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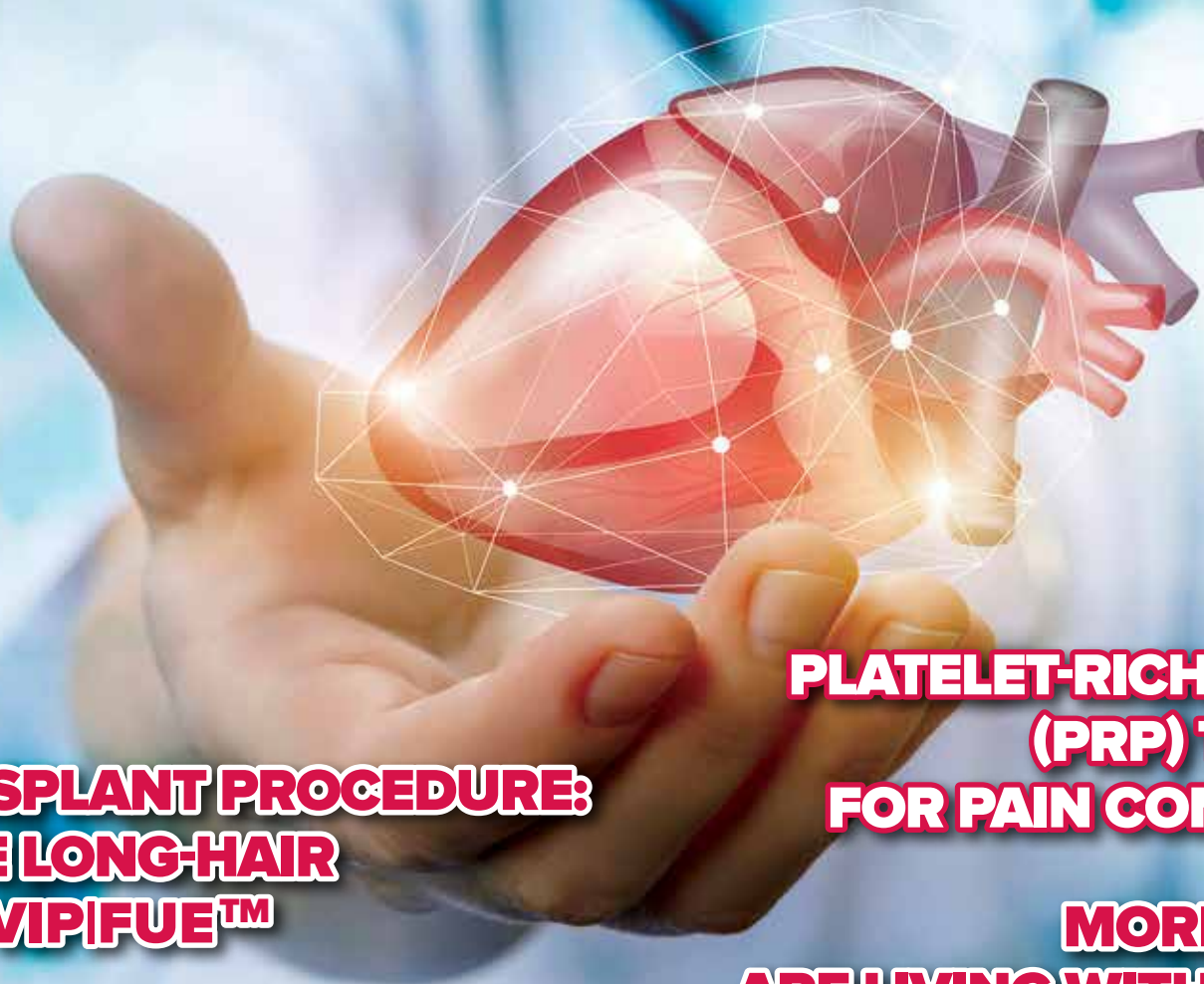
February 2020

South Palm Beach Edition - Monthly

www.sflhealthandwellness.com



FREE



**NEW TRANSPLANT PROCEDURE:
"NO-SHAVE LONG-HAIR
PREVIEW" VIPIFUE™**

**SENIOR INFORMATION CENTERS
HELPS SENIORS PRESERVE AND
PROTECT ASSETS**

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

**MORE PEOPLE
ARE LIVING WITH CANCER**

**HOW TO NATURALLY
INCREASE JOINT MOBILITY**

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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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- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
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- Endymed
- YLift Non-surgical Facelift
- Vaginal Rejuvenation

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6 Senior Information Centers Helps Seniors Preserve and Protect Assets

8 NEW Transplant Procedure: "No-Shave Long-Hair Preview" VIP|FUE™

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

12 A 3D Non-Surgical Facelift

14 More People Are Living with Cancer

15 What Is Graves' Disease?

16 How To Naturally Increase Joint Mobility

18 Having Trouble Getting in & out of the Bath? TubcuT® Has the Answers

21 All the Rage with Celebrities, The Vampire Facelift and Facial Can Give You Your Youthful Appearance Back

22 Are You Tired of Those Unwanted Areas of Bulges and Fullness?

Why CoolSculpting® Is the Answer for so Many!

24 Why Is My Child Struggling In School

26 For Those Who Suffer Painful Spinal Fractures, Balloon Kyphoplasty May Provide Welcome Relief

27 Can Gum Loss Cause Jawbone and Tooth Loss?

28 Acupuncture for Long Term Pain Relief

30 A New Cataract Surgery for Those with Macular Degeneration

31 Spiritual Wellness: All You Need Is Love

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Senior Information Centers

Helps Seniors **PRESERVE AND PROTECT ASSETS**

Developing a comprehensive plan for financial preservation is essential to help seniors avoid costly mistakes and prevent financial devastation.

Senior Information Centers, an umbrella network of licensed Florida professionals, provides comprehensive estate planning services that help seniors preserve and protect their assets. The company, with offices in Boca Raton, Sarasota and Ocala, serves seniors and their families throughout Florida.

“It’s never too late or too early for seniors to plan for protecting their assets,” said

Stephen D. Wolfe, Elder Planning Specialist and Certified Senior Advisor, who founded Senior Information Centers in 2001 along with his business partner Bryan Plonsky. “They should educate themselves so they can understand their options. Many seniors may mistakenly believe that planning is very expensive, but Senior Information Centers provides an affordable way for them to preserve their valuable assets.”

The company brings together a team of experts including elder care attorneys, Medicaid and Veteran’s Administration (VA) specialists, paralegals, certified financial planners and accountants who provide a wealth of information and help

seniors and their families develop comprehensive plans for asset preservation. They provide services in four major areas of concern to seniors: legal, illness, taxes and investments.

