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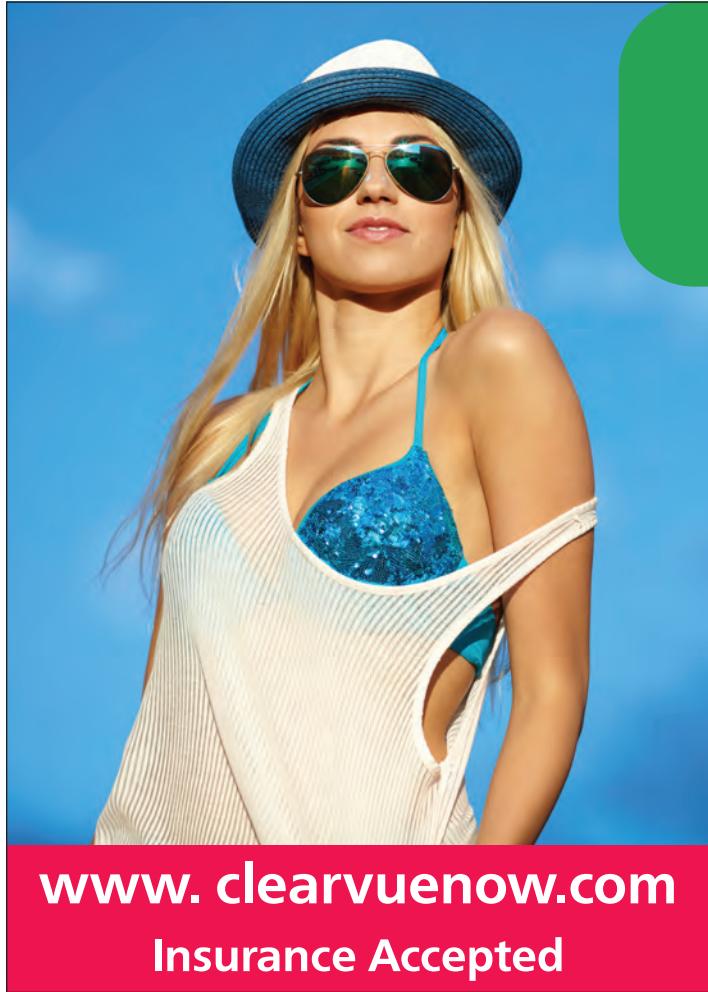
ITCHY, FLAKING SCALP? THINNING OR BREAKING HAIR? TRY A SCALP MAKEOVER

**HOW DIABETES AFFECTS YOUR EYES:
AVOIDING EYE EXAMS COULD COST YOU
YOUR SIGHT**

**HELP PREVENT COLORECTAL CANCER
WITH REGULAR SCREENINGS**

**REPLACE OR KEEP A TOOTH:
HOW DO I DECIDE?**

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HOW DIABETES AFFECTS YOUR EYES: AVOIDING EYE EXAMS COULD COST YOU YOUR SIGHT

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All of us should be getting our regular eye examinations to make sure our eyes are healthy, but the importance of people with diabetes getting their recommended exams is critical. In both type 1 and type 2 diabetics, high blood sugar damages the delicate blood vessels in the retina. This damage is called diabetic retinopathy. In diabetic retinopathy, serious complications can cause significant vision loss if left untreated. Sudden vision loss from these complications, such as, a vitreous hemorrhage, or tractional retinal detachment is extremely threatening issues that can cause blindness.

The retina is a layer of neural tissue in the back of the eye, and it's responsible for brain communication, projecting photoreceptors, circadian rhythm regulation, light detection and neural plasticity. The retina is the only part of the central nervous system that can be visualized and studied directly. This is done via an ophthalmoscope. The information collected during the examination of the retinal pathway is important for helping to identify irregularities and brain function.

According to the American Academy of Ophthalmology, in the article cited below, an alarming number of diabetics do not get their eye exams on a regular basis. The importance of dilated exams is critical due to the damaging effects associated with diabetic retinopathy.



SIXTY PERCENT OF AMERICANS WITH DIABETES SKIP ANNUAL SIGHT-SAVING EXAMS

People with diabetes are at increased risk of developing serious eye diseases, yet most do not have sight-saving, annual eye exams, according to a large study presented at AAO 2016, the 120th annual meeting of the American Academy of Ophthalmology.¹



Researchers at Wills Eye Hospital in Philadelphia have found that more than half of patients with the disease skip these exams. They also discovered that patients who smoke – and those with less severe diabetes and no eye problems – were most likely to neglect having these checks.¹

The researchers collaborated with the Centers for Disease Control and Prevention to review the charts of close to 2,000 patients age 40 or older with type 1 and type 2 diabetes to see how many had regular eye exams. Their findings over a four-year period revealed that:

- Fifty-eight percent of patients did not have regular follow-up eye exams
- Smokers were 20 percent less likely to have exams
- Those with less-severe disease and no eye problems were least likely to follow recommendations
- Those who had diabetic retinopathy were 30 percent more likely to have follow-up exams

One in 10 Americans have diabetes, putting them at heightened risk for visual impairment due to the eye disease diabetic retinopathy. The disease also can lead to other blinding ocular complications if not treated in time. Fortunately, having a dilated eye exam yearly or more often

can prevent 95 percent of diabetes-related vision loss.¹

Eye exams are critical as they can reveal hidden signs of disease, enabling timely treatment. This is why the Academy recommends people with diabetes have them annually or more often as recommended by their ophthalmologist, which is a physician who specializes in medical and surgical eye care.

Please call **561-432-4141** to schedule your Clear Vue Eye appointment today.

