

S O U T H F L O R I D A ' S

Health & Wellness[®]

MAGAZINE

January 2020

North Palm Beach Edition - Monthly

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FREE

**HEALTHY RESOLUTIONS
THAT CAN BOOST YOUR
HAIR'S HEALTH**

**NEW YEAR: NEW YOU!
WHAT YOU NEED TO KNOW
ABOUT A NEW ALTERNATIVE
TO OLD FASHIONED
LIPOSUCTION**

LIVE A SMART LIFE IN 2020

**WHAT IS A CLINICAL TRIAL AND
WHY ARE THEY IMPORTANT?**

**ACUPUNCTURE FOR
LONG TERM PAIN RELIEF**

Body Sculpting

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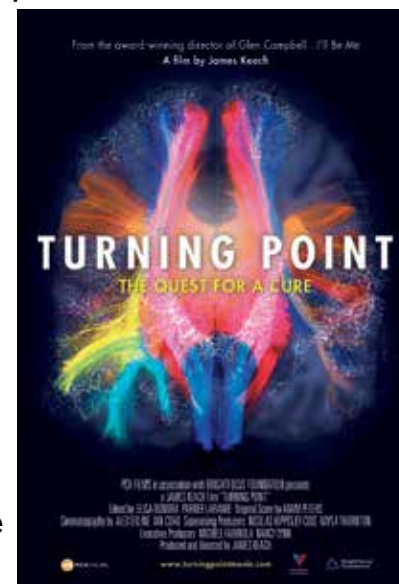
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11:00 AM - 2:00 PM**

TURNING POINT

THE QUEST FOR A CURE

Where will the future of Alzheimer's research take us? Join Dr. Mark Goldstein, JEM Research Institute Neurologist, and BrightFocus Foundation, a leading funder of Alzheimer's research around the world, for a screening of the documentary, Turning Point. Acclaimed filmmaker and director James Keach (Walk the Line, Glen Campbell...I'll Be Me) follows a team of researchers on the front lines of Alzheimer's research and captures the raw disappointment and renewed hope of those working to find a cure for this incurable disease affecting nearly 5.7 million Americans. A panel discussion will take place following the film.



Location:

South Florida Science Center
4801 Dreher Trail North
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RSVP: 301.556.9368

turningpoint_westpalmbeach.eventbrite.com



Healthy Resolutions That Can BOOST YOUR HAIR'S HEALTH

By Alan J. Bauman, M.D., ABHRS

Genetics play a key role in many hair loss cases, but it's important to realize there may be other contributing factors as well. In fact, there are a host of epigenetic (non-genetic) and other issues that can be contributing to your hair loss, such as illness, medications, stress, styling regimens and other habits that can all accelerate hair loss. Hair follicles, just like other parts of the body, such as the skin, bones, teeth, etc., require proper care, nutrition, and treatments in order to keep hair youthfully thick and resilient. While the hair strand itself isn't alive, 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.



As you begin putting your healthy resolutions into action, you may see the health of your hair improving as well. Here are some simple ways you can boost both your overall health and the health of your follicles.

Eat a healthy, balanced diet – Men and women who lack these key vitamins are more at risk of thinning and unhealthy hair – biotin, antioxidants, zinc, iron, Vitamin B and protein. Steep drops in these essential nutrients can force the hair follicles to shed their hair strands and go into a prolonged resting phase during which time no new hairs are grown. To ensure your hair stays healthy, or to give unhealthy hair a boost, make you're your diet is packed full of hair "superfoods," which include: lean red meat, fish, berries, pomegranate juice, beans, artichokes, and nuts. If you can stomach it, liver, with its abundance of iron, is one of the best foods for your hair.

DON'T SMOKE – Male pattern baldness or Androgenetic Alopecia has its "roots" in the male sex hormone Dihydrotestosterone, which triggers progressive miniaturization of the hair follicles, based on age and hereditary risk factors. Social

factors such as nutrition, diet, lifestyle, stress, medications all are believed to have an impact on the progression of male and female hair loss. Smoking restricts blood flow (think vital oxygen/nutrients/etc) to the skin and follicles, accelerating age-related changes. Researchers have recently shown that the more a man or woman smokes, the worse his/her baldness is likely to be – so add that to your list of reasons to quit!

TAKE YOUR VITAMINS – Nutritional supplements like professional-grade "SuperBiotin," Viviscal PRO--made from marine protein, or perhaps the multi-nutraceutical Nutrafol which has a version specifically for postmenopausal women – are good places to start when looking for a hair vitamin to give your hair a boost. Nutrafol Male and Female are exciting nutraceutical products because they target more than one possible trigger for hair loss and hair thinning, including inflammation, the effects of cortisol (stress hormones), free radical damage, and others. Nutrafol also has a new "HairBiotic," a probiotic specifically for optimizing your gut microbiome for absorption of nutrients and managing inflammation for good quality hair production.

DON'T STRESS – Stress affects the body in many ways; it is important not to underestimate the power of stress. However, usually, it takes severe, traumatic stress (like that related to a severe psychological or physical experience – a natural disaster, death in the family, or crash dieting) or chronic stress over time to cause hair loss. Some autoimmune diseases of the hair and scalp that cause patchy hair loss, like alopecia areata, can be precipitated or aggravated by bouts of stress.

CHECK YOUR MEDICATIONS – There are many prescription medications that are known to be associated with hair loss. Some of the commonly prescribed categories of drugs that can exacerbate hair loss include antihypertensives (blood pressure), cholesterol/statins, hormone replacement like thyroid, birth control, testosterone, etc., certain mood modulators/antidepressants, antibiotics, anti-acne, antifungals, chemotherapy agents and more. Always discuss these side effects with your doctor before stopping any medications and ask your Hair Restoration Physician what you can do for your hair if you need to use them.



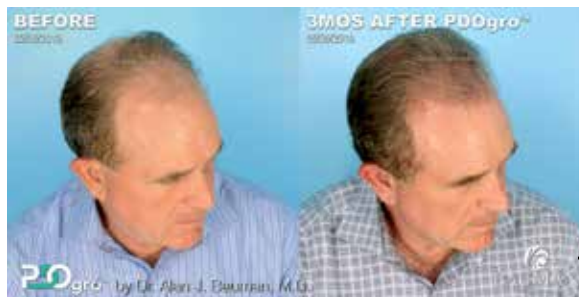
The first step is scheduling a consultation with a qualified Hair Restoration Physician.