Legal services include the development of tools such as a Living Will, Durable Power of Attorney, Healthcare Surrogate Designation or HealthCare Power of Attorney (which are only \$33 each) and Deeds and Trusts.

Services related to illness help seniors reposition their estates properly to preserve assets and help them qualify for government benefits, whether for home care, assisted living facilities or nursing homes.



The company brings together a team of experts including elder care attorneys, Medicaid and Veteran's Administration (VA) specialists, paralegals, certified financial planners and accountants who provide a wealth of information and help seniors and their families develop comprehensive plans for asset preservation. They provide services in four major areas of concern to seniors: legal, illness, taxes and investments.

Tax advisors review portfolios to eliminate unnecessary taxes on investments and IRAs. While Senior Information Centers professionals are not stockbrokers with securities licenses, they deal with no-risk, tax-deferred secure investments that keep seniors' assets fixed, guaranteed and insured.

The firm's target clients are primarily seniors in their 70s, spouses, adult children and other family members. Senior Information Centers markets its services throughout the community to assisted living facilities, nursing homes, caseworkers and hospital discharge managers.

"Sometimes after a medical crisis involving a hospital stay, seniors end up in rehabilitation centers with no plan of attack," said Wolfe. "Senior Information Centers can show them all their options, rough out a plan and give them hope that assets can be preserved and benefits attained."

Wolfe noted that the company's professional's turn over every rock from "today until death" to make sure an action taken today will not negatively impact their financial future.

"For example, achieving Medicaid qualifications can be a daunting task," he said. "Giving away assets to children may trigger the five-year look back, which means the senior will not qualify for Medicaid benefits. Veterans also make mistakes with improper planning that makes them ineligible for Medicaid."

Veterans, their spouses and their widows may be entitled to VA benefits to help offset their out of pocket medical expense. Senior Information Centers helps clients regardless of their level assets or income. The attorney offers reasonable fees for development of legal documents or planning services. There is no cost or obligation for consultations. Telephone consultations are available for clients' families who live out of state.

Currently, Senior Information Centers serves 8,000 clients in Florida. Frequently, business comes from word-of-mouth referrals.

"Your involvement with us through the various challenges we faced, which extended even beyond our father's ultimate passing, was most exemplary and supportive," wrote a client's adult children. "We are truly thankful that someone who has a caring attitude, knowledge and resources to help manage elder-care issues is available for families struggling with these emotionally charged issues."

Stephen and Bryan stress the importance for seniors to have a full, comprehensive plan to preserve and protect their assets – not just piecemeal documents here or there. "In every area, there's a way seniors can be robbed of their dollars." "We show them how to protect their assets in every aspect of their life."

**For additional information about
SENIOR INFORMATION CENTERS,
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NEW TRANSPLANT PROCEDURE: “No-Shave Long-Hair Preview” VIP|FUE™

By Alan J. Bauman, MD, ABHRS

It is every patient's goal to have his or her hair restored in a way that is safe, comfortable, and of course, undetectably natural – this goal is now more attainable than ever, thanks to a new advanced transplant procedure.



BAUMAN MEDICAL IS PROUD AND EXCITED TO ANNOUNCE THAT WE ARE OFFERING A NEW BREAKTHROUGH FUE TRANSPLANT PROCEDURE TO OUR PATIENTS – VIP|FUE™.

So what exactly is VIP|FUE™?

This new, minimally invasive hair transplant procedure offers patients all the advantages of traditional minimally-invasive FUE including no staples, no stitches, no-linear-scar, and a more comfortable and less restricted downtime when compared to outdated invasive linear FUT “strip” harvesting. It is also the only transplant procedure that does not require any trimming or shaving of the donor area. Additionally, VIP|FUE™ also boasts the unique benefits of the Long-Hair Preview aspect of the technique, which allows you to see the results of your transplant immediately after your procedure – making it the ultimate experience in minimally-invasive hair transplantation.

A Look at the Key Benefits of VIP|FUE™

Long-Hair Preview allows you to see the results of the transplant immediately after the procedure

- NO hair is trimmed for the procedure; ALL hair remains the same length. Hair follicles are extracted from the donor area and implanted into the recipient area without ANY trimming of hair whatsoever.

- No Linear Scar to Hide
- Less Restricted, Shorter, More Comfortable Downtime
- No Stitches or Staples
- No Shaving, No Trimming of Donor or Recipient Hair
- Reduced Cosmetic Downtime

This new procedural process was developed as an expansion and extension of the current advanced FUE offerings at Bauman Medical. Thanks to the addition of a new state-of-the-art extraction tool, Dr. Bauman and his surgical team are now able to extract hair follicles directly from the donor area without trimming or shaving – a HUGE bonus for patients looking to discreetly treat their hair loss. Available and suitable for both men and women, the VIP|FUE™ technique, coupled with Dr. Bauman's renowned artistic ability, enables both the process and the results of your hair transplant to remain undetectably natural.

While this new procedure is very exciting for patients, there are a few potential downsides to be aware of. Because the procedure involves harvesting in areas that contain long hair, visibility can be an issue, which means that careful precision is necessary for a successful transplant, which could result in the transplant taking up to twice as long as other FUE methods. Due to the advanced technology and added length of the procedures, VIP|FUE™ is more expensive – but it is important to keep in mind that there are many factors to consider that will impact the cost of your transplant, but our team will help you find the best option to help you meet your transplant goals.

Is VIP|FUE™ right for you?

This new procedure is ideal for patients wanting to keep their procedure as close to 100% undetectable as possible with the shortest possible cosmetic downtime.

However, while many potential patients may be interested in the benefits of VIP|FUE™, not every-



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



Before and after FUE Hair Transplant
by Dr. Alan Bauman

the donor area, or a partial, hidden or “stealth-shave.” Dr. Bauman and his team do not offer FUT (strip-harvesting) because of the restricted downtime, discomfort and risk of linear scarring associated with the procedure.

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

one is an appropriate candidate. You should have a private, one-on-one consultation with Dr. Bauman to determine if VIP|FUE™ is right for you. Luckily, even if it is determined that a VIP|FUE™ isn't the right choice for you, there are other alternatives, including a complete wide-shave or full-shave of

To learn more about the VIP|FUE™ or to schedule an appointment with Dr. Bauman to discuss your goals and determine if you are a candidate, please visit www.baumanmedical.com or call 561-220-3480.

OTHER ADVANCED FUE OFFERINGS AT BAUMAN MEDICAL

VIP|FUE™ joins these other advanced FUE transplant techniques available at Bauman Medical, contact us today to see which is right for you.