Reference:

¹ American Academy of Ophthalmology, *Sixty Percent of Americans with Diabetes Skip Annual Sight-Saving Exams* reiterates the importance of dilated eye exams in preventing vision loss, OCT 20, 2016, Chicago, <https://www.aao.org/newsroom/news-releases/detail/sixty-percent-americans-with-diabetes-skip-exams>



Monique M. Barbour, M.D.

Dr. Barbour A Board Certified Ophthalmologist. She attended Saint Augustine's College in Raleigh, North Carolina where she received my bachelor's degree in Pre-Medicine. Dr. Barbour graduated with honors from Howard University College of Medicine in Washington, D.C. and completed a residency in Ophthalmology at the Albert Einstein College of Medicine in Bronx, N.Y.

After residency, she completed a Glaucoma fellowship at Georgetown University in Washington, DC and a Refractive Surgery fellowship at the world renowned Institute de Clinica Barraquer in Bogata, Columbia. Dr. Barbour has been the medical director of Clear Vue Laser Eye Center, a state-of-the-art vision care center for the past 15 years. As a diplomat of the American Board of Ophthalmology and a member of the American Academy of Ophthalmology, she is dedicated to providing the highest quality of ophthalmic care. Dr. Barbour speaks multiple languages including Espanola.



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ITCHY, FLAKING SCALP? THINNING OR BREAKING HAIR? Try a SCALP MAKEOVER

PAMPER YOURSELF AND YOUR FOLLICLES WITH NEW SCIENCE-BASED TRICHOLOGY TREATMENTS

By Alan J. Bauman, MD, ABHRS



Let's start by getting right to the point. Healthy hair begins with a healthy scalp. Period.

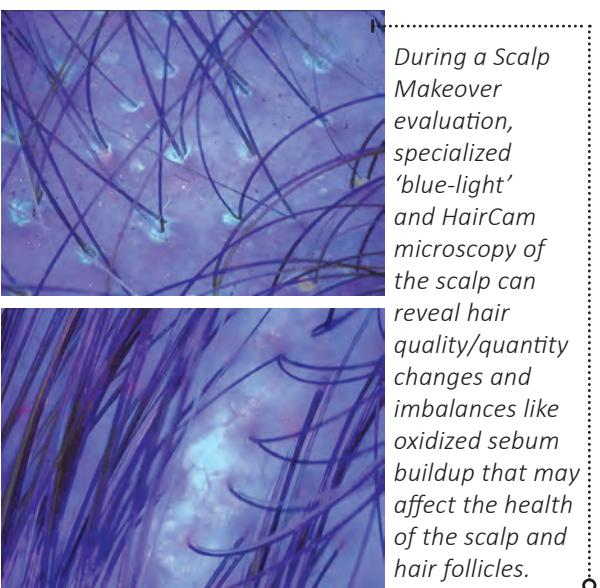
But, unfortunately, because it hides out of sight, we often forget to take care of our scalp – until concerns become noticeable – and then it's simply too late for early prevention. It is important to remember that a beautiful head of hair starts at the scalp; this is why Trichology (tri-h-kol-uh-jee) is fundamentally so important. We are continually finding new evidence that links inflammation of the scalp with poor hair growth and other common hair problems.

Trichology, the study of the hair and scalp, can address many cosmetic concerns, as well as more serious issues, with the health of your follicles. At Bauman Medical, we have designed an exceptionally comprehensive medical trichology program that offers patients a wide variety of trichological therapies to boost the underlying health of the scalp and follicles, effectively treating a wide range of conditions – from frizz to limp/lackluster hair, excessive shedding or thinning, dandruff, irritated or oily scalp, fungal infections, etc.

If your hair is not looking as healthy as it should or you think your itchy, flaky scalp is trying to tell you something – it might be time to consider a scientific 'Scalp Makeover.' By combining the science of trichology with a relaxing regimen of self-care, men and women are able to achieve a healthier scalp, boost healthy hair growth, all while enjoying a little pampering.

Does Your Scalp Need a Makeover?

Men and women wishing to achieve the most beautiful head of hair possible, as well as those who are experiencing a "symptomatic scalp" (dry, itchy, flaky or oily scalp, excessive hair loss, shedding, damaged/dull hair or hair breakage) should consider scheduling a trichology evaluation. These conditions, while incredibly common, are oftentimes not easily treated with at-home remedies or with over-the-counter products or special shampoos. They also may also be a sign of an underlying health problem. The good news is that a scientific trichology evaluation can begin to help decipher why you are experiencing annoying scalp symptoms and also get to the root cause of your unhealthy hair.



During a Scalp Makeover evaluation, specialized 'blue-light' and HairCam microscopy of the scalp can reveal hair quality/quantity changes and imbalances like oxidized sebum buildup that may affect the health of the scalp and hair follicles.

Scalp Evaluation

A scientific scalp evaluation requires special tools and special training. Your scalp's pH, moisture and sebum levels, HairCheck trichometry measurements of hair density, quality and breakage, as well as blue-light and dual-polarized white light microphotography or dermoscopy of several areas and more, begin to tell the story of your scalp's overall condition.

