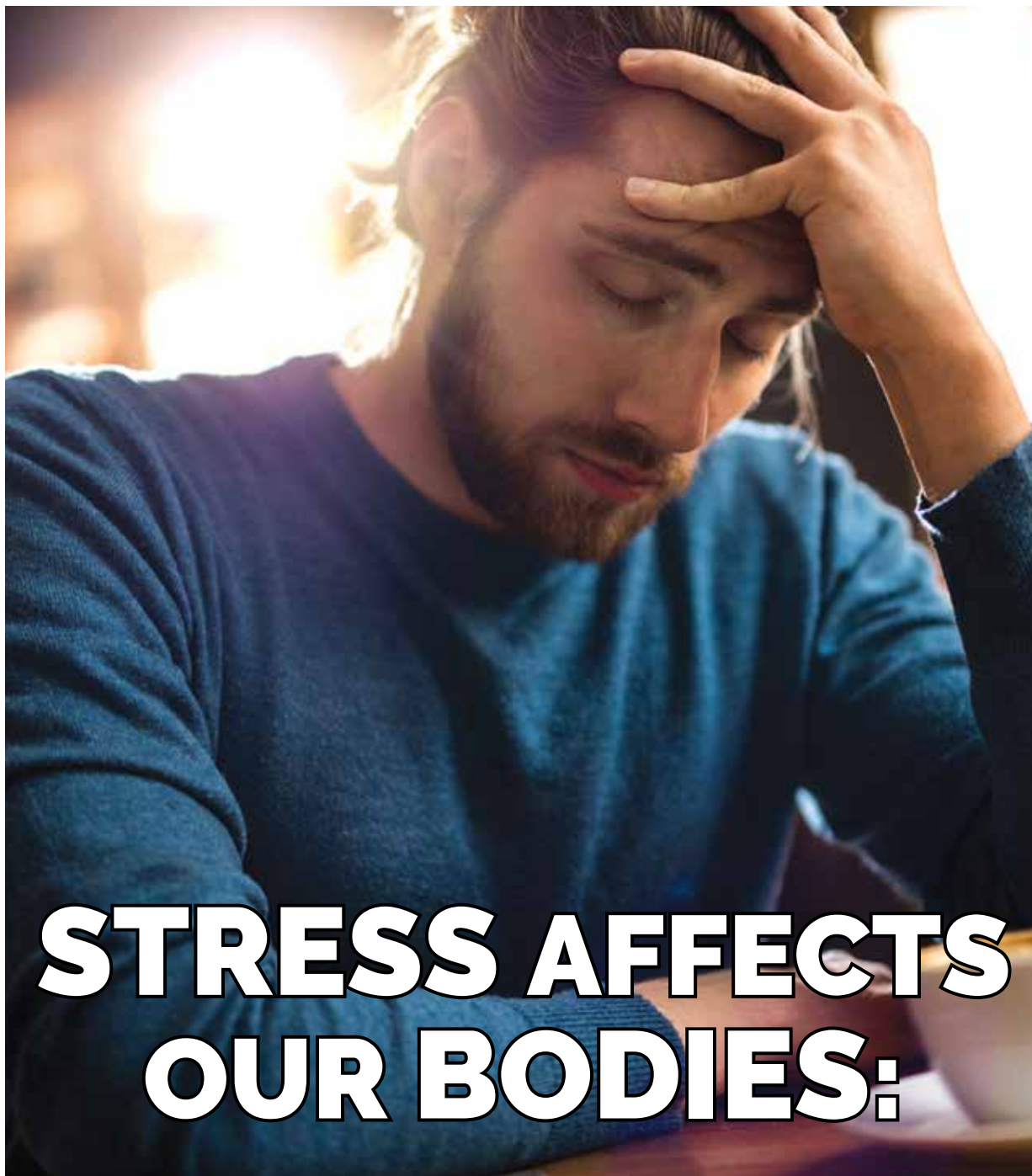


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# STRESS AFFECTS OUR BODIES:

## HOW ACUPUNCTURE AND FUNCTIONAL MEDICINE IS HELPING?

By: Chaas Gantt and Maria Gantt

**S**tress is something that cannot be avoided. In fact, a healthy stress-response mechanism plays a role in everything we do to survive and thrive. The original definition of stress by Hans Selye, who coined the term as it is presently used, was, “the non-specific response of the body to any demand for change”. This poses the very important questions: how is our body dealing with life’s demands and stressful episodes? And, how do we increase our capabilities of handling stressors? **As an individual-based intervention, acupuncture and functional medicine can improve overall well-being and positively influence long-term health.**

Our experience of stress is subjective. Based on sensory input and processing (i.e. the things we see and hear in a situation) as well as on stored memories (i.e. what happened the last time we were in a similar situation). These lead our body to interpret the experience as stressful or not. If the situation is judged as being stressful, a cascade of “fight or flight” biochemical responses in charge of helping the body to react to the “threat” at hand begin to play.

Dr. Nadine Burke Harris wrote in her book *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*: “When a stress response is triggered, it sends signals to two other structures: the pituitary gland, and the adrenal medulla. These short term responses are produced by The Fight or Flight Response via the Sympathomedullary Pathway (SAM). Long term stress is regulated by the Hypothalamic Pituitary-Adrenal (HPA) system.” After the “situation” is dealt with, the body is supposed to recover homeostasis and deactivate the stress-response cascade. “The main problem is that when stress response is activated too frequently or if the stressor is too intense, the body can lose the ability to shut down the HPA and SAM axes. The term for this is disruption of feedback inhibition, which is a science-y way of saying that the body’s stress thermostat is broken. Instead of shutting off the supply of “heat” when a certain point is reached, it just keeps on blasting cortisol through your system.”

This overstimulation leads to many health imbalances. Selye identified three stages of stress-response – alarm, resistance, and exhaustion. With the stages of resistance and exhaustion, we find suboptimal adrenal function or hypoadrenia accompanied by a variety of symptoms. For example, Cortisol is a stress hormone released by the adrenal glands during stressful situations. When we are dealing with chronic stress, cortisol levels are too high for too long leading to inhibition of the thyroid function. As a consequence, the release of TSH (Thyroid Stimulating Hormone) is inhibited and the conversion from T4 to T3 is blocked or diminished. This leads to a person feeling tired. In this situation, adrenal glands will have a hard time producing





cortisol as they are exhausted from producing so much over a period of time, this dysfunction will make you feel even more tired because your cortisol levels are now too low.

Another example, DHEA is also produced in the adrenal glands which helps produce sex hormones (testosterone and estrogen), it helps us recover from stress, keeps our bones strong and helps our brain to think clearly. If we are stressed for too long our DHEA levels drop dramatically which leads to more fatigue. There is also a connection between hormone production and mitochondrial health. If we are making more cortisol, we will be making less estrogen and progesterone. This explains why our reproductive drive is less and we experience low libido under stress.

This kind of prolonged activation of the stress-response system can disrupt many organ systems. It increases oxidative stress in the body and the risk for stress-related disease, cognitive impairment, IBS and Leaky Gut. It can decrease our immune system and inflame the brain. It can also lead to musculoskeletal pain and osteoporosis.

### HOW CAN ACUPUNCTURE AND FUNCTIONAL MEDICINE HELP?

Acupuncture is part of Traditional Chinese Medicine (TCM). The term Traditional Chinese refers to the science's roots in early Chinese naturalist thought, sometimes called Daoism, but the science is now a worldwide medical practice, with medical schools around the world teaching TCM, and integration into hospital settings and medical doctors' practices, especially in China, Japan, South Korea, Australia, Europe and Brazil. A wide-variety of clinical areas have been studied and demonstrated positive results, including pain, cancer, pregnancy, stroke, mood disorders, sleep disorders and inflammation, to name a few. Acupuncture applied to stress, works by stimulating your body's endocrine and immune systems to clear out stress hormones, rebalance neurotransmitters and influence many other homeostatic mechanisms. It stimulates the parasympathetic nervous system to shift you out

of 'fight or flight' mode, and into a more 'calm and collected' mode. Holding tension in different places in the body is often unconscious and can add discomfort in addition to feeling "stressed out", even after the event that stressed you out has already passed. Removing this physical tension can have a huge impact on your ability to stay calm and present.