- **SmartGraft FUE:** SmartGraft is an FDA-cleared mechanical, minimally-invasive surgical hair transplant instrument that works as an extension of the surgeon's hand, allowing the removal of individual follicular units from the donor area located at the back of the patient's scalp which are then implanted into the bald areas. This means no scalpels, sutures, or staples for the patient in the donor area--leaving absolutely NO linear scar.
- **ARTAS Robotic-Assisted FUE System:** The FDA-cleared ARTAS robot is a state-of-the-art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using the FUE technique. The robot's sophisticated micron-level precision allows patients to benefit from an unprecedented level of safety; accuracy, efficiency, and comfort during their hair transplant procedure.
- **NeoGraft FUE:** The original “game-changing” device for Follicular Unit Extraction is still in use today to help surgeons extract grafts from the Donor Area without leaving behind a tell-tale linear scar. Just be sure your surgeon is an experienced full-time hair restoration physician, not just someone who's added NeoGraft to a full menu of cosmetic services.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRS
Hair Loss Expert

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated over 20,000 hair loss patients and performed over 9000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of “10 CEOs Transforming Healthcare in America” in Forbes.

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

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

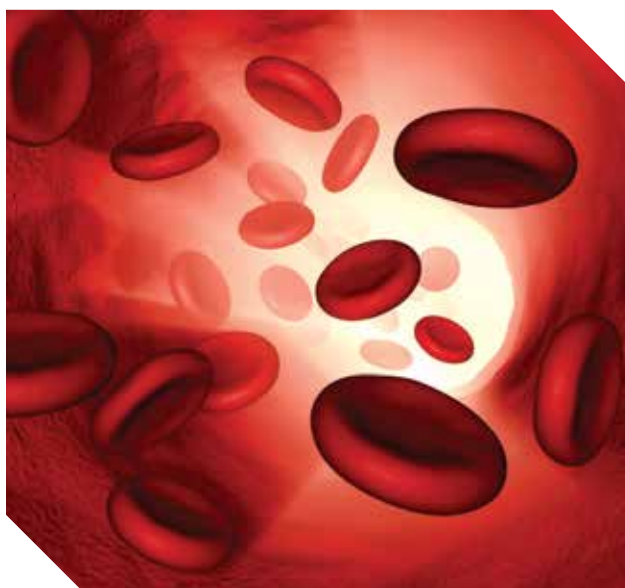


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Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions



PLATELET-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 freeze 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 no definitive 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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A 3D- NON SURGICAL FACELIFT

MORE AND MORE MEN AND WOMAN WOULD LIKE TO OBTAIN A REFRESHED, MORE “RESTED” LOOK WITHOUT HAVING TO UNDERGO AN INVASIVE SURGICAL FACELIFT.

I have spent years trying to find the most effective non-surgical therapies to maintain a youthful look without having to go under the knife. In 2020 I’m excited to report that I have developed my own signature “3D non-surgical facelift” that combines a few different modalities in order to address all aspects of facial aging “in a natural way”.

It is important to understand aging and what causes aging of the face in order to successfully improve the appearance.

Let me explain why we get the “tired” look as we age. First, muscles on the forehead, frown lines, and crows feet start to form permanent lines and wrinkles. Then sun damage, takes a toll on our skin by causing deep lines and skin discoloration. Next, Volume loss in the face results in skin sagging, in addition to losing volume in the face that makes us look “hollow and aged.” A surgical facelift addresses only one aspect of aging, which is repositioning loose skin. If done without considering the other aspects of aging it could result in the flattened “pulled’ look that looks very unnatural. When we think of natural looking facial rejuvenation we need to address the four Rs.



Restore – volume

A great part of facial aging is due to volume loss in the face. We have amazing fillers now that can restore volume.

Resurface – skin texture

Weathered skin can be refreshed with a resurfacing device, my favorite is Morpheus8, a microneedling with radio frequency device that resurfaces skin as well as tightens it.



Relax – strong muscles

Frown lines, forehead lines and crows feet, are due to muscle movement. Relaxing the muscles that form the lines with neuromodulator, like Botox relax those unsightly wrinkles.



Reposition – loose skin

This is my favorite procedure now with the use of silhouette Instalift threads. Reabsorbable sutures with Sculptra cones are used to effectively lift sagging jowls and neck skin. My signature “3D non-surgical facelift” addresses the four “Rs” of facial aging to accomplish the most natural look possible with minimal to no downtime.

I strongly believe that a keen aesthetic eye as well as a skillful hand are necessary to restore a natural “rested” look using combination therapy, losing, fillers, neuromodulators and now Instalift resolvable sutures to look our best for our age.

Each client is individually assessed by me to find the right combination of fillers, threads, and technology to achieve their best look.



Medical Director, Daniela Dadurian M.D.

- * Board Certified Anti- Aging Medicine
- * Board Certified Laser Surgery

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

The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by Florida Board of Medicine.



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MORE PEOPLE ARE LIVING WITH CANCER

According to the American Cancer Society, there are more than 15.5 million Americans with a history of cancer who are alive today; 1.34 million of those survivors are here in Florida. The evolution of cancer treatment over the last 40 years has resulted in much better outcomes for patients; today more people are living with cancer than ever before.

WHAT CAUSES CANCER?

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent or, more commonly, acquired during a person's lifetime due to environmental factors, such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system's ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

Remarkable advances have been made in the treatment of cancer, especially over the past two decades. Through research, we have learned that each person's cancer is actually a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly effective targeted treatments and immunotherapies that are based on a patient's unique genetic profile. Genetic sequencing of a patient's tumor can help identify which drugs or treatments will be most effective for that individual.



Today, millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet for many types of cancer, the disease is something that can be managed, and many people can live with cancer when it is being controlled by treatment.

Early detection and diagnosis, as well as advances such as immunotherapies and targeted treatments (most of which are available in pill form) are also making it possible to live with cancer and continue to have a good quality of life. Further, improvements in chemotherapy and secondary medications to manage side effects, such as nausea or fatigue, offer better outcomes for patients than ever before.

WORLD-CLASS CANCER CARE CLOSE TO HOME

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

CLINICAL TRIALS LEAD TO TOMORROW'S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In recent years, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life. For more information, visit FLCancer.com



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WHAT IS GRAVES' DISEASE?

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

Gra ves disease is an autoimmune disorder that leads to over activity of the thyroid gland (hyperthyroidism). The gland produces hormones that regulate your body's metabolism (the process by which the body transforms food into energy).

When Graves' disease affects the eyes, the condition is known as thyroid associated ophthalmopathy (TAO) or thyroid eye disease. Graves' disease usually appears before age 40.