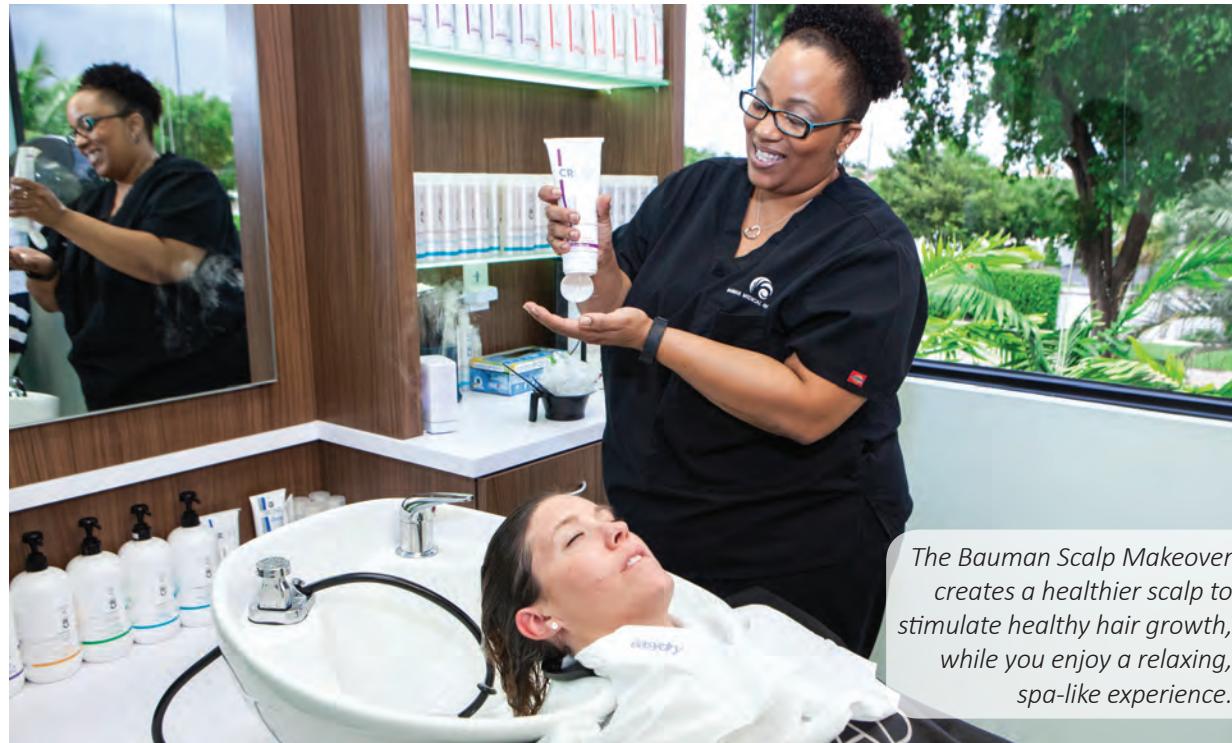
Trichology Treatment Options

Trichology clients at Bauman Medical receive a customized treatment plan based on the findings of their scalp evaluation and specific symptoms and hair and scalp health status. These treatments may include topical serums (including sebum-regulating, hydrating or blood microcirculation stimulants), nutritional guidance or supplementation, scalp steaming with ozone therapy, manual and mechanical scalp massages, exfoliating and/or stimulating scalp treatments, high frequency stimulation, herbal hair boosting transdermal patches (e.g. saw palmetto) and/or low-level laser light therapy. If indicated, medical treatments may include compounded topical or oral prescription medications, PRP Platelet-Rich Plasma or other cell therapy treatments.

The latest, most exciting scalp treatment includes Keravive by HydraFacial. Bauman Medical is one of the first clinics in the U.S. and first in Florida to add this exciting new hydrodermabrasion device to their comprehensive scalp and hair wellness program. The HydraFacial Keravive is a unique treatment specifically designed to cleanse, stimulate, nourish and hydrate the scalp for fuller and healthier-looking hair.

Do Good and Feel Great

While these treatments are science-based, they are also thoroughly enjoyable for women and men. Similar to a massage or facial, your relaxing and therapeutic Scalp Makeover will allow you to enjoy some self-care – while treating your scalp and hair problems.



Highlights of the Bauman Scalp Makeover

Science of Scalp Health: Bauman Medical offers a science-based trichology scalp program designed to optimize the health of your scalp and improve the beauty of your hair.

Pamper your Scalp, and Yourself: Patients can choose from a menu of treatments designed to make them feel relaxed and pampered, while also addressing their hair care concerns, boosting hair health and stimulating hair growth.

State-of-the-art Technology: Patients also enjoy the benefits of the HydraFacial Keravive, a unique, relaxing treatment designed to cleanse, stimulate, nourish, and hydrate the scalp for fuller and healthier-looking hair.

Exclusive Products: Enjoy a relaxing and spa-like experience during a customized scalp treatment with products that promote and enhance scalp health.

Bottom line on scalp health

Many men and women aren't aware that our hair and scalp act as a barometer for our overall health. This is why you never want to dismiss any issues as merely cosmetic. By not investigating and getting to the root cause of the problem, you may be missing clues to more serious health concerns.

If you have concerns about the health of your scalp and hair follicles, or would like to learn about the Bauman Scalp Makeover, please visit www.baumanmedical.com or call 561-220-3480.

ABOUT SCALP HEALTH

- Trichology, the study of the hair and scalp, can address many cosmetic issues, as well as more serious issues concerning the health of your follicles.
- A healthy, balanced, hydrated scalp is the “fertile ground” where about 100,000 to 150,000 hair follicles reside, working hard every single day to produce those strands of beautiful keratin protein we call “hair.”
- Scalp inflammation, other imbalances, and even scalp acne, can significantly affect hair follicle function causing diminished or altered hair growth, as well as other troubling physical or cosmetic symptoms.
- Today, there is a wide variety of Trichology-based therapies to boost the underlying health of the scalp and follicles, effectively treating a wide range of conditions - from frizz to limp/lackluster hair, excessive shedding or thinning, dandruff, irritated or oily scalp, fungal infections, and more.
- Bauman Medical is one of the few medical hair restoration facilities in the US that employs a full-time trichologist to help patients scientifically optimize the health of their hair and scalp.