Functional Medicine addresses the underlying causes of disease, using a systems-oriented approach. It is an evolution in the practice of medicine. Functional lab testing is used to assess the overall function of your body with an optimal range of comparison vs the standard range. It also looks beyond traditional diagnostic testing to establish an individualized plan of action for each patient. Instead of looking for and treating the symptoms of disease, functional medicine combined with acupuncture looks at networks of function and a number of factors that are contributing to the dysfunction in your body.

### MINDFUL PRACTICES

Mindful practices you can do throughout the day to support wellness and help you learn more about yourself are: mindful breathing, exercising, contemplation and meditation. It is profound the contribution this can provide both for you and loved ones around you. This may seem overly simplistic, but it can have a profound impact on your reaction to stressful situations and act as an anchor throughout your day.

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**Chaas Gantt L. AP** is board certified by The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM®), Functional Medicine Practitioner, Board Certified Herbalist, Injection Therapy Certified and State Licensed. He has learned and apprenticed under renowned physicians and master acupuncturists in the United States, Europe and Asia.

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# CANNABINOIDS MAY BE USEFUL in TREATING The Side Effects of CANCER AND CANCER TREATMENT

**B**y federal law, possessing cannabis (mariju\*na) is illegal in the United States unless it is used in approved research settings. Yet, a growing number of states, territories, and the District of Columbia have passed laws to legalize medical mariju\*na.

Cannabis contains cannabinoids, also called phytocannabinoids, which cause drug-like effects in the body, including the central nervous system and the immune system.

The main psychoactive cannabinoid in Cannabis is delta-9-THC, while another active cannabinoid, cannabidiol (CBD), might alleviate pain and lower inflammation without causing the high of delta-9-THC.

The website of The National Cancer Institute, which is part of the US Department of Health, indicates that 'cannabinoids may be useful in treating the side effects of cancer and cancer treatment'.

The website also adds that no ongoing studies of cannabis as a treatment for cancer in people have

been found in the CAM on PubMed database maintained by the National Institutes of Health. Yet, small studies have been done, but their results have not been reported or suggest a need for larger studies.

Cannabis and cannabinoids have been studied as ways to manage side effects of cancer and cancer therapies, including pain, nausea, appetite loss, as well as pain, and anxiety.

The National Cancer Institute suggests that laboratory and animal studies have shown that cannabinoids may be able to kill cancer cells while protecting normal cells. They may inhibit tumor growth by causing cell death, inhibiting cell growth, and blocking the development of blood vessels needed by tumors to grow.



Note that both explicitly declare that ongoing studies on the matter are mostly laboratory and animal studies, and the only published clinical trial on humans found “no significant clinical benefit.”

Researchers added that, at the time, there is a lack of evidence that recommends patients to inhale or ingest cannabis as a treatment for cancer-related symptoms or side effects of cancer therapy.

In US states where it is legal for medicinal application, cannabis has been commonly used by cancer patients as a way to alleviate pain.

However, The Cancer Research Charity cautiously explains that there isn’t enough reliable evidence to prove that cannabinoids, whether natural or synthetic, can effectively treat cancer in patients, although research is ongoing around the world. Therefore, even though cannabis and its derivatives may help to alleviate disease- and therapy-related symptoms, there is still no clinical evidence of its anti-cancer efficacy.

As medical mariju\*na can help with certain conditions, researchers investigate its possible positive effects on various diseases, including cancer. For instance, it has been recognized as one way of dealing with nausea caused by chemotherapy.

Also, one 2014 study on using cannabinoids and radiotherapy to tackle aggressive brain cancer has shown promising results, but we are still at the “inconclusive evidence” stage.