Too much thyroid hormone along with circulating antibodies may cause the soft tissues and muscles that surround the eye to swell. Structures within the eye's orbit – the bony space in which the eyeball sits – include muscles, blood vessels and nerves. When these structures swell within the enclosed space of the orbit, the eyes protrude or bulge. This may lead to problems moving the eyes, often resulting in double vision, one of the more common signs of thyroid ophthalmopathy.

GRAVES' DISEASE SYMPTOMS

Graves' disease causes wide-ranging symptoms, some of which are related to the eye and others that are not. Graves' disease symptoms that are not related to the eye include

- Anxiety;
- Irritability;
- Difficulty sleeping;
- Fatigue;
- A rapid or irregular heartbeat;
- A tremor of hands or fingers;
- An increase in perspiration or warm, moist skin;
- Sensitivity to heat; and
- Weight loss, despite normal eating habits.

Thyroid disease and the eye Graves' disease can affect the eyes in multiple ways.

- **Eyelid retraction.** The combination of eyelid swelling and eye protrusion sometimes causes the eyelids to retract and reveal the sclera (the white part) of the eye.
- **Eye protrusion.** This occurs when the muscles around the eyes swell, which pushes the eye forward. People

with this condition look as if their eyes are bulging or they are staring.

- **Dry eye.** Because of protrusion and eyelid retraction, the eyes are more exposed to the environment. This causes blurred vision, light sensitivity, dry eye, excessive tearing, irritation and inflammation.
- **Double vision.** Muscle swelling may cause double vision.
- **Eye bags.** Eyelid swelling can cause tissue around the eyes to bulge forward.

WHO IS AT RISK FOR GRAVES' DISEASE?

Women are much more likely to develop Graves' disease than men. Graves' disease usually appears before the age of 40. Having a family history of Graves' disease also increases your risk.

Other factors that can increase your risk for Graves' disease include:

- Smoking, which also increases your risk for developing eye problems from the disease;
- Pregnancy or recent childbirth;
- Stress; and
- Having an autoimmune disorder, such as rheumatoid arthritis or type 1 diabetes.

GRAVES' DISEASE DIAGNOSIS

To determine if you have Graves' disease or thyroid eye disease, your ophthalmologist will examine your eyes to see if they are irritated or protruding.

As part of a physical exam, your doctor will also check your pulse and blood pressure, and look to see if your thyroid gland is enlarged. Blood work may also be ordered to check the levels of thyroid hormones. Your

Eye M.D. may also recommend a CT scan, which can help show swelling of certain eye muscles.

GRAVES' DISEASE TREATMENT

If thyroid hormone levels are irregular, reducing the overproduction of thyroid hormone may be necessary. The eye problems associated with Graves' disease may be treated by non-surgical and surgical methods.

Non-surgical treatment may include taking steroid medications by mouth to control swelling and inflammation of the eye muscles, wearing sunglasses frequently to relieve light sensitivity associated with thyroid eye disease, and applying lubricating ointment to relieve dry eye.

Surgical treatment for thyroid eye disease may include the following:

- Surgery of certain eye muscles to help treat double vision;
- Eyelid surgery to treat eyelid retraction and help protect the eye;
- A procedure called orbital decompression for certain advanced cases of thyroid eye disease. This procedure, aimed at treating eye protrusion, consists of creating targeted breaks in some of the orbital bones to allow the swelling to expand to other areas and not push the eyes outward.



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Lauren R. Rosecan

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

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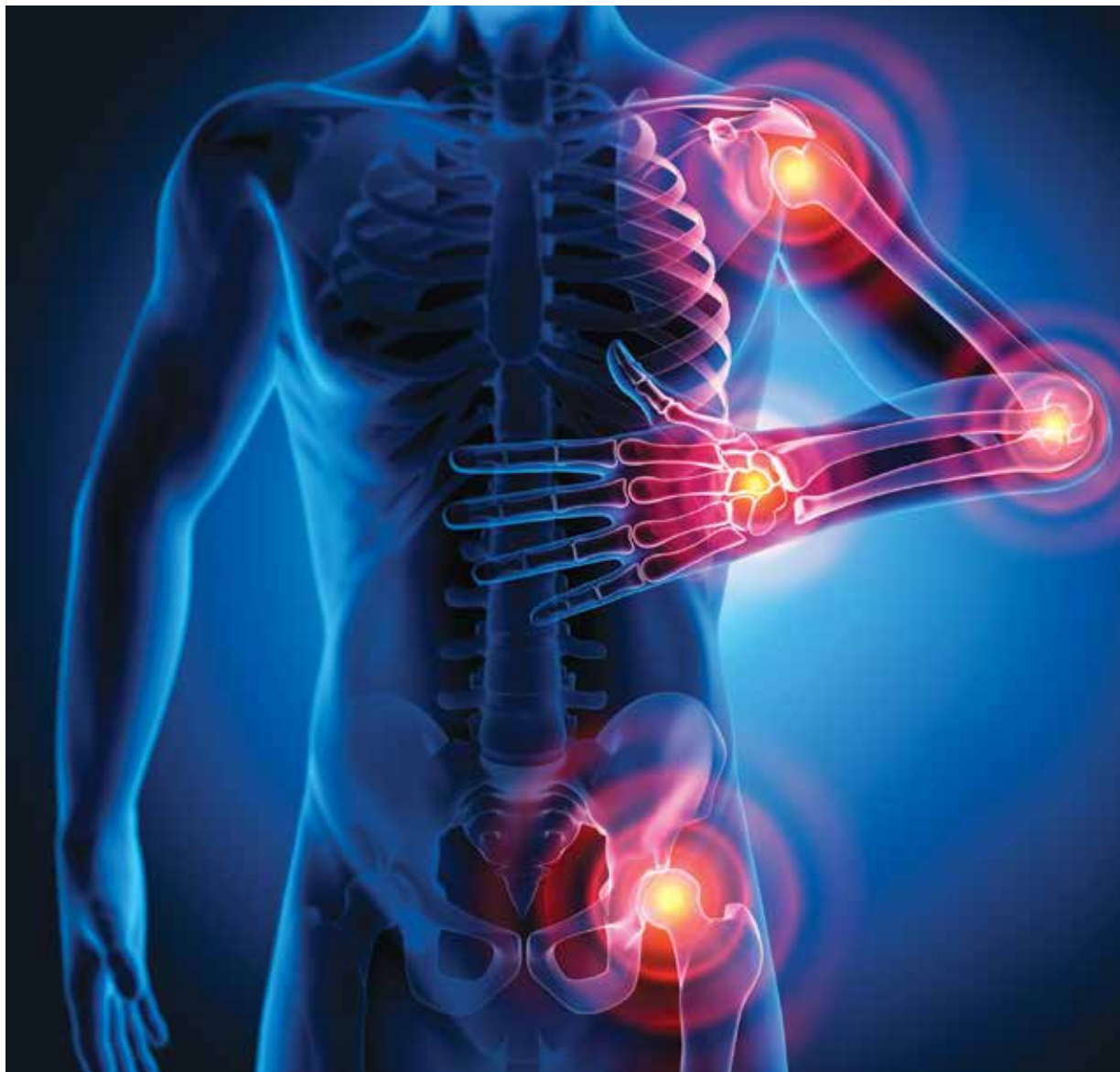
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HOW TO NATURALLY INCREASE JOINT MOBILITY



Are you one of the many people who have problems with joint mobility or joint discomfort?