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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SKIN REJUVENATION AT MULTIPLE LEVELS

HAVE YOU HEARD OF **HALO AND FOREVER YOUNG BBL TREATMENTS?**

These are two new technologies that are game changers for skin resurfacing and pigmentation. Having been in the non-surgical aesthetic space for 19 years, I am very pleased to have finally discovered 2 technologies that deliver results for very common skin problems we have tried to correct for years; fine lines, pore size, skin texture, broken capillaries and even melasma. The fraxel laser was revolutionary when it first became available years ago. For the first time, skin texture was addressed with minimal downtime. However, the Halo laser is the next generation technology for skin resurfacing. Technology keeps evolving and the Halo laser is truly unique. It is a “hybrid fractional laser” that delivers an ablative and non-ablative wavelength to the same area. What does that mean?

1
**NON-ABLATIVE
1470 MM WAVELENGTH**

This wavelength can be adjusted from 200-700 micron depth, the level in the epidermis and papillary dermis that needs to be targeted for hyperpigmentation such as sun spots and melasma, as well as texture and pore size.

**2**
ABLATIVE 2940 MM WAVELENGTH

2940 mm ER: Yag laser penetrates from 20-100 microns under the skin. It targets lines and wrinkles with significantly decreased downtime as opposed to other ablative lasers. Combining these 2 wavelengths results in ablative results, mainly improvement of wrinkles and lines with non-ablative downtime. I myself have tried it for melasma and was very impressed with the results.



In addition, combining Halo with Forever Young BBL further combats the signs of aging by correcting sun damage and broken capillaries. BBL stands for broad band light and is basically a much more advanced version of IPL that most people are familiar with. It targets the epidermis and dermis, stimulating changes in skin texture, acne scarring, skin tone, broken capillaries, as well as pigmentation. BBL reduces melasma and diminishes fine vessels that cause redness. It is a very effective treatment for rosacea. Both of these technologies, especially combined, gently treat the upper layers of the skin and take years off the neck, face, chest, hands and anywhere else where aging is visible.

In summary areas of improvement include:

1. Sun damage
2. Broken blood vessels
3. Fine Lines and Wrinkles
4. Scars including acne scarring
5. Large pores
6. Crepey Skin

To maintain radiant, glowing skin, a series of 3 BBL treatments 2 weeks apart combined with 1 Halo treatment at the time of the first BBL treatment yields the best results, but treatments are custom tailored according to the individual patient's needs.


Medical Director, Daniela Dadurian M.D.

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

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

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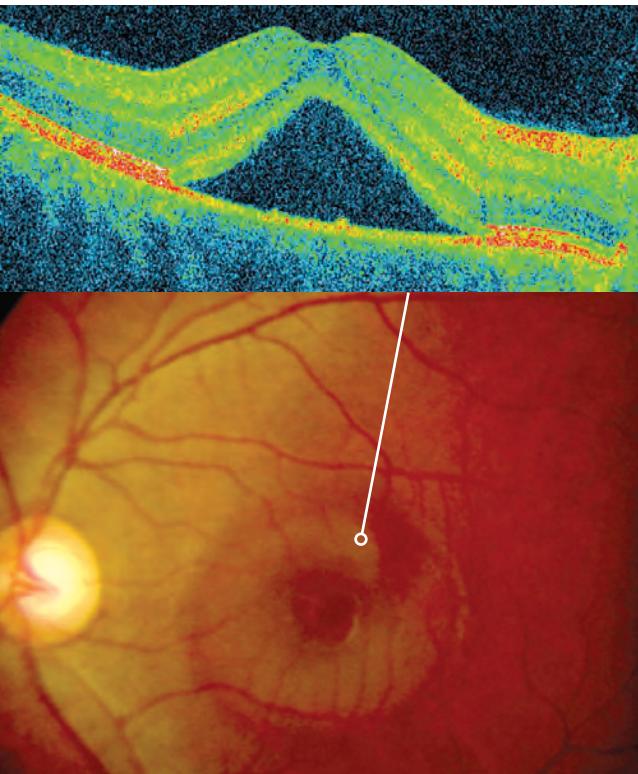
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WHAT IS CENTRAL SEROUS RETINOPATHY?

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

In central serous retinopathy (sometimes called central serous choroidopathy), fluid builds up under the retina and distorts vision. Fluid leakage is believed to come from a tissue layer with blood vessels under the retina, called the choroid. Another layer of cells called the retinal pigment epithelium (RPE) is responsible for preventing fluid from leaking from the choroid under the retina. When, for unknown reasons, tiny areas of the RPE become defective, fluid builds up and accumulates under the RPE, much as liquid in a blister collects under the skin. As a result, a small detachment forms under the retina, causing vision to become distorted.



Central serous choroidopathy usually affects just one eye at a time, but it is possible that both eyes may be affected at the same time.

CENTRAL SEROUS RETINOPATHY SYMPTOMS

If you have central serious retinopathy, your central vision will be distorted. In addition to distorted central vision, your vision may also appear blurred or dim. You may have a blind spot in your central vision. You may also notice a distortion of straight lines in your affected eye, or objects may appear smaller or further away than they actually are. When you look at a white object, it may appear to have a brownish tinge or appear duller in color.

WHO IS AT RISK FOR CENTRAL SEROUS RETINOPATHY?

Men are more likely to develop central serous choroidopathy than women, particularly in their 30s to 50s. Stress is a major risk factor. Some studies suggest that people with aggressive, "type A" personalities who are under a lot of stress may be more likely to develop central serous retinopathy.

Other factors that may increase your risk for central serous choroidopathy are:

- Use of steroids (by mouth, through a vein or even inhaled)
- Caffeine
- Hypertension (high blood pressure)

CENTRAL SEROUS RETINOPATHY DIAGNOSIS

of your eye using fluorescein angiography and optical coherence tomography (OCT).