The FDA says that the claims that certain CBD-based products can kill off cancer cells or combat tumors in any way are simply unfounded, and companies should stop advertising them as anything close to being cures for cancer.

Yet, it also points out that we still don’t know enough about cannabis, but the recent moves



to legalize it urge scientists to gather detailed evidence about its effects on our body.

The agency also published a consumer update on its website to address some of the numerous claims surrounding this prevalent cannabinoid and attempts to dispel the notion that it is some kind of risk-free miracle drug.

On the website, the FDA claims that it recognizes the significant public interest in cannabis and cannabis-derived compounds, particularly CBD, but there are many unanswered questions about the science, safety, and quality of products containing it. Therefore, they now work on answering them.

It adds that CBD products are still subject to the same laws and requirements as FDA-regulated products that contain any other substance. Moreover, the FDA explains that it has not approved the use of any other CBD product that the one prescription drug product used to treat rare, severe forms of epilepsy.

**EDITOR’S NOTE:**

The article was previously published with a title: “U.S. Government Finally Admits Cannabis Really Does Kill Cancer Cells”, indicating that the National Cancer Institute (NCI) “admits that mariju\*na kills cancer”. However, this was later found to be untrue, as the NCI fact sheet clearly states that the use of mariju\*na in cancer patients is limited to “treatment of cancer-related side effects”, and that cannabis has not been approved for use in anti-cancer treatment.

What is true is that it argues that mariju\*na is used to alleviate various symptoms in cancer and other illnesses, and this has been supported by the NCI PDQ Summary on cannabis and cannabinoids.

The article also overstated the importance of the finding of “a men’s health study” that showed that cannabis use was correlated with a lower risk of bladder cancer. In reality, the study itself emphasizes the fact that it did not establish a cause-and-effect relationship.

Note that the studies featured in the NCI articles declare that ongoing studies on the matter are mostly laboratory and animal studies, and the only published clinical trial on humans found “no significant clinical benefit.”

While an increasing body of evidence shows that cannabinoids work against cancer cells from many angles, we still lack the demonstration that the in- vitro effects translate into any benefit for people living with cancer.

**Sources and References:**

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- [www.nbcnews.com](http://www.nbcnews.com)
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- [www.dietoflife.com](http://www.dietoflife.com)

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# DO ELECTRONICS CHANGE MY BRAIN?



In today's world of cell phones, tablets, video games, streaming, and more...we are constantly bombarded with information from electronic devices. The question on everyone's mind...are electronics changing the brain?

By Renee Chillcott, LMHC

While this topic is somewhat controversial and has been the cause of many debates, we are hoping to simplify the information by looking at two different areas. The first area being excessive use and the second area being specific effects on the brain.

There are obvious implications for excessive electronic use. As these have been common issues for adults in secretarial or technology fields, it is alarming that these are now common issues for children.

- **Bad Posture, Back Aches, Neck and Shoulder Strain**
- **Pain in Wrists — Carpal Tunnel Syndrome**
- **Eye Strain**
- **Headaches**
- **Stress**
- **Physical Fatigue**
- **Poor Sleep Patterns**
- **Obesity**
- **Compromised Immunity**

Now, if we look at the added implications of excessive use on children, we see interference in other areas such as:

- **Poor Socialization**
- **Poor education**
- **Privacy and Security**
- **Poor Physical development**
- **Mental Health impacts**

## HOW MUCH IS TOO MUCH AND HOW DO I KNOW?

Of course, it is possible to take advantage of today's technological advances without crossing the line to excessive...but where is that line? The term "excessive" is a vague one...what may be a lot to one person is quite minimal to another. Is there a right way or wrong way to monitor this?