Most people, including doctors, do not believe that diet and the right supplements can have such a profound effect on our joints, skin, and connective tissue despite the accumulating research. There is a huge gap between the tremendous complexity of the human organism and the rudimentary data on which doctors now base diagnostic and therapeutic decisions.

In this article I review the most common methods recommended by doctors and other medical professionals to deal with joint discomfort. Why not be proactive about our own general health? Why not learn how to prevent or reverse your problems without waiting for symptoms to show up?

THE DETAILS

Joint mobility and joint discomfort are very common problems. One national study reported that about one-third of adults have a problem with one or more joints.

Knee pain was the most common complaint, followed by shoulder and hip pain, but joint pain can affect any part of your body, from your ankles and feet to your shoulders and hands.

As you get older, painful joints become increasingly more common. To understand why it happens we need to know how the joints work.

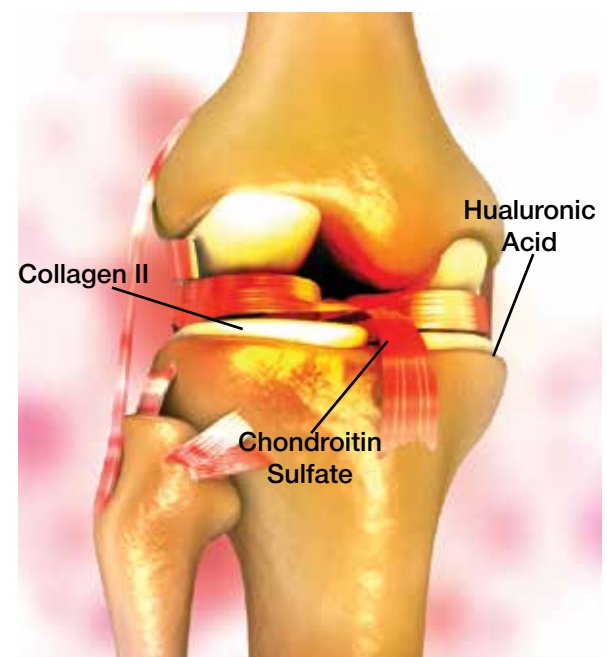
HOW THE JOINTS WORK

Joints are movable connections between two bones. The joint surfaces of the bones are covered with a layer of cartilage.

This layer is between 0.2 and 0.5 mm thick, and up to 6 mm thick on the kneecap. The articular surfaces are separated by a very thin space called the synovial cavity.

The joint capsule seals the joint airtight from outside. Cells of the inner joint capsule layer produce synovial fluid.

This thick fluid nourishes the cartilage, makes sure that the surfaces of the joint glide smoothly over one another, and acts as a shock absorber by spreading out the pressure put on the joint.



Human Articular cartilage is built from Collagen Type 2 (10-20%), Hyaluronic Acid, Chondroitin Sulfate and Keratin Sulfate (1-20%), Chondrocytes (1-5%) and water (75 – 80%).

WHY DO JOINTS START TO HURT?

The reason is that the joints, connective tissues and the rest of the body are effectively drying out with age. The level of synovial fluid, which is built mainly from hyaluronic acid, is slowly being reduced; the cartilage becomes brittle, then thins and loses elasticity.

The result is the common “bone to bone” sensation. Moreover, articular cartilage (the specific cartilage found in joints) does not have a blood supply.

Rather it gets its oxygen and nutrients from the surrounding joint synovial fluid. When the joint fluid dries out, there is a very limited supply of nutrients to our joints.

Why Can't Collagen and HA Be Replenished From Food?

- Today's processed foods often lack the natural nutrients the body requires for efficient functioning.
- The body requires correct proportions and molecular weights of Collagen 2, Hyaluronic Acid and Chondroitin Sulfate in order for them to be absorbed and integrated into the body's chemical functioning. If the body does not absorb and integrate a supplement, it simply passes through the digestive system and is eliminated.
- Absorption is the key factor, however, naturally occurring molecules of the collagen and HA are too large and heavy for the body to absorb. They simply are eliminated in the digestive process. It is not what we take, but what our body can absorb that counts.

An Innovative, Clinically-Tested Solution for Joint Health

Finally, recently a new collagen source for rebuilding joints, bones, skin and connective tissue has been discovered. Its efficiency has been proven in randomized, double-blind placebo control clinical studies.

The results are so unique that it has been awarded 7 US and International Patents. There are no other products, even pharmaceutical ones that have shown similar results.



It is manufactured in the USA in an NSF, NSF-Sport, CLP/GMP and OTP certified facility.

It is a total breakthrough

It is clinically proven to **improve joint mobility, reduce discomfort and promote healthy cartilage and connective tissue** and... as a side-effect, it **hydrates your skin, repairs tissue and reduces wrinkles and deep lines** from the inside-out **without injections, surgeries or creams**. It also **disables hyaluronidase**, a substance that destroys hyaluronic acid in your body.

It helps all joints and connective tissues in the body including the eyes, gums, skin, nails, and hair.

CONCLUSIONS

The best way to avoid joint discomfort is to prevent it. You can do this with proper nutrition, supplementation, and moderate exercise.

When we lose HA, we lose synovial fluid in our joints and our cartilage starts to deteriorate. To prevent this, we should start using supplements even before we start to feel discomfort.

Once the joints start to hurt, and we try to control the pain through medications or injections. This may lead to greater deterioration.

Fixing one joint by using stem cells, platelet-rich plasma or a cartilage transplant technique can help but it will not solve the problem. We still need to provide the right nutrients to our body so that other joints and connective tissues remain healthy. Joint replacement is an invasive treatment and it is not always successful. It should be considered as a last resort when everything else fails.

Even after surgery, we should replenish missing nutritional ingredients through proper supplementation to make sure that other parts of the body and connective tissues will not deteriorate.

Choosing the correct supplementation is essential since it is not what we take, but what our body absorbs which is important.