GIVE YOUR SCALP SOME LOVE – New “Scalp Makeovers” are available to treat oily, dry, itching or flaking scalp as well as hair breakage, thinning and more. It’s sort of like a high-tech facial for the scalp. Evaluations start with a detailed scientific “Trico-Test,” performed by a trained trichologist and bespoke treatments range from sebum-regulating topical serums to scalp steaming and massage, moisturizing lotions, hair boosting stem cell-derived growth factors applied with microneedling, and organic transdermal patches.

If you’re worried about hair loss or thinning, or looking for ways to boost the overall health of your hair, it is important to consult with an experienced hair restoration physician – someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair



Before and 12 months after FUE Hair Transplant by Dr. Alan Bauman



Before and 3 months after PDOgro™ by Dr. Alan Bauman

regrowth. Patients should look for a doctor who is a full-time medical hair loss specialist who is certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).

For more information on how advanced hair restoration treatments can help you look and feel your best this year, please visit 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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TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A Hair Restoration Physician is a doctor who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and its treatment.
- Look for physicians who are board-certified by the American Board of Hair Restoration Surgery (ABHRS), accepted members of the International Alliance of Hair Restoration Surgeons (IAHRS), recommended by the American Hair Loss Association and who have achieved elite Fellow status with the International Society of Hair Restoration Surgery (FISHRS).
- Seek out a full-time specialized hair expert, not a doctor who is a “jack of all trades.”
- Due to the limited number of board-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and take advantage of online Virtual Consultations.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after photos and references, and, most importantly, ask questions. Get a second opinion if things don’t “feel right.”
- Medical doctors who do not specialize in hair restoration (general practitioners, cosmetic and plastic surgeons, dermatologists, etc.) may not be up to date on the latest evaluation and treatment methods and hair transplant techniques. This can lead to delays in diagnosis, subpar treatment results and, in some cases, complications.



New Year: New You!

WHAT YOU NEED TO KNOW ABOUT A NEW ALTERNATIVE TO OLD FASHIONED LIPOSUCTION

SMOOTHER THIGHS, A FLATTER STOMACH, SMALLER ARMS; HAVE YOU EVER THOUGHT ABOUT GETTING LIPOSUCTION, BUT DON'T WANT TO UNDERGO THE PROCEDURE DUE TO FEAR, AND THE RISKS OF SURGERY? WHAT IF WE TOLD YOU THERE WAS A BETTER WAY! A SAFE AND EFFECTIVE WAY TO FINALLY GET THOSE RESULTS.

SMART LIPOSUCTION

There is a non-surgical, in-office procedure that requires no general anesthesia so there is little to no downtime Smart Liposuction FAQs (rather than Smart Lipo) is a safe, fast, and effective fat removal and transfer to sculpt the body. Fat is removed from undesirable areas such as the abdomen and can be transferred to other more desirable areas of the body such as the buttocks (also known as a Brazilian Butt Lift), breasts, and face. Hello, fuller lips and less wrinkles!

SMART LIPOSUCTION ADVANTAGES:

- Sculpts your body by removing fat, stimulating collagen production and tightening skin.
- Safe, Fast and Easy – Uses local anesthesia only, so there's no general anesthesia risk.
- Walk-in & Walk-out: You'll be back to work or play in a day.
- Smart Liposuction gets superior results compared to regular liposuction.
- Treats Cellulite – The most effective treatment currently available for cellulite reduction.
- Fat cells are permanently removed.

SMART LIPOSUCTION FAQs

Is There Any Pain or Discomfort?

While pain and discomfort are relative and experiences will vary, the procedure uses only local anesthetic and involves minimal discomfort, if any.

How Long Does the Procedure Take?

Time to perform the procedure varies depending on the amount of fat to be removed and the specific areas, but typically requires only 1-2 hours.

Can Both Women and Men Get the Procedure?

Of course! Many women AND men choose the procedure to reduce abdomen fat. The procedure can help achieve the goals of both women and men by removing fat.

Can the Procedure Tighten Loose Skin on my Abdomen?

Smart Liposuction is highly effective for reducing fat on the abdomen and other areas of the body. It may result in some skin tightening in the treated area. However, liposuction is not a skin tightening treatment. To get you the results you desire. Smart Liposuction performs laser treatment during your procedure to tighten loose skin.

How Many Procedures Are Usually Required to See Results?

Every patient's procedure plan is customized to meet their specific goals. The quantity of Smart Liposuction procedures needed to achieve desired fat reduction results is dependent on the volume of fat reduction desired and the number of areas selected.

SMART LIPOSUCTION CAN SCULPT YOUR NEW BODY BECAUSE IT IS THE MOST EFFECTIVE FAT REMOVAL PROCEDURE TO DATE – RESULTS ARE IMMEDIATE AND STUNNING!

Joint Commission Accreditation Allows 4 Liters of Fat to be Removed which is times More Fat than other Non-accredited facilities may ONLY remove 1 liter of fat by law*

- Astonishing results – You will see for yourself stunning Before & Afters during your consult of others who had similar bodies
- Laser during the procedure stimulates collagen and tightens skin
- Safe, Quick, Easy – Back to work in a Day*



BRAZILIAN BUTT LIFT – LIPOSUCTION WITH FAT TRANSFER TO BUTTOCKS

The Brazilian butt lift procedure can re-shape the upper quadrant of the buttocks so that the butt is lifted and “perky”. Dr. Neil Goodman is a pioneer of the Brazilian Butt Lift, an amazing figure enhancing surgery. Laser Liposuction Body Sculpting sculpts a new figure which can give you the figure you desire but Dr. Neil Goodman is also a fat grafting expert. Fat Transfer to the buttocks is called a Brazilian Butt Lift and delivers a shape laser liposuction alone can’t match.

ABOUT NEW RADIANCE

New Radiance’s practitioners are the experts in their field. Our Board Certified surgeons have performed more than 7,000 Smart Liposuction procedures. Our facility is accredited, earning The Joint Commission’s Gold Seal of Approval. This credential allows our experts to remove



and transfer 4x the amount of fat (4 liters vs. 1 liter for non-accredited facilities).

Check out New Radiance Patient testimonials to see why so many people trust New Radiance with their face and body!

PROCEDURE COSTS & LIMITED TIME SPECIALS

With our accreditation and experience, we are able to offer Smart Liposuction for \$2,000-\$5,000 less than other area surgeons. Affordable financing starts at around \$100 a month. **For a limited time, save an additional \$500 on Smart Liposuction by mentioning this article.**

We recommend you contact us to schedule a free consultation. Our smart liposuction surgeons will be able to provide answers to specific questions as to the results you can obtain.