The best way to tell if you or your child has crossed the line into the "land of excessive electronics" is to watch for these warning signs:

- **Depression**
- **Dishonesty**
- **Feelings of guilt**
- **Anxiety**
- **Feelings of Euphoria when using the Computer**
- **Inability to Prioritize or Keep Schedules**
- **Isolation**
- **No Sense of Time**
- **Defensiveness**
- **Avoidance of Work**
- **Agitation**
- **Mood Swings**
- **Fear**
- **Loneliness**
- **Boredom with Routine Tasks**
- **Procrastination**

For parents, you may have recognized that your child "is not acting like themselves" after playing video games, or after using a cell phone to watch youtube videos or play games. There was a time when the blame fell on the games. We would see violent video games as the cause for changes in mood for our children. But with the addiction to games such as mind-craft or Fortnite, it is becoming increasingly clear that the device, not the content, is the issue.

## ARE ELECTRONICS DAMAGING OUR BRAINS?

When we look at EEG firing pattern trends, it is becoming increasingly clear that electronics do have an impact on brain wave activity. Excessive High Beta activity has been noted in those that use electronics to excess. High Beta is a fast/excited/stress wave in the brain that is also responsible for adrenaline production. High Beta is also increased with sugar and caffeine use. Therefore, it is not a far reach to say using electronics right before bed, has the equivalent impact of eating candy or drinking a soda. The brain is stimulated and initiating sleep and REM cycles can be very difficult. Excessive High Beta can also cause irritability, moodiness, and anxiety/depression symptoms. Additionally, we are beginning to see a trend of brain wave activity showing that the brain has reduced levels of Delta, a calming hormone that should be in abundant production in childhood.



It is difficult to pinpoint the exact cause. These devices and games are both designed to reel a person in and make it difficult for them to stop playing. We once thought it was strictly the blue light causing the brain to be more alert and awake in the evenings, but we now know that there is much more to this and several factors are involved, and that the quality, quantity and timing of use can effect the changes on the brain.

### WHAT CAN I DO AS A PARENT?

**1. Remove exposure whenever and wherever possible.** The elimination of gaming devices in your home won't cease screen time all together and gaming can be easily found on phones and computers, however, the harder it is to use, the more likely, with a little time, that outside play resumes and other activities are revisited.

**2. Make a point to revisit other activities.** Encourage sports, extracurricular activities and games/hobbies to fill space that was once used for gaming.

**3. Limit gaming time.** If you decide to let gaming resume, limit the exposure, just as you would with candy and caffeine. Moderation and balance are key. And schoolwork/homework is best before gaming or screen-time.

**4. Give them enough time to shift out of "game mode" and shift their brain into a calm, relaxed state to initiate sleep.** Even if your body is physically exhausted to initiate sleep, it won't be restful if your brain is wide awake. Again, think about candy and caffeine and how close to bed- time you would allow that.

**5. Use relaxation techniques** to help your child shift out of the fast, High Beta state and into a calm and relaxed state. A mental time out may be necessary to improve mood and allow the brain to shift.

#### 6. Use Neurofeedback to help.

Neurofeedback can help. Neurofeedback can not only help reduce the overactivated symptoms specific to your child, but it can "retrain" the neural patterns in the brain so that electronic use is better managed or controlled throughout your child's life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the patterns in the brain.

### WHAT IS NEUROFEEDBACK?

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

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or

speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through an auditory reinforcement of "beeps" and sometimes through visual reinforcement of changes on the screen.

### WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

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

### WHAT IS AQEEG (QUANTITATIVE EEG) OR BRAIN MAP?

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

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

### IS THERE ENOUGH RESEARCH?

Neurofeedback has been researched since the 60's. Here are some resources for research. We have several journal articles, studies and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

#### Look up the work of:

*Dr. Joe Kamiya and Dr. Barry Sterman*

(Credited for earliest development of Neurofeedback).

#### Look for specific researched conditions:

<https://www.eeginfo.com>

<https://www.isnr.org>

<http://www.eegspectrum.com>

#### Print Resources:

*Journal of Neurotherapy*

*Neuroregulation*

*Applied Psychophysiology and Biofeedback*

*A Symphony in the Brain: The Evolution of the New Brain*

*Wave Biofeedback* (Curtain Up) Paperback –

31 May 2001 by Jim Robbins.

*Healing Young Brains: The Neurofeedback Solution*

Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.