It's also better to take them in a liquid form and best if they do not need to go through the digestive system, rather that they are absorbed directly starting from underneath the tongue and the mucosa of the mouth into the bloodstream.

For a free health coaching assessment and recommendations on what would work best for your unique body type, please contact Dr. Grazyna Pajunen at 561-350-0096 Beauty and Health from Within, LLC.



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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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“You won’t have anymore trouble getting in and out of the bathtub with TubcuT®”

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The TubcuT® threshold is typically 4” above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® follows the same exact contour of your tub there, and there is no ledge on the threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that’s unlike anything else available. The TubcuT®

is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.

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

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



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All the Rage with Celebrities, The Vampire Facelift and Facial Can Give You Your Youthful Appearance Back



As 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®

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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.

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**ARE YOU TIRED OF THOSE
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WHY COOLSCULPTING® IS THE
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Do you have bulges or problem areas that just don't seem to slim down even though you're exercising and eating a healthy diet? You're not alone; many people struggle with a little extra weight or bulges in their mid-section, back, arms, thighs, chin and the list goes on and on. With all of your diligence, what can you do to reduce those areas without surgery? The answer is CoolSculpting! CoolSculpting has helped numerous individuals just like you, finally rid themselves and improve those stubborn fatty areas that are holding you back.

WHAT IS COOLSCULPTING?

CoolSculpting is the most used non-surgical, FDA-cleared fat reduction treatment. The CoolSculpting treatment's controlled cooling eliminates diet and exercise resistant fat. Millions of CoolSculpting treatments have been performed worldwide to date. We stand behind our work with our Real Results Promise™! 82% of CoolSculpting patients rate the treatment "Worth It" on RealSelf.com. Isn't it time you loved the way you look? Now you can with CoolSculpting, every time you look in the mirror.

COOLSCULPTING BENEFITS

- *It's not painful*
- *No Downtime*
- *It's safe*
- *Great for Both Men and Women*
- *Remarkable results*

The typical patient is usually those that have undergone a strict diet and exercise plan but still have stubborn areas that are unaffected by exercise and eating nutrient-dense foods. For example, a patient may have stubborn love handles or a bulge of some sort here or there, that really bother them, with CoolSculpting, they can alleviate these problem areas for men and women.



DETAILS ON THE PROCEDURE

Because of the intense cold, CoolSculpting, may be uncomfortable at first, while your tissue adjusts to the cold sensation. After a few moments, you'll be numb and not feel much of anything. The CoolSculpting procedure takes at most 35 minutes per applicator. The total treatment time depends on the size of the area being treated.

IS IT SAFE?

Harvard scientists developed CoolSculpting. It's essentially a rectangular plating system that squeezes your problem area and exposes the fat internally to a frigid degree. So, for example, if you have a belly bulge, the technician places a material over your skin to protect it, and then the device is placed on the bulge. It suctions it up in between the plating system while permeating cold

into the fat cells. This creates crystals that develop in the fat cells. Over time, the fat cells will die off. Although you will see results within the first two weeks, the entire process usually takes a few months before your results are complete.

Numerous areas can be treated. To name a few; belly bulges, muffin tops, upper arms, thighs, love handles, flanks, the chin area and the neck are all areas that are commonly treated. Because we can't "spot reduce" with exercise and diet alone, CoolSculpting has really been the answer that so many men and women desire.

If you've been doing everything right, but don't see results in specific areas of your body that you want to change, you've got to try the CoolSculpting procedure!

WHAT PATIENTS ARE SAYING:

"I dieted and exercised but my fat just laughed. I didn't know what else I could do to get rid of problem fat, so I decided on CoolSculpting. [...] My problem fat is gone. I am so happy that I had CoolSculpting. My stomach and legs are finally what I want them to be. They are shapely and I can again wear clothes I want. I feel so much more confident that I want to let everyone know CoolSculpting really works."
 – Aileen S.

"My experience at New Radiance Cosmetic Center in Ft. Lauderdale was outstanding. I had two areas treated with CoolSculpting and after only six weeks I am already very pleased with the results. Moreover, the treatment itself was very easy and relaxed. Much of the comfort of the process was due to the staff at New Radiance, who was terrific. [...] I highly recommend New Radiance in Ft. Lauderdale, and Kathy in particular."– Melinda H.

To find out more, please visit the New Radiance CoolSculpting Website at CoolSculptYourBody.com

Consultations are free, book yours today!

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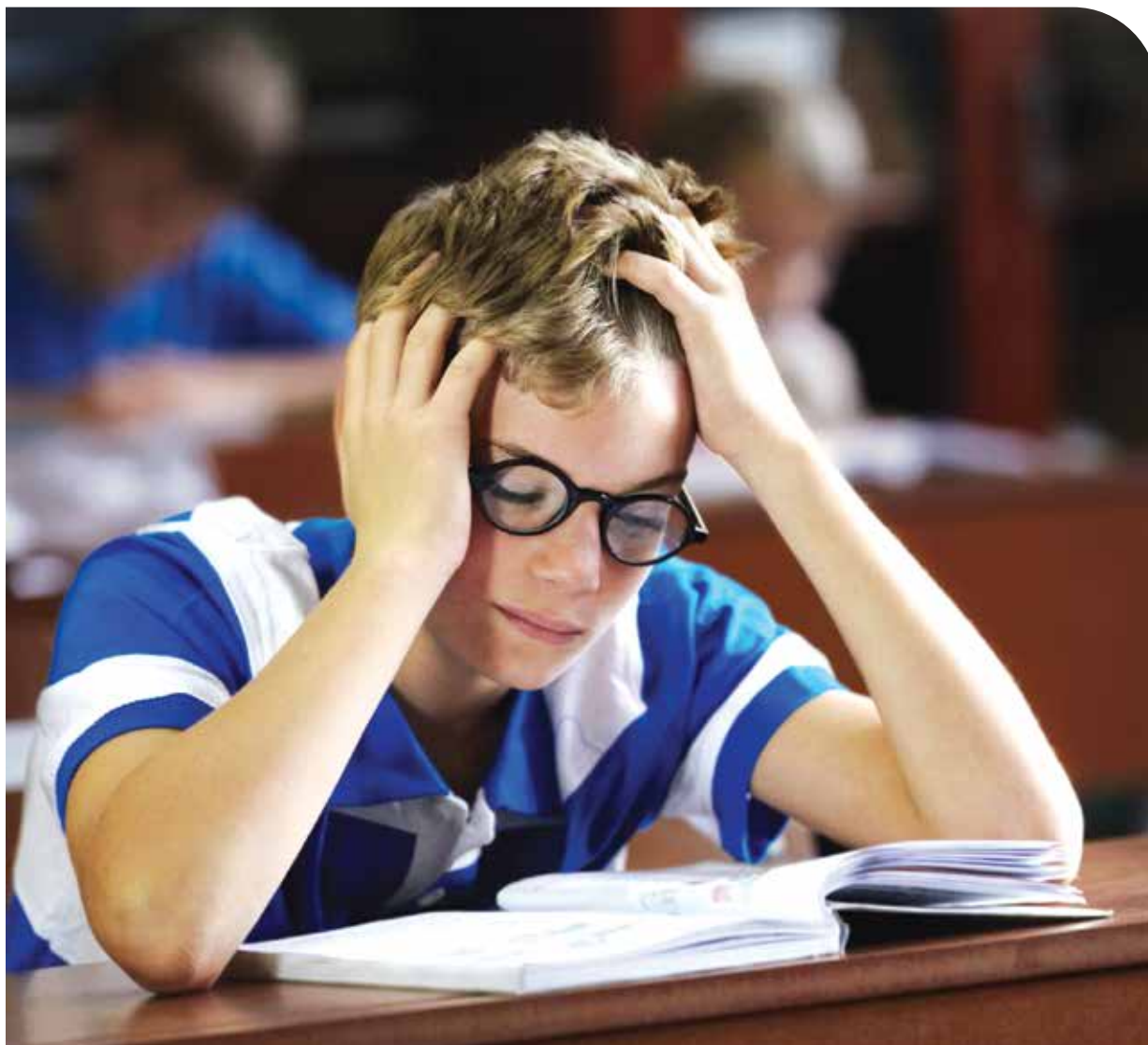
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WHY IS MY CHILD STRUGGLING IN SCHOOL