*“I highly recommend Dr. Goodman! He is wonderful. His staff is amazing and very accommodating! His follow up is great, and makes sure you are completely Satisfied!!” – Kimberly **

*“New Radiance Florida Liposuction has done for me what years of diet and exercise couldn’t. I had a double chin and wobbly underarms so that short sleeves were embarrassing. Now, my unflattering upper arm fat is gone and my neck and chin make me look 40 pounds lighter plus my skin feels smoother and tighter. Sleeveless clothes are now part of my wardrobe again for the first time in years.” – Sandy **

*“I definitely had problem fat on my abs, hips, and thighs lower buttock area and it made it difficult for me to get clothes to fit my figure. The exercise and dieting routines I did didn’t effect those areas. There are several SmartLipo centers that I could go to but I chose New Radiance Florida Liposuction because I had a friend who also had the procedure done there and she looked great. I felt safer going there considering that it was an Accredited Facility. I am so glad that I did as I am now a well-sculpted and happy client with a beautiful derriere.” – Tracy B **

*“Following the delivery of third child, I was left with a tummy with a bulge of fat that and nothing I did could persuade it to go away. I also had sagging, loose skin that I felt it looked terrible. I didn’t ever want to put a bathing suit on again. Smart Lipo Ultra laser liposuction at New Radiance Florida Liposuction perfected my tummy, leaving me looking almost the way I looked like prior to my kids, doing wonders for my figure and self confidence. I can now even wear a bikini. Thank you New Radiance.” – Barbara Simon **



Dr Neil C Goodman,
MD, PC, PhD, FACOG, FAACS

Dr Neil C Goodman is Board Certified and has performed more than 5,500 procedures in smart liposuction, fat transfer to buttocks, fat transfer to breasts, fat transfer to face, aesthetics treatments and laser treatments. Dr Goodman is ready to help you achieve your body sculpting goals!

Dr Neil C. Goodman has expert-level skills and experience in liposuction procedures, liposuction with fat transfer to buttocks, breasts and face and body sculpting and esthetic treatments.

Dr Goodman has performed over 5,500 smart liposuction and fat transfer procedures transforming and sculpting patients to their personal goals. With his vast experience in tumescent lipolysis techniques, he trains doctors to perform smart liposuction and fat transfer to breast, buttocks and face. Dr Goodman is a Fellow of American Academy of Cosmetic Surgery and American Society for Lasers in Medicine & Surgery. He is the Lead Investigator and luminary for laser lipolysis equipment for Palomar Medical Technologies.

Dr. Goodman has performed over 10,000 cosmetic procedures including: smart liposuction; fat transfer to buttocks, breast and face; neuromodulators; dermal fillers; and fractional skin resurfacing treatments.

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WHAT IS A CLINICAL TRIAL AND WHY ARE THEY IMPORTANT?

Clinical trials are the building blocks upon which all new medications owe their existence. Without a clinical trial performed using a new medication, it would be impossible to know if the medication worked, much less what, if any, side effects it had. Literally no new treatments for any existing condition could be developed unless subjected to the rigorous testing performed during a clinical trial.

So, what exactly is a clinical trial, how is it performed, and who regulates it?

A clinical trial is conceived by a person(s) or an organization (typically a pharmaceutical company), interested in PROVING that a particular medication (or device) works better than either placebo (sugar pill), or the currently accepted treatment for that condition (standard of care). In the most common type of a clinical trial, called a “double blind, randomized” trial, neither the patient, the physician charged with overseeing the trial (the Principal Investigator), or anyone else at the research site or in the patient’s family, knows

if the patient is getting the study medication or the placebo (double blind). The choice is made arbitrarily, typically by a computer (randomized). Both the likelihood of receiving the actual study drug (instead of placebo) and the length of the trial may vary considerably depending on which drug and condition is being studied. When all the subjects required have been enrolled in the trial, often numbering in the thousands, and the trial duration has been reached, often lasting 2 or 3 years, the data can be analyzed to draw conclusions regarding the drug’s effectiveness and side effect profile. All of these activities are under great scrutiny from entities called institutional review boards, as well as by the FDA at the federal level.

Currently, billions of dollars are being directed towards finding a cure for arguably America’s greatest health care crisis, Alzheimer’s Disease. It has been estimated that there are 5-6 million Americans who suffer from this progressive, fatal condition which steals the very essence of who the poor sufferer once was, leaving the physical shell, but stealing the underlying personality and other features which combine to make us who we are as individuals. The annual cost of this blight has been estimated at \$18.3 million/hour,

or \$236 billion/year, and the number of afflicted increases each year.

It is no wonder that there are currently dozens of Alzheimer’s clinical trials being offered by many, if not most, of the world’s largest and most respected pharmaceutical companies devoted to finding a cure, or at least a treatment that will arrest or slow the inevitable progression of cognitive deterioration. Each of these companies has committed the hundreds of millions to billions of dollars it costs to run a single trial. Great strides in this quest have been made, but the lynch pin to this endeavor, the “sine qua non”, is the person and family who volunteer to participate in the trial, giving his or her body and time in an effort to potentially benefit themselves, but also millions of others. Without volunteers, it would be impossible to move the needle of science forward.

I urge anyone who is concerned about a memory disorder, or specifically Alzheimer’s Disease, to seek a discussion with a specialist, preferably one who is familiar with the research “landscape”, to better understand the options available for treating this terrible scourge. Not only might you benefit, but your children and their children as well.



Mark A. Goldstein, MD, CPI
Board Certified Neurologist
and Internist

Enrolling Clinical Trials

- Memory Loss
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- Mild Cognitive Impairment
- Alzheimer’s, all stages
- Parkinson’s disease
- Multiple Sclerosis

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WE ALL WANT TO LOOK AND FEEL OUR BEST, BUT SAVVY PATIENTS TODAY WANT TO AVOID COSMETIC SURGERY SINCE THERE ARE ALTERNATIVE NONINVASIVE PROCEDURES THAT ARE INCREDIBLY EFFECTIVE. THESE PROCEDURES OFFER IN-OFFICE TREATMENT AND MUCH LESS EXPENSIVE. MD BEAUTY LABS OFFERS GROUNDBREAKING TECHNOLOGY FOR THEIR PATIENTS THAT PROVIDES SURGICAL-LIKE RESULTS WITH NO INCISIONAL SCARS, LESS DOWNTIME, AND LONG-LASTING RESULTS.