During fluorescein angiography, a fluorescein dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. Photographs are taken of your eye as the dye passes through the retinal blood vessels. Abnormal areas will be highlighted by the dye, showing your doctor whether you have central serous retinopathy.

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps to measure retinal thickness and detect swelling of the retina.

CENTRAL SEROUS RETINOPATHY TREATMENT

Most cases of central serous retinopathy clear up in one or two months without any treatment. During this time, your Eye M.D. will monitor your eye to see if the liquid is being reabsorbed. In some cases when the vision isn't regained in a timely manner you Eye M.D. may consider laser or Anti VEGF injection to help restore vision.

Most people with central serous retinopathy regain good vision even without treatment. However, vision may not be as good as it was before the condition appeared. About half of patients who have had central serous retinopathy will have it return. It is important to have regular, thorough follow-up exams with your Eye M.D. since long-term fluid accumulation can lead to permanent vision loss.



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

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HELP PREVENT COLORECTAL CANCER WITH REGULAR SCREENINGS

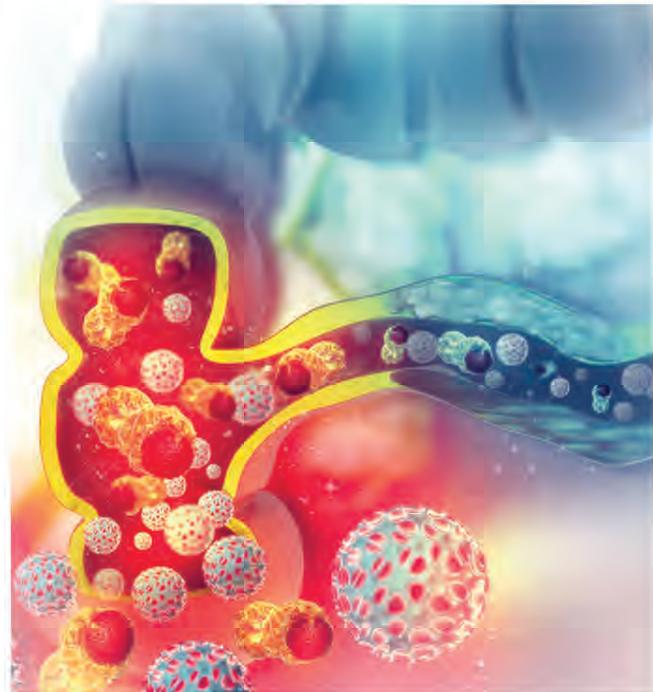
The number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades, according to the American Cancer Society. The reasons for this decline include early detection and improvements in screening methods; yet, many choose to either postpone or totally skip these potentially life-saving screening tests, thus keeping colorectal cancer as the third leading cause of cancer-related deaths in women in the United States and the second leading cause in men.

Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum, the majority of which take 10-15 years before developing into cancer and may not cause any symptoms until the cancer is well-established. That's why screening is so important. With regular screenings, most polyps can be found and removed before they advance to becoming malignant, thereby preventing cancer from occurring. Screenings can also find colorectal cancer at an early stage, where there is a greater chance that treatment will be most effective and may even result in a cure.

ACS guidelines recommend that, starting at age 45, people who are not at an increased risk due to family history, get a screening for colorectal cancer. If you have a family history of colorectal polyps or cancer, talk with your doctor about what your options are and how to reduce your risk. You may also want to begin screening earlier than age 45, or even receive genetic counseling to review your family medical history.

IMPROVING TREATMENT

The type of treatment for colorectal cancer depends largely on the stage of the cancer. The three primary treatment options are surgery, chemotherapy and radiation. In addition to these treatments, targeted therapies, including immunotherapy, may be used for cases of more advanced cancer. Targeted therapies are drugs that target specific malfunctions (DNA mutations)



in the genes or proteins of cells that allow cancer cells to grow uncontrollably; these drugs, which are usually in pill form, may be given alone or in conjunction with traditional chemotherapy. Some patients with advanced colon cancer may also have a chance to benefit from specific immunotherapies. These are drugs that use your body's immune system to attack and fight cancer cells. The development of more immunotherapies is an area of ongoing research that shows great promise in the treatment of many types of cancer.

Screening remains the number one way to reduce your risk of colorectal cancer and/or treat early stage cancer. The Center for Disease Control (CDC) estimates that if everyone over 45 had regular screenings to detect pre-cancerous polyps, we could reduce colorectal cancer deaths by 50-60%. In addition to early detection, treatment for colorectal cancer has vastly improved over the last few decades. As a result, there are now more than a million survivors of colorectal cancer in the United States.

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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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Replace or Keep a Tooth: How Do I Decide?

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

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



Collect The Data:

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

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



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

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

Periodontal Evaluation:

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

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

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

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



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

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the 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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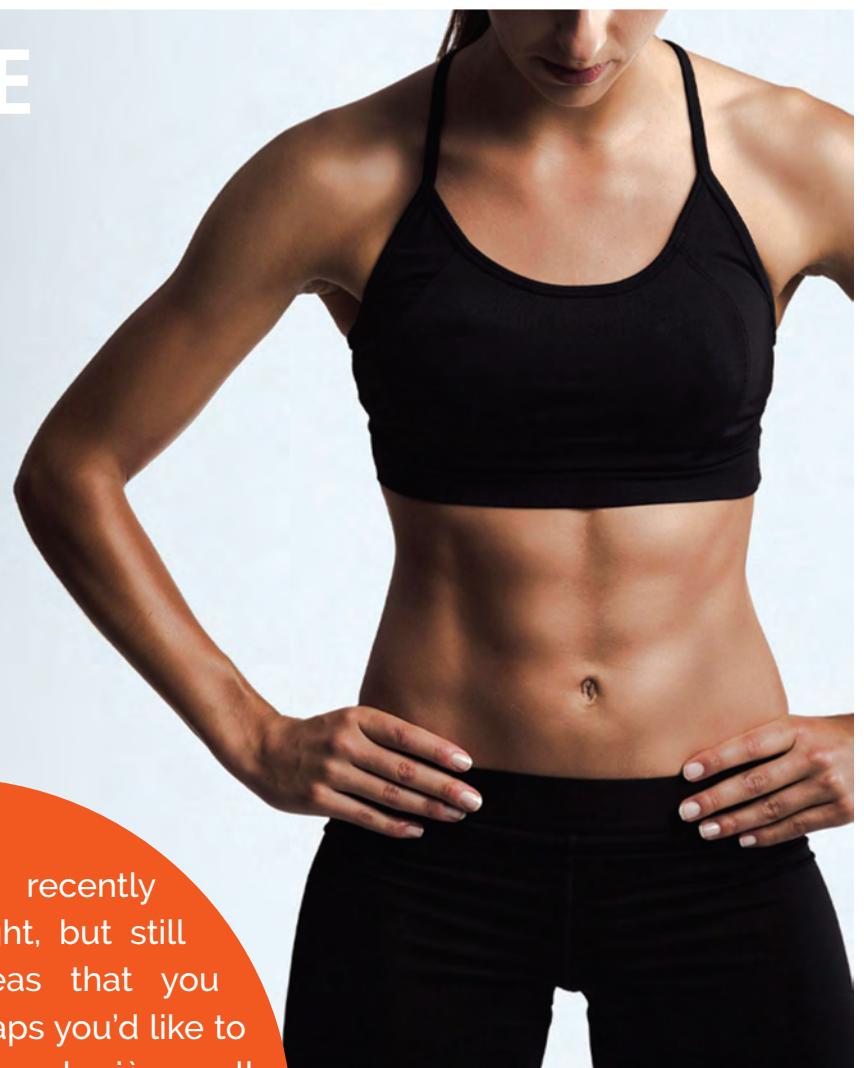
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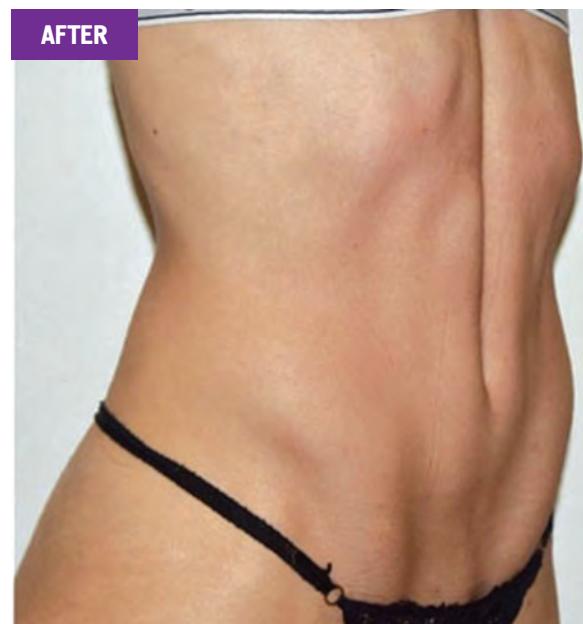
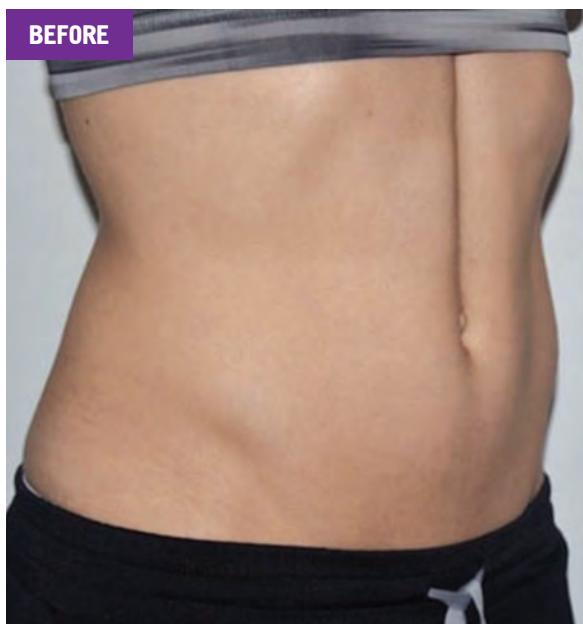
Have you recently lost weight, but still have areas that you want to tighten? Perhaps you'd like to tone up your abs, thighs or derrière, well, advances in body sculpting procedures are helping countless people do just that. Lean down and buff up, with precision technology that reaches far beyond what most people can accomplish at the gym alone.



COOLTONE: A GAME CHANGER IN BODY SCULPTING

For years the demand has been high for noninvasive procedures to melt and freeze fat away, but now we're also seeing a garnered interest in noninvasive procedures to intricately tone and sculpt the body. The medical device and biotech company, Allergan (makers of Botox and Coolsculpting) has a new technology that is FDA cleared to sculpt the body with expert precision and toning via MMS, which stands for magnetic muscle stimulation. MMS causes involuntary muscle contractions in the tiny muscle fibers, which creates stronger muscles. This technology to strengthen, tone, and firm the muscles of the abdomen, buttocks, and thighs.