By Renee Chillcott, LMHC

Trying to figure out why your, smart, loving and caring child is failing, underachieving, or just plain refusing to go to school, can be a frustrating and exhausting endeavor for parents. What is the solution? Teachers suggest testing or medication, doctors suggest testing or medication, your friends and family suggest testing or medication. Can they all be right? Can they all be wrong? The short answer is, no, they are correct. Yes, you read that correctly, testing may be warranted and medication may be helpful but let's not just jump into that, first, let's find out what the problem is.

- Is it Attention Deficit/Hyperactivity Disorder (ADHD)?
- Is it an Attention Deficit Disorder (ADD)?
- Is it Anxiety and/or Depression?
- Is it a Central Processing Disorder?
- Or is it an Auditory/Visual Processing Disorder?
- Could it be a Sensory Processing Disorder?
- Or does my child have a low IQ?
- Are they on the Autism Spectrum?
- Or are they lazy or oppositional and a behavioral problem?

The truth of the matter is, if your child is struggling in school, they may have one, several, all, or none of these. In most cases, children of all ages want to learn. We are programmed as human beings to value education. It's only when what we want is inconsistent or incongruent with how we perform, that an issue will arise. For example, if a child is 5 years old and hasn't developed language, we say that there is a developmental delay and investigate the causes. The same holds true for a child that is struggling to learn. Instead of constantly demanding that the child change their behavior so that they can learn, instead it is more important to look for the reasons why they can't. Detecting the inconsistency is the key to helping them succeed.

HOW DO I KNOW? AND WHAT DO I DO TO FIX IT?

There are different ways that you can determine what is happening with your child to prevent school success. They can be evaluated by teachers; evaluated by school staff; sent for specialized testing; evaluated by a physician; or by a therapist. You may also be able to use Google, search the internet, and read books that will point you to a reason or cause. However, the best, most effective, way of know what is going on inside your child's brain is to look at it. With NEUROFEEDBACK and a QEEG (Quantitative EEG or Brain Map), it becomes possible to see the neural patterns in the brain that help us learn, focus, concentrate, and even follow directions. Once we identify the patterns that are not working properly NEUROFEEDBACK TRAINING (Brain Biofeedback Training) teaches the brain to correct these patterns. We can also point you in the direction of additional modalities that will support your child's learning and help correct the brain patterns.

WHAT SHOULD I EXPECT TO SEE CHANGE?

Symptom relief with Brain Training can vary from person to person; some common improvements we see in people with learning issues are:

- Increased Focus time
- Less Homework Struggle
- Increased amount of completed assignments
- Improved working memory
- Calmer and less fidgeting
- Improved grades
- More compliance
- Better motivation

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. Neurofeedback is exercise for your brain. It allows you to see the frequencies produced by different parts of your brain in real-time and then through 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 the auditory reinforcement of "beeps".

It is important to understand that the neurofeedback approach does not magically "cure" or "fix" anything. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle "challenges" and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time. This new behavior carries over into the classroom and at home.

WHAT IS A QEEG (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 entire 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 read and analyzed. We provide a summary of significant findings as well as a full report that shows the results of analyzing the data several different ways. The brain activity is



not only compared by individual locations 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 start making changes in symptoms, but we do recommend it in treatment to identify all areas that need improvement. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

IS THIS A NEW OR EXPERIMENTAL TREATMENT?

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

Books:

A Symphony in the Brain by Jim Robbins

Healing Young Brains

by Robert Hill & Eduardo Castro

The Healing Power of Neurofeedback

by Stephen Larsen

Neurofeedback in the Treatment of

Developmental Trauma by Sebern Fisher

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, or text us at **(561) 206-2706** or visit our website at 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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For those who suffer painful spinal fractures, balloon kyphoplasty may provide welcome relief

Dawn, 58, enjoys walking on the beach and looking for seashells in her oceanfront community. It's a relaxing way to spend her precious free time between working two jobs – as a nurse at a skilled care nursing home and as a home health care provider.

One day recently, the physical demands of Dawn's work caught up with her.

"I was moving a tub, and I was bent down pulling the tub backwards. I'm not sure what was in it, but it was heavy. And something on the floor caused me to fall. I fell from no higher than knee high."

Dawn knew instantly that something was wrong when she felt a pop in her back. *"It was loud, and the pain was horrible."*

She left work and went home, but after two days of intense pain that wouldn't let up, Dawn went to the emergency room. There, she had an X-ray and found she had suffered a compression fracture of her L2 vertebra.

"Being off work wasn't really an option for me," said Dawn, who lives alone and has chronic diabetes.

She was also concerned about taking opioid medications like Percocet, which she had been prescribed at the emergency room.

"I didn't want to be dependent on them. I don't like the way they make you feel anyway."

Emergency room physicians referred Dawn to a spine surgeon. After determining that Dawn's spinal fracture was caused by osteoporosis, her surgeon performed a minimally invasive surgical procedure called balloon kyphoplasty that uses balloons and cement in an innovative technique that has been shown to bring many patients rapid pain relief after just one hour.