In a recent study, led by Dr. Dayan, a Plastic and Reconstructive Surgeon at Massachusetts General Hospital, the effects of combined non-invasive aesthetic procedures were analyzed on various patient demographics to weigh the effectiveness on skin tightening.¹

“The demand for minimally invasive solutions to avoid traditional operative treatment continues to increase. RF (radiofrequency) technology has emerged as an effective method to safely tighten skin and reduce underlying adipose tissue. As our armamentarium expands, we have the opportunity to treat large portions of the population who were previously considered premature or borderline candidates for excisional operations. In our experience, combination RF technology (RF microneedling and bipolar RF) advances and broadens our ability to achieve tissue retraction that does not reliably occur with other energy-based devices and liposuction alone.”¹

INNMORE, a well-known medical device company that's the premier expert of combined RF technology, has been featured on news outlets and in print like The Doctors, Vogue, NBC, and EXTRA. MD Beauty Labs in West Palm offers only the most reliable and innovative procedures for their

patients. That's why MD Beauty Labs has INNMORE devices available in their two office-settings.

WHAT ARE THESE ADVANCED PROCEDURES?

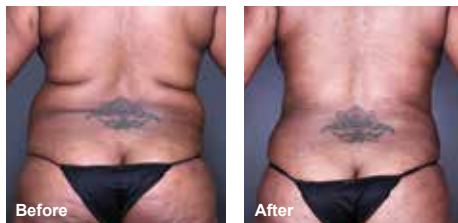
BODYTITE (treats the body)

BodyTite is a minimally-invasive device for body contouring delivering results previously only achieved through excisional procedures. BodyTite is powered by directional RF, resulting in three-dimensional tissue remodeling through fat coagulation and volumetric heating. The coagulation of fat using RF-induced heat results in radio-frequency assisted lipolysis (RFAL).

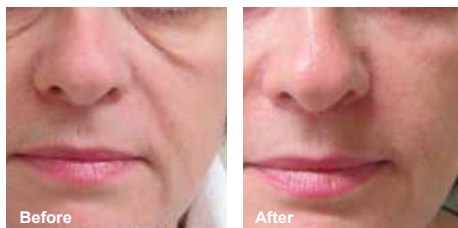
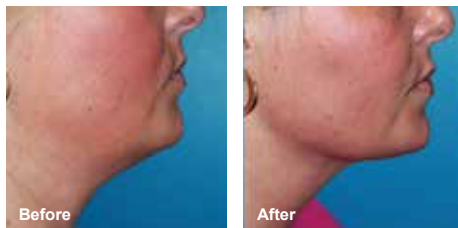
Multiple areas can be treated in one visit such as stomach, arms, chest, knees and inner and outer thighs.²

FACETITE (face and neck)

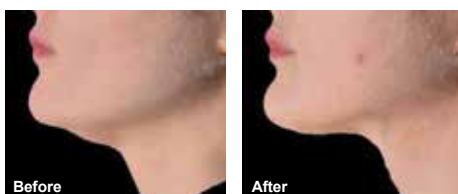
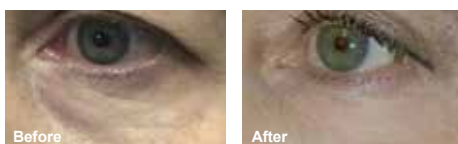
In just one treatment, FaceTite can provide significant improvements to the contour of the face and small body areas. Using RFAL technology, FaceTite is the next best thing to a traditional facelift, without the associated large scars and downtime. Any areas on the face and neck with saggy skin can be treated. This includes the double chin, jowls and other areas with deep lines and loose skin.²



BODYTITE



FACETITE



ACCUTITE

ACCUTITE (face, neck and smaller areas of the body)

AccuTite makes focal RF treatment without excisional surgery. AccuTite is based on RFAL technology delivering precision heating to remodel adipose tissue. It treats the brows, periorbital region, nasolabial fold, lower face, and neck. On the body, patients can receive AccuTite for the axilla, upper arms, abdomen etching, inner thighs, knees, and areas for women's health and wellness.²

MORPHEUS8 (body contouring, face, and neck)

Morpheus8 is a novel technology that lets the operator discover new depths. It is the first and only full-body fractional technology adjusted for subdermal tissue remodeling, dermal treatment, and epidermal resurfacing. Morpheus8 is the deepest fractional technology with penetration up to 4000 microns.²

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DANIELA DADURIAN, M.D., MEDICAL DIRECTOR

Daniela Dadurian, M.D., specializes in anti-aging medicine, laser treatments, and cosmetic medicine. She's traveled the world to research the safest and latest technologies on the market to provide you with the best possible treatments and care.

Dr. Dadurian received her medical degree from the University of Miami School of Medicine and is board-certified in anti-aging and regenerative medicine, as well as laser surgery. Her expertise in anti-aging techniques and her passion for excellence are reflected in the attentive personal care she gives each patient.

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Medical Director, Daniela Dadurian M.D.

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* Board Certified Laser Surgery

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

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REDUCING YOUR RISK OF CANCER

Diet, exercise and getting recommended screenings are some of the ways to lessen your risk of getting cancer.

As we begin the new year, many of us will make resolutions to get healthier. Even though most Americans know that we should make healthy choices, such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings, following these recommendations can often be difficult. Getting healthy is definitely worth the effort because, according to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer.

Each year, over half a million Americans die of cancer; the startling news is that about one-third to one-half of these deaths are linked to lifestyle choices and, potentially, could have been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get to and stay at a healthy weight throughout your life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 30.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if there is a family history of cancer.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, basal cell and squamous cell carcinomas, are highly curable. Melanoma, the third most common skin cancer, is much more dangerous.

By now, most people know a sunscreen should be used when you are going to be outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 30 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps and examining your skin, head to toe, every month for any changes. You should also have a doctor examine your skin annually.



SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that in the United States smoking causes about 90% of lung cancers; in fact, smokers are 15-20% more likely to get lung cancer than non-smokers. Tobacco products, such as cigars or pipes, also increase the risk for lung cancer, as well as throat and mouth cancers. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

ANOTHER REASON TO STOP SMOKING – BLADDER CANCER

Bladder cancer is the fifth-most diagnosed cancer in the U.S. This year, it is estimated nearly 15,000 people will die from the disease. But here's a real shocker... people who smoke are four times as prone to the malignancy as nonsmokers – especially women. About half of all bladder cancer cases in women age 50 and older are now traceable to smoking. In addition, current smokers are four times more likely to develop bladder cancer than people who have never smoked.

THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30-40% of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fat, processed foods and sugar, is generally considered healthier and can boost your immune system to help fight diseases such as cancer.

World-Class Cancer Treatment Close to Home

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

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



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Teeth the Same Day: Yes This Treatment is a Possibility

One of the most amazing possibilities dentistry can offer is providing a patient new teeth the same day. Magical transformations can help replace a single missing front tooth or whole mouth of teeth. These therapies are well researched and have a great deal of success in certain circumstances.