CoolTone's powerful MMS technology penetrates below the fat layer to strengthen and tone muscle. The state-of-the-art system features liquid-cooled applicators. And as part of Allergan's trusted portfolio of products, you will be eligible to earn Brilliant Distinctions® rewards.¹



THE PROCEDURE IS QUICK AND RELAXING

The CoolTone applicator generates a magnetic field. The magnetic field creates a current as it passes through a conductive material. Muscles are good conductors of magnetic fields. Skin and fat are poor conductors. The induced CoolTone current is stronger in the muscle. The body responds to these contractions by strengthening its muscle fibers. The involuntary contractions improve muscle conditioning. CoolTone treatment results in stronger, firmer, and more toned abdomen, thighs, and buttocks.¹

CoolTone is a quick procedure that only takes 15 to 30 minutes per session, with no downtime. Want leaner legs, stronger abs

and glutes, look no further than CoolTone. Researchers say that CoolTone's MMS technology is higher than any other body sculpting devices on the market.

While every person is unique and results vary, many people obtain desirable results with just four treatments. Just as with exercise at the gym, CoolTone results last for a time but need to be maintained. Maintenance treatment plans are available to maintain your results.¹

No time for endless crunches or gym visits? What if you could get a "workout" without the workout? Let CoolTone do it for you with effortless 30-minute treatment sessions.

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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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UNCOVER THE BENEFITS OF NEUROFEEDBACK

OVERCOMING Panic Attacks . . . Anxiety . . . ADD . . . Meltdowns . . . Migraines . . . Racing Mind . . . Insomnia

Benefits of Neurofeedback? The Stories Say It All

by Michael Cohen, Director and Chief of Neurotechnology

Author of *Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond*

In 2017 I began the arduous journey of writing a book. I'm passionate about neurofeedback's ability to dramatically change lives. I wanted to create something to educate and encourage both the general public and the medical community about this astounding, research-based technology that has been around for 50+ years.

As I planned the book's content, I knew I wanted to include stories of clients of mine. These stories, which show, rather than tell, neurofeedback's power are the best way I know to illustrate what neurofeedback can do. I've heard from readers that they really like the stories, so I'm sharing some of them in this article.

I've provided these examples not because they're unusual but because they're usual. My colleagues in the neurofeedback community and I see these types of outcomes all the time.

What is neurofeedback? It's computer-assisted biofeedback for the brain. Neurofeedback has been shown to improve brain timing in about 80 percent of people who do it which, in turn, improves their brain function. It can be an alternative to medication for brain issues (anxiety, depression, ADHD, migraines, PTSD, obsessive thinking, sleep issues and other unwanted conditions).



A nurse with panic attacks

A 27-year-old client finally had her dream job as an R.N. in a hospital. The problem was, she was nearly crippled by anxiety and frequent panic attacks.

Every day for a year she experienced a panic attack when arriving at work. She was terrified by the responsibility she had for people's lives.

Xanax and an antidepressant helped a bit, but she still struggled badly, even on medications. And she

didn't want to keep taking them. She feared her career could be in jeopardy.

My approach included neurofeedback and biofeedback that targeted systems playing a role in her chronic anxiety and panic attacks.

She came once a week. After her first session, she noticed that she was notably calmer. Following her sixth session, she felt calm enough to get off her medications. After her tenth session, she decided she was well enough to discontinue training.

Too anxious to drive

A 40-year-old woman had anxiety caused by major trauma so extreme that she couldn't drive. Even riding in the car as a passenger distressed her. She'd stare at the floor the entire time the car was moving, just to endure the ride.

After eight sessions, she was able to drive short distances and felt far less anxiety. Five additional sessions resulted in significant improvement and kept her from reverting to the anxiety level she'd experienced for years. She benefited from a combination of neurofeedback and another type of biofeedback we offer.



Woman gets off meds for depression after 15 years

A 54-year-old woman with depression and anxiety came to me after being on antidepressants for 15 years. She had tried unsuccessfully several times to get off her medication because of side effects.

A brain map revealed a pattern common to depression over the left frontal/temporal area, along with an anxiety profile over the right temporal area. We designed a targeted neurofeedback protocol to help her train.

After 15 neurofeedback sessions, she began working with her doctor to reduce her medication. By her 23rd session she was totally off her medications, without any of the challenges she had experienced previously trying to lower meds. She felt stable for the first time in years.

Man misdiagnosed with ADD discovered he wasn't stupid (and didn't have ADD)

A 29-year-old man had spent most of the first 24 years of his life thinking he was stupid or, at the very least, had a severe case of attention deficit disorder (ADD).

He was put on Ritalin in kindergarten and placed in special classes for slow learners. He was given stimulants throughout his school career, and beyond. Despite regular tutoring, he finished high school with a "D" average.

A brain map revealed significant learning disabilities, not an attention deficit. We targeted the areas of his brain that weren't communicating well. After three months, with his doctor's help, he discontinued his stimulant and mood medication. A few months later, his ability to read and comprehend improved dramatically. He was able to go into business and even built a house.

Boy's meltdowns minimized

A six-year old boy had numerous, extreme meltdowns at home and school. After 14 sessions, his meltdowns had stopped and his neurofeedback training was discontinued.

Nurse practitioner migraine relief

A nurse practitioner suffered from migraine headaches for nearly 40 years. They were so severe she had to seek relief in the emergency room. Migraine medications usually helped her through the worst of the headache but didn't fix the problem.

Over her first 10 neurofeedback sessions, she noticed improvements –fewer, less intense, shorter migraines.

By the time she'd completed 25 neurofeedback sessions, she was experiencing fewer and less intense migraines and was no longer taking migraine medications. After 10 additional sessions to solidify her gains and to work on some anxiety issues, she remained nearly migraine-free a year later.

40-year-old mental health clinician who couldn't quiet his racing mind

A mental health therapist taking one of my professional courses told me that his mind had been racing since he was young and that he endured non-stop conversations in his head.