Balloon kyphoplasty is a minimally invasive procedure for the treatment of pathological fractures of the vertebral body due to osteoporosis, cancer, or benign lesion.

With her pain having gone away and her activity level improved after her balloon kyphoplasty,

Dawn has begun seeing an endocrinologist to manage her osteoporosis with calcium therapy and bisphosphonate medications.

QUESTIONS AND ANSWERS

What are the typical symptoms of a spinal fracture?



A spinal fracture may cause mild to severe back pain and can occur after simple daily activities such as sneezing or lifting a light object. You may have a vertebral compression fracture if you:

- Have sudden onset of severe, sharp back pain that lasts longer than 3 days AND
- Are over 50 OR
- Have been told you have osteoporosis or low bone density.

What are the benefits of Kyphon™ Balloon Kyphoplasty (BKP)?



Compared to non-surgical treatment like a back brace or oral medication, clinical studies have shown that people with spinal fractures treated with BKP experienced several benefits^{1, 7-9}:

- Less back pain
- More quality of life
- Better mobility
- Less time on bed rest and fewer days when pain interferes with daily activities
- Satisfaction with the procedure

What are the risks of balloon kyphoplasty?

Although the complication rate for Kyphon™ Balloon Kyphoplasty is low, as with most surgical procedures, serious adverse events, some of which can be fatal, can occur,



"I have been performing balloon kyphoplasty for 20 years now, and I was one of the resident teaching faculty 20 years ago when the procedure was first approved in the U.S. In my practice, if an exam and MRI show a patient is a good candidate for kyphoplasty, then the sooner the better.

It's important to treat a patient's painful compression fracture before the vertebra completely collapses and before it becomes sclerotic. At that point, it starts healing itself a little bit, and it becomes harder to treat. Once the vertebra has collapsed, you can't raise it anymore. The spine becomes fixed in that position, and you get kyphotic deformity and the pain that goes with it."

Dr. Ramin Abdolvahabi,
Palm Beach Neurosurgery

including heart attack, cardiac arrest (heart stops beating), stroke, and embolism (blood, fat, or cement that migrates to the lungs or heart). Other risks include infection; leakage of bone cement into the muscle and tissue surrounding the spinal cord and nerve injury that can, in rare instances, cause paralysis; leakage of bone cement into the blood vessels resulting in damage to the blood vessels, lungs, and/or heart. Talk to your doctor about both benefits and risks of this procedure.

spine-facts.com

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Balloon Kyphoplasty incorporates technology developed by Gary K. Michelson, M.D.

PM021664-1.0

Can Gum Loss Cause Jawbone and Tooth Loss?

In short, the answer is a scary yes. It is shocking how many patients we see that present with gum recession (loss). The most common thing a patient says when being evaluated for this disease is that they are “watching” it. In essence, they are really saying, I am “watching” my jawbone go away. That would be exactly the same as saying, “I have a fire in my kitchen... and I am “watching” it until later when I may call the fire department.” Clearly, acting on the fire in an appropriate manner may help decrease the overall destruction and amount of energy and time to rebuild. The exact same thing is true of gum recession. Fortunately, there are treatments available, including an incredible technique that does not involve a scalpel or stitches.

WHAT HAPPENS:

Gum loss can be caused from a variety of reasons including genetics (let’s blame mom and dad), trauma, poor/improper oral hygiene or a number of other issues. As the gum recedes, the jawbone beneath it is also lost. This bone aides in holding the teeth in place. The more the gum recedes, the more the bone deteriorates. People with this type of problem often notice they have longer looking teeth. As this bone disappears, the support for the teeth goes away, which can ultimately lead to tooth loss. Slowing this bone loss can help preserve your teeth. As the gum and bone recede, more of the tooth structure becomes exposed (the root). The root does not have an enamel coating and often gets decay at a faster rate than the crown part of the tooth. In addition, other common complaints related to gum recession include an unpleasant appearance and sensitive teeth.

WHAT CAN BE DONE:

Gum recession is usually treated by trying to slow the loss of the underlying jawbone. The main goal of treatment is to redevelop or increase the presence of the thick tissue. “Soft Tissue Grafting” procedures are used to help develop this thicker tissue. In doing this, we are working to slow or prevent the continued loss of gum and bone.

In some instances, we are able to not only thicken the zone of tissue, but also bring the gum level back to where it was before it receded (“root coverage”). This is usually done in conjunction with the redevelopment of the thicker tissue. It is

not always possible to achieve this root coverage in all circumstances. Over the years newer techniques have been developed which are less invasive, one of which is Pinhole Gum Rejuvenation.

PINHOLE GUM REJUVENATION:



This procedure is similar to a laparoscopic technique and has been developed with over 10 years of research showing its effectiveness in treating gum recession. It is performed by making a **small pinhole** in the gum tissue. Using specially designed instruments, the gum tissue is loosened and guided over the receded part of the tooth. There is **no incision, suturing or tissue graft placement**. Due to this fact, patients can expect **minimal post-operative symptoms** (pain, swelling and bleeding). Most patients also are pleasantly surprised by the **instant cosmetic improvement**. The technique is also known as the Pinhole Surgical Technique (PST) and the “Lunchtime Gum Lift”. The procedure has been featured on “**The Doctors Show**”, “**Dr. Steve Show**”, “**ABC**”, “**NBC**”, and over 240 stations across the United States and Canada.

Pinhole has helped treat thousands of patients with gum recession. Our patients have been extremely satisfied with both the immediate cosmetic results and quick recovery due because no scalpel or sutures were used. An evaluation by a Certified Pinhole Technique Clinician can help determine if your recession can effectively be treated by this amazing, non-invasive therapy.

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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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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MOST INSURANCES ACCEPTED

A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit www.goldmaneye.com or call Dr. Goldman’s office at (561) 630-7120.





In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers

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Strength. A powerful element in fighting breast cancer.

When champion kart racer, Neil Breitenbach, felt a sharp pain in his chest, he never expected to be diagnosed with stage 3 breast cancer. From his very first consultation with Florida Cancer Specialists, Neil knew he was in the best place he could be because of FCS’ ongoing advances in breast cancer research. His care team put him at ease — listening to every question and laying out a personalized treatment plan — and they’ve been fighting together ever since.

In Neil’s mind, racing and fighting cancer have a lot in common. Both can be very hard. Both require dedication and the willingness to push yourself to your limits. But with the right team of oncologists with over 35 years of experience, targeted treatments and clinical expertise, great outcomes can happen.

“My team at Florida Cancer Specialists is confident and caring. They always make me feel like everything is going to be okay.”

-Neil Breitenbach, Patient & Cancer Fighter

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