HOW DOES IT WORK:

Teeth the same day is a general description for placing one or more implants in the mouth and locking crowns on them right away. This bypasses the traditional waiting period and allows teeth to be inserted right away. The procedure can provide a wide range of treatment options for many patients who need to replace failing or missing teeth.

A number of techniques can be used to help a patient get new teeth the same day. The options for treatment may vary as no patient typically has the exact same needs. For example, a person who has all of their teeth but has an accident which knocks out a single front tooth, is different than someone who is wearing a full denture and has no teeth.

In either case, a dental implant or implants can be placed in the mouth to act as a support beam for crowns. Remember, a tooth has 2 parts, the crown you see when you smile and the root which anchors it in the bone. When a whole tooth is extracted, an empty socket remains in the bone. A dental implant is simply a root replacement. This new “root” can often be placed in the empty socket and over time becomes glued to the bone. Traditionally, once an implant is inserted, we wait a number of months (can range from a few to 6 or more) for this gluing to occur.

An important aspect for receiving teeth the same day is the determination of how “snug” the implant

fits in the bone or socket at the time of the procedure. We know that ultimately the implant will likely glue to the bone, but determining the initial stability helps decide if we can place a crown on the implant right away. If the implant is not sufficiently “snug”, attaching a crown to it immediately might cause the implant to loosen and fail. This is similar to putting a pole in wet cement and then moving the pole around. In this case, the pole will likely come out. The key to success of using implants for immediate support of teeth is the bone quantity and quality present in the area being considered for treatment.

AM I A CANDIDATE:

Teeth the same day is a very successful approach, but it is not applicable in all cases. A patient with vast infection in the bone is very different than a patient with excellent bone that fell and broke a tooth. In addition, an individual’s overall health history and medications may greatly impact success. An in-depth evaluation and a 3D CT scan are very important in determining the bone present in the treatment areas. This evaluation will help see if sufficient bone remains for treatment planning this type of procedure.

Teeth the same day can offer many patients a fantastic way to rebuild their smile and chewing ability with little downtime. The procedure is not for everyone and for every case. A great deal of skill and careful evaluation is needed to successfully plan and execute this advanced procedure.



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 **Periolase 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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ACUPUNCTURE FOR LONG TERM PAIN RELIEF

It's hard to believe that it's 2020, but with the New Year in full swing, isn't it time you finally did something about your pain? Are you tired of masking your symptoms with harmful drugs that are never going to treat the root cause of your condition?

Over 115 million people suffer from various types of chronic pain disorders ranging from fibromyalgia, osteoarthritis, neuropathy, back, hip and neck pain to name a few. Whether trauma or degenerative disease has caused your pain, the consensus is usually the same; people want their pain to go away. But how do you know that the options you've been given are right for you?

The World Health Organization (WHO) recognizes acupuncture as an effective treatment of acute and chronic pain. Acupuncture is a safe and natural method of pain management that has no harmful side effects. Pain medication can further damage





the internal functions of the body. Acupuncture addresses the root of the problem by opening the meridians or energy pathways that have been blocked by trauma, stress, disease, poor diet, and lifestyle choices.

- *Low back pain*
- *Neck pain*
- *Herniated disk*
- *Knee pain*
- *Headaches*
- *Nerve pain or damage*

ACUPUNCTURE

Acupuncture is an ancient form of Traditional Chinese Medicine that dates back over 5,000 years. It is based on the theory that energy (Qi) moves through the body using specific pathways (meridians). An imbalance in the flow Qi or energy moving through the meridians may cause a physiological effect in the body over time. Stress, poor eating habits, lack of sleep, hormonal imbalances, and strenuous activity may cause the body to become symptomatic. Symptoms such as, pain, anxiety, depression, fatigue, insomnia, food cravings, irritability, brain fog, indigestion, and heart palpitations may occur if harmony is not restored to the Qi flow of the internal body.

TREATMENT DESCRIPTION

Acupuncture Physicians use sterile, thin, single use, disposable needles to activate specific points on the body to stimulate a healing function. A slight pinch, tingling, or burning sensation may

occur at the site of the needle insertion for a brief moment. A typical acupuncture treatment may last 20-30 minutes. This time allows the body to relax and make internal changes. Acupuncture causes the brain to release endorphins a natural opiate-like effect may occur. The analgesic like effect is very helpful in the treatment of pain. Also, a feeling of euphoria may occur after an acupuncture treatment due to the release of endorphins.

The World Health Organization (WHO) recognizes acupuncture to be effective for more than 35 common illnesses.

These are Just a few Conditions Acupuncture can Benefit:

- *Pain*
- *Anti-aging*
- *Allergies*
- *Nerve injuries*
- *Digestion*
- *Emotional Issues*
- *Increases Energy*
- *Headaches*
- *Immunity*
- *Addictions*
- *Sleep Disturbances*
- *Weight Management*
- *Women's Health and Hormonal Balance*



For over 20 years, **Dr. Yanhong Meng** has been practicing acupuncture and antiaging. 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.

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 State Certified, IV & Oral Sedation
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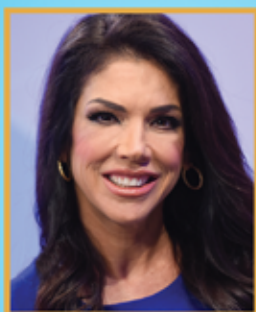


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SmartLife is a NEW daily, entertaining and upbeat TV show that brings you reliable and accurate health and wellness information. Hosted by lifestyle expert Kathy Buccio, former news anchor Olga Villaverde, and TV spokesperson and actor Derek Latta, **SmartLife** helps fuel your healthy lifestyle with the latest health news from the experts. The show features powerful patient testimonials that help improve your physical, emotional and mental health. Learn about topics like nutrition, anxiety and depression, men's and women's health, emotional well-being, sexuality, longevity, pregnancy and baby care, diabetes, and so much more.

MEET THE HOSTS



Olga Villaverde began her TV career as a morning show reporter and anchor in 1992. She has worked for ABC and NBC in several large news markets, including Miami, Houston, Phoenix and New York City, covering major stories like Hurricanes Andrew and Katrina. Olga has also worked as a medical representative, with a focus on women's health issues.



Kathy Buccio has almost 20 years of TV experience, working as a producer on Access Hollywood, E! News and Extra TV, and interviewing people in the entertainment world. In addition to red carpet reporting, Kathy is also an accomplished lifestyle writer for publications like People, Ocean Drive, Miami.com, Vogue en Español, and presents regularly on TV shows like NBC 6 in the Mix, Acceso Total 51, and Un Nuevo Dia.