### HOW DO I GET STARTED?

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



#### Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central

Florida and a Master's Degree in Psychology from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Acupuncture, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.



**7301 W. Palmetto Park Rd.  
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# All the Rage with Celebrities, The Vampire Facelift and Facial Can Give You Your Youthful Appearance Back



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

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

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

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

## Vampire Facelift

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

## Vampire Facial

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

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

## The O-Shot

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

## P-Shot®

Penile rejuvenation for peyronie's disease & erectile dysfunction.

## Vampire Breast Lift

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

## Aesthetic Treatment Centers

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# “Immediate Dental Implants”: What Exactly Does This Mean?

**M**any of our patients start their consultation for dental implants very confused from the numerous advertisements they have read. Often times, patients are not clear exactly what a dental implant consists of or how it can be used to help replace a missing tooth or teeth.

## THE BASICS:

**Teeth consist of 2 parts:** the Crown- the part you see when you smile and chew with and the Root- the part in the bone and under the gums that gives support. When teeth need to be removed and replaced (this can be due to a number of factors such as decay or bone loss), one option is to use a dental implant. An implant is often referred to as a “root placement”. When the entire tooth is extracted, the crown and root are removed. This leaves an empty space or socket in the bone where the old root used to live. An implant or “new root” can ultimately be placed in the site of the socket and over time the bone in the area can “glue” itself to this implant. Typically, this gluing can take around 3-6 months. Once this occurs, a new crown can be cemented onto the implant to complete the process of replacing the tooth.

Traditionally, when a tooth is removed, a bone graft is placed in the extraction socket to aid in regrowing bone in the site. After a period of healing, an implant is placed into the area with the newly formed bone acting as a support structure for this new root. Three to Six months after the implant has been placed into the area, a crown can usually be attached to complete the process.



## IMMEDIATE DENTAL IMPLANTS:

A more advanced technique that can be utilized involves placing the dental implant into the tooth extraction site at the time the tooth is removed. This can be very tricky as variations in bone anatomy, shape and hardness can impact the stability and position your surgeon can place the implant. On the positive side, research has shown that placing an implant at the time of tooth extraction may help preserve the jaw bone structure around the implant area. In addition, fewer procedures may be needed if the implant is able to be inserted in the same appointment.

Due to the additional complexity of this procedure, we find the use of a 3D x-ray (CT scan) of the mouth area to be critical to helping decide if the use of immediate implant placement is appropriate in each individual case. Having an in-depth knowledge of the anatomy, including location of the nerves and sinuses, can help identify the safest and least invasive approach.

No tooth replacement site is the same and success can vary patient to patient and site to site. In some situations, such as areas of significant infection, the traditional approach to implant placement may be a better option. The more information your surgeon has regarding the areas being considered for treatment can help increase success and assist with determining the best approach for your individualized needs.



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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# 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.

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# Developing Discipline

**H**ere's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: **WHY ARE YOU NOT DOING IT?**

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, "People who accept discipline are on the pathway to life, but those who ignore correction will go astray." NLT

**Here are three "Disciplines of Being Disciplined".**

## 1. Persistence – "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.



## 2. Advance Decision Making – "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

## 3. Delayed Gratification – "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood

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## Faith. A powerful element in fighting cancer.

Joyce Dean has more energy than most 70-year-olds. She’s full of stories about love, family and her days as the first African American professor at Edison Community College. 25 years ago, Joyce went for a routine annual physical. She was diagnosed with advanced multiple myeloma—a cancer with a grim prognosis at the time. She was referred to Florida Cancer Specialists, and she’s been a patient ever since.

Living with cancer hasn’t been easy, but with over two decades of compassionate, cutting-edge care, and a little faith, Florida Cancer Specialists has shown Joyce that when hope and science join forces, great outcomes can happen.

*“Without Florida Cancer Specialists, I wouldn’t be here.”*

*-Joyce Dean, Patient & Cancer Fighter*

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