Derek Latta is a professional actor, commercial photographer, and TV spokesperson. He has co-starred and guest started on TV shows like Burn Notice, Magic City, America's Most Wanted, History Channel, Discovery Channel, Prisionera (Telenovela) and much more. In addition, Derek has appeared in hundreds of local and national TV commercials and dozens of independent films.

The Health Channel, a service of South Florida PBS, is the first TV channel of its kind, offering a uniquely designed concept that connects you with medical and well-being specialists in real time, promoting healthier lifestyle options. In partnership with prestigious organizations, the service aims to empower you with the most up-to-date information, enabling you to take more control of your and your family's health. To complement the live interactions with medical and well-being specialists, **The Health Channel** offers a robust companion digital platform that provides access to specialized services.

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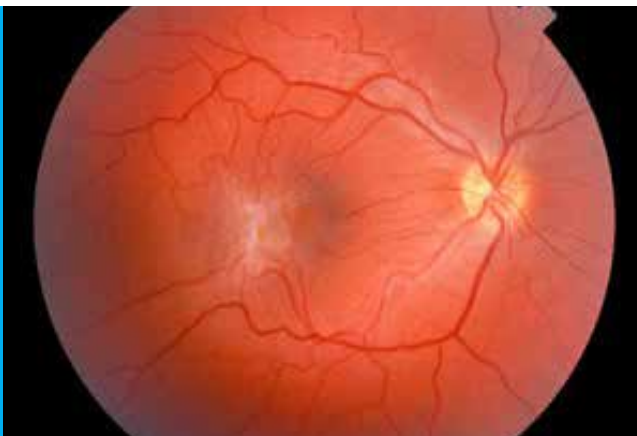




WHAT IS A MACULAR PUCKER?

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

A macular pucker (also called an epiretinal membrane) is a layer of scar tissue that grows on the surface of the retina, particularly the macula, which is the part of your eye responsible for detailed, central vision.



The macula is the small area at the center of the eye's retina that allows you to see fine details clearly. The retina is a layer of light-sensing cells lining the back of your eye. As light rays enter your eye, the retina converts the rays into signals, which are sent through the optic nerve to your brain where they are recognized as images. Damage to your macula causes blurred central vision, making it difficult to perform tasks such as reading small print or threading a needle.

As we grow older, the thick vitreous gel in the middle of our eyes begins to shrink and pull away from the macula. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or become swollen or distorted.

MACULAR PUCKER CAUSES

As you age, the vitreous – the clear, gel-like substance that fills the middle of your eye – begins to shrink and

pull away from the retina. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or bulge.

Other eye conditions associated with macular pucker include:

- **Vitreous detachment;**
- **Torn or detached retina;**
- **Inflammation (swelling) inside the eye;**
- **Severe trauma to the eye (from surgery or injury); and**
- **Disorders of the blood vessels in the retina, such as diabetic retinopathy.**

MACULAR PUCKER SYMPTOMS

With a macular pucker, you may notice that your central vision is blurry or mildly distorted, and straight lines can appear wavy. You may have difficulty seeing fine detail and reading small print. There may be a gray or cloudy area in the center of your vision, or perhaps even a blind spot.

Symptoms of macular pucker range from mild to severe. Usually macular pucker affects one eye, although it may affect the other eye later. Vision loss can vary from none to severe vision loss, although severe vision loss is uncommon. A macular pucker does not affect your side (peripheral) vision.

For most people with macular pucker, their vision remains stable and does not worsen over time.





MACULAR PUCKER DIAGNOSIS

During an eye exam, your ophthalmologist will dilate your pupils and examine your retina. You may have a test called fluorescein angiography that uses dye to illuminate areas of the retina.

Another test called optical coherence tomography (OCT) is helpful in making an accurate macular pucker diagnosis. With OCT, a special camera is used to scan your retina. It measures the thickness of the retina and is also very sensitive at detecting swelling and fluid.

OCT can also diagnose macular abnormalities that are too small to be seen in an examination or with angiography.

MACULAR PUCKER TREATMENT

For more severe symptoms, a surgery called vitrectomy is recommended. The surgery is usually performed as an outpatient procedure in an operating room. During surgery, your ophthalmologist uses microsurgery instruments to remove the wrinkled tissue on your macula and to remove the vitreous gel that may be pulling on the macula. Sometimes an air or gas bubble is placed in the eye to help the retina heal or to seal any tears or holes.

After the tissue is gone, the macula flattens and vision slowly improves, though it usually does not return all the way to normal. After the operation, you will need to wear an eye patch for a few days or weeks to protect the eye, and you may need to do some particular head positioning if an air or gas bubble was placed in your eye during surgery. You will also need to use medicated eye drops to help the eye heal.

In most cases, while vision improves after macular pucker surgery, it generally does not return to normal. It can take up to three months for vision to fully recover. On average, about half of the vision lost from a macular pucker is restored; some people have significantly more vision restored, some less. In most cases, the visual distortion of macular pucker is significantly reduced.



The Retina Institute of Florida

Lauren R. Rosecan

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

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

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“CUT” YOUR TUB?

WHY THIS EASY, INEXPENSIVE PROJECT CAN ADD SERIOUS HOME SAFETY

ONE DAY BATH’S TUBCUT® ADDS CONVENIENCE AND PROTECTION FOR ALL AGES



When was the last time you faced the need for a home project that you knew would absolutely solve your problem and also go easy on your wallet?

For most homeowners, there’s usually an endless list of modifications and renovations that we need to make as both we and our homes age. And if you’re like most people, you put off projects that have more to do with your own safety or comfort.

But chances are, you or someone you know has had to deal with everyday aches and pains, arthritis, bad knees, foot or ankle problems, a handicap or overall mobility problems, aging in place, acting as a caregiver, or general worries about slip and falls in the bathtub.

You’ve probably already heard that there are ways to make your bathtub more accessible, but pushed the thought to the back of your mind because you’re worried about how long your bathroom is going to be out of commission, the cost of the project, and even if having your bathtub modified is actually going to serve its intended purpose.



WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.

If a person has difficulty lifting his or her legs over a traditional tub wall, then a portion of that tub wall can actually be cut and removed, then refinished. The cutout reduces the lift required to step or swing one's legs into the tub, and instead turns it into a walk-in shower. The modification can be done in less than one day. Even better? The cut portion of the tub can be saved, and the project can be reversed if you want to sell your home and not lose value.

"We can do this without disturbing the plumbing or making a big deal of construction. We're in and out of there in half a day, and then the customer is using their shower and their bathroom again by the next morning," says Paul Echavarria, owner of One Day Bath for the past two decades. "We also have no problem with doing a complete reversal for this project, and once that's complete, you would never know what that tub looked like before. It's seamless and waterproof. The whole entire tub gets resurfaced so that when we're done, the tub looks brand new again."

Since the original TubcuT® was first offered on the market, there have been a number of national companies offering what looks like an identical product and service. One Day Bath, however, points out that with TubcuT®, the user chooses how wide the opening is and where it starts and ends. This allows the panels to structurally become part of the tub through a strong bonding process. The panels are also made of a durable material that is easy to clean, and your tub's color can be matched perfectly to the panel's edge for a seamless look and watertight construction. Competitors use plastic caps or one-piece inserts, and their products are typically attached to the tub with caulk only and don't have any of the versatility of the TubcuT®.

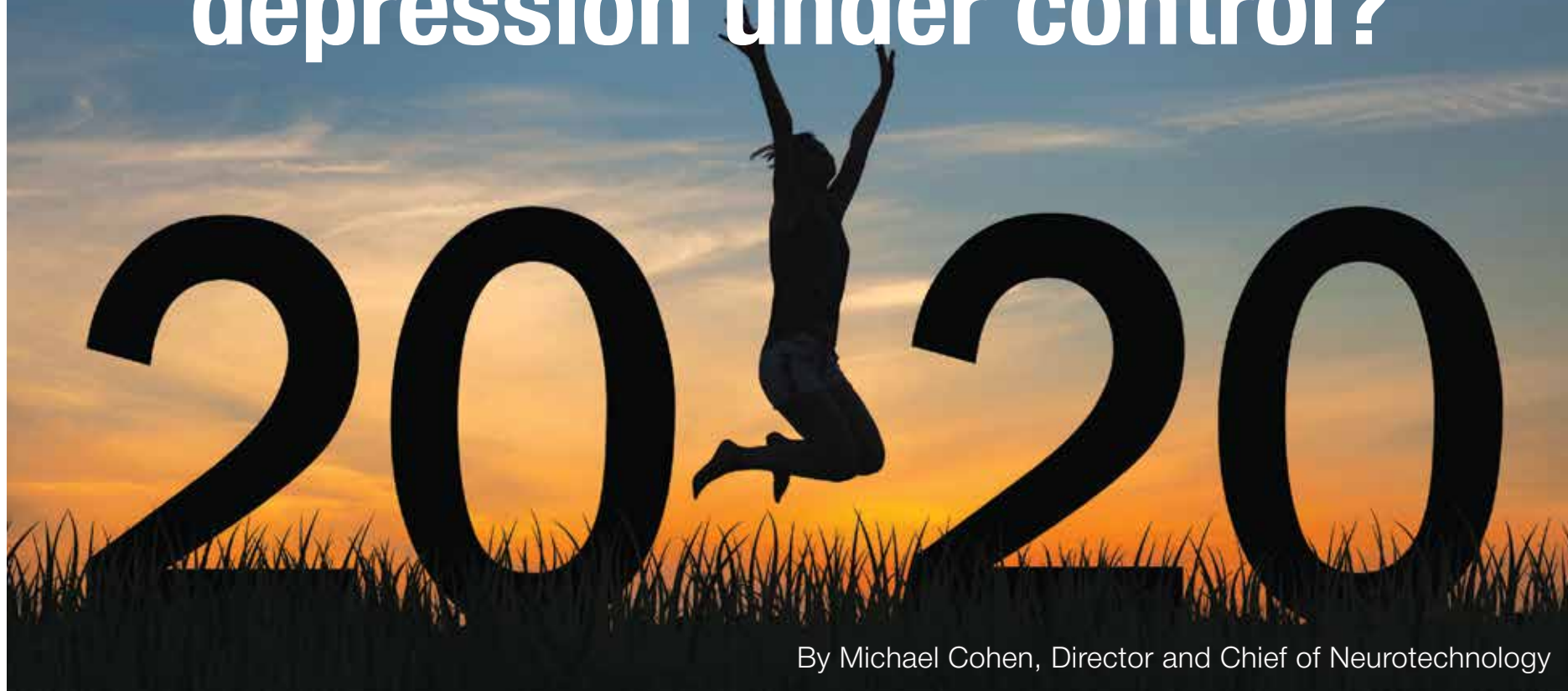
"YOU WON'T HAVE ANYMORE TROUBLE GETTING IN AND OUT OF THE BATHTUB WITH TUBCUT®"






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What's your "2020 VISION" for getting your anxiety and depression under control?



By Michael Cohen, Director and Chief of Neurotechnology

How do you live the next decade in a better mood,  handling stresses better,  or sleeping consistently well? 

There's technology that helps you change your brain – that gives you hope that this decade will be different than the last. It's called neurofeedback.

All is possible when your brain is balanced, "firing on all cylinders," and better able to "switch gears" when life demands it.

More harmonious relationships? More success in school or at work? Get more done? Reduce the need for medications for anxiety, depression, sleep or attention?

Neurofeedback and biofeedback have been around for 50 years. It's offered by therapists, psychiatrists, neurologists, chiropractors and other practitioners in the health care field who want a non-drug way to help their patients.

Concerned your situation is too complicated?

Our center has been using neurofeedback and biofeedback for more than 20 years. Every brain is unique. We customize our program to every individual.

What is neurofeedback?

Neurofeedback is a non-invasive, non-drug way to help your brain become more flexible, stable and functional. It harnesses the power of the brain to change itself (neuroplasticity).

Sensors on your head measure your brainwaves (nothing goes into your head). A computer analyzes those brainwaves in real time, then "talks back" to your brain using customized sounds and images. This feedback promotes positive brain activity such as relaxation, focus and attention and encourages growth and improvement in the links and connections in the brain.

At the same time, the program discourages the type of brain activity which causes anxiety, depression or interferes with learning. With repetition, it's easier for your brain to reach its desired state in order for you to feel better – all occurring while you relax!

Below are some common conditions we work with:

Anxiety/Panic

Neurofeedback, when used in conjunction with nutritional supplements and, sometimes, our body biofeedback system (BioRegulation Therapy), trains your brain to calm and quiet itself and to stay calm, even in the face of your usual triggers. When your brain can stay calmer and “switch gears” appropriately (calm down when there’s no danger), there’s typically less need for medications, and you become better at handling situations and thoughts that trigger anxiety or panic.

Depression

The brains of people with depression need more “Up.” They’re too inwardly focused and find it hard to get out of themselves. You can train your brain to be more active, more externally focused and less stuck in thoughts that consume you. Neurofeedback training can help your brain be more flexible, less stuck and better able to respond and adapt appropriately to situations.

Sleep problems

There are no medications that teach you to sleep better on your own. The key to good sleep health is the brain being able to regulate itself.

“That’s something neurofeedback does really well, and I recommend it to many of my patients,” said Iza Boesler, M.D., a sleep medicine physician and Medical Advisor for Sleep at our center. “When it comes to sleeping, neurofeedback is priceless. It works far better, without side effects, than any prescription or non-prescription medication on the market. It allows the brain to calm down and engage in a natural sleep pattern.”

Attention challenges

Neurofeedback has been used on thousands of children (and adults) with attention issues, with remarkable results, some of it documented in published research studies.

In one study led by Vincent Monastra, Ph.D., 100 children, ages 6 to 19, who were diagnosed with ADHD, were treated with Ritalin and parent counseling. Fifty-one of those children also received EEG biofeedback. Significant improvement was observed among all participants during the study, but only those who received neurofeedback maintained those gains when the Ritalin was discontinued. In other words, the medication didn’t solve the underlying issue. Neurofeedback apparently did.

Chronic pain

Pain is a brain thing. One model suggests that over time, more and more of the brain starts focusing on pain signaling. Our BioRegulation Therapy uses body biofeedback, combined with neurofeedback, to help break that cycle and turn off the focus on pain.

BioRegulation Therapy has produced results with people who were “stuck in their pain” and unable to find other help. This technology seems to help the nervous system turn down out-of-control pain signaling – and greatly reduce pain. To learn more about whether you’re a good fit for this technology, call our office or look at our website under <https://www.centerforbrain.com/conditions/chronic-pain/>.

Who can do neurofeedback?

Children 3 or older and any adult – no matter their age.

What is the success rate of neurofeedback?

The success rate commonly quoted by clinicians and in published scientific research for neurofeedback for certain conditions is 75%-80%. However, more neurofeedback research needs to be done to accurately state efficacy rates.

That being said, certain conditions respond more quickly than others. Anxiety, sleep issues and migraines typically improve rapidly.

What are the risks of neurofeedback?

In over 50 years of usage, no long-term negative effects have been identified. Sometimes a person may notice a short-term increase in symptoms as the brain adjusts to a new pattern. This increase in symptoms usually goes away rapidly on its own or can be minimized easily by a trained clinician’s adjustment of the treatment protocol.

Can you do neurofeedback if you’re taking medication?

Yes.

Intrigued? Want to know more?

The Center for Brain Training offers two ways to learn about neurofeedback – and both are completely free.

***Free consultation with me**

***Monthly information meeting**
(check our website for dates)

We welcome your calls, emails and texts, so get in touch today!

Learn more about neurofeedback at our free informational seminar

**Wednesday,
January 15, 6-7:15 p.m.**

Call **561-744-7616**

for details or visit
www.CenterForBrain.com

About the Center for Brain Training

The Center for Brain Training is staffed by a team of compassionate professionals whose mission is to enhance the lives of people suffering from a variety of conditions that can be significantly improved with the help of neurofeedback and other brain technologies.



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.



**CENTER FOR
BRAIN**

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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

- Age
- Trauma
- Postural Imbalance
- Repetitive strain or overuse
- Abnormal gait pattern
- 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. Their medical practitioner will inject directly into your knee joint using a high-tech medical device called a fluoroscan to pinpoint the exact location intended with extreme accuracy, which provides the best possible outcome from each injection.

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
- 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. Please call **(561) 721-0492** now to schedule your appointment. To learn more, please visit their website at advancedspineandjoint.com or **Facebook page**.

**ADVANCED SPINE
&
JOINT INSTITUTE**

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West Palm Beach, FL 33411
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RejuvaWAVE®

ReGAIN Your Sexual Vitality with RejuvaWAVE® the Gold Standard in WAVE Therapy for ED

Want to put the spark back in your relationship? REJUVAnation Medical Center offers two revolutionary procedures RejuvaWAVE® and RejuvaEnhancement that turn back the clock on sexual vitality and vigor. With these advanced procedures, men of all ages can enjoy a spontaneous, active sex life once again, as they did in when they were much younger.

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



RejuvaWAVE®

only available at Simply Men's Health

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

RejuvaEnhancement® Amniotic Stem Cells

- REPAIR
- REGENERATE
- RESTORE

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

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

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



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

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

The medical center, specializing in regenerative medicine, also treats and cures other common issues, including hair loss and low testosterone, and uses stem cell therapies for anti-aging, sports injuries, knee pain, arthritis and chronic conditions.

- RejuvaWAVE® Shockwave Therapy to Cure ED and Peyronies Disease (PD)
- Non-Surgical Hair Restoration
- RejuvaEnhancement Priapus Shot
- Bio-Identical Testosterone Hormone Replacement
- Umbilical and Amniotic Stem Cell Therapies for Auto Immune Conditions and Chronic Diseases
- Knee and Joint Umbilical and Amniotic Stem Cell Therapies
- IV Anti-Aging Regenerative Medicine
- Medical Profiles Special Advertising Section

50% Off complete RejuvaWAVE 12 treatments

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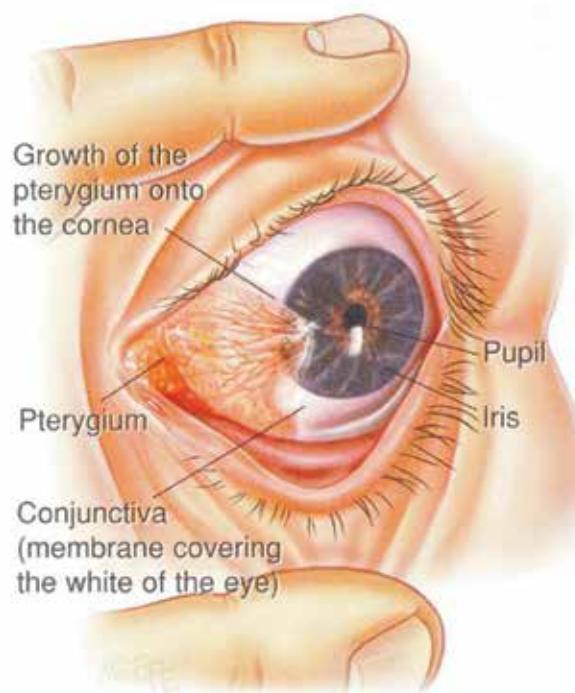
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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.

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SELFIES



A **SELFIE** is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “Let us make human beings *in our image, to be like us*. . . So *God created human beings in his own image*. In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “. . . we are God’s *masterpiece*. . .” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made*.” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers

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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

-Joyce Dean, Patient & Cancer Fighter

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