Following his fourth session, he reported a complete quieting of his mind, which lasted several days (he returned to his home out-of-state.) He could not remember experiencing that kind of calm mind in his life. He decided after his brief experience to include neurofeedback in his practice and to continue to train himself as well.

Desperate for sleep

A 55-year-old man got less than 20 minutes of deep sleep a night (abnormally low), causing significant impairment. He'd seen numerous sleep doctors and primary care doctors who couldn't help.

Learn more about neurofeedback at our free informational seminar

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for details or visit

www.CenterForBrain.com

Over the course of about 15 training sessions, his sleep consistently improved. After another 10 sessions, he reported that his sleep had completely normalized.

More stories

For more stories like these, visit <https://www.centerforbrain.com/client-stories/>.

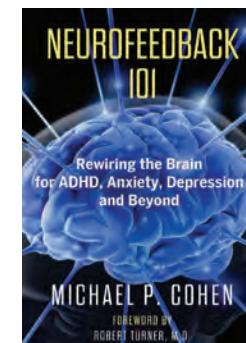
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If you're struggling with a brain-based issue, don't give up. Call the Center for Brain Training for details or to book a free consultation.



About Michael Cohen

Michael "Mike" Cohen is a leading expert in brain biofeedback. Over the past 20+ years, he's helped thousands of clients and taught neurofeedback to more than 2,500 physicians and mental health professionals around the world. He's author of *Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond*, a comprehensive book for general audiences that explains neurofeedback simply.



To obtain a hard copy of Neurofeedback 101, call the office.

Purchase the ebook version on Amazon.com.



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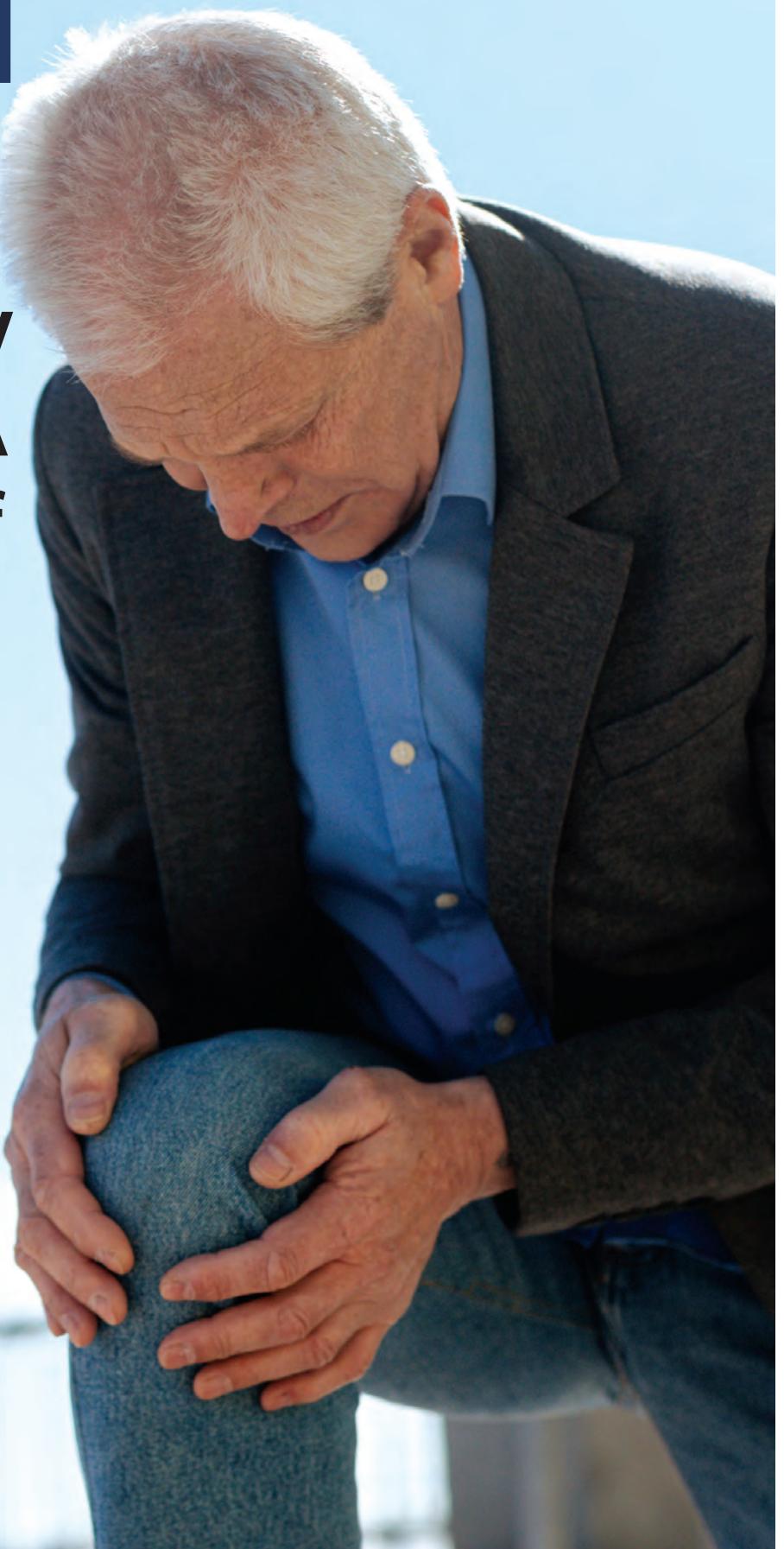
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DO YOU HAVE KNEE PAIN? Does it keep you from certain activities? Do you take medication for knee pain? Do you have knee pain after exercise? Do you have difficulty going up and downstairs? Are you considering knee replacement surgery? Have you tried 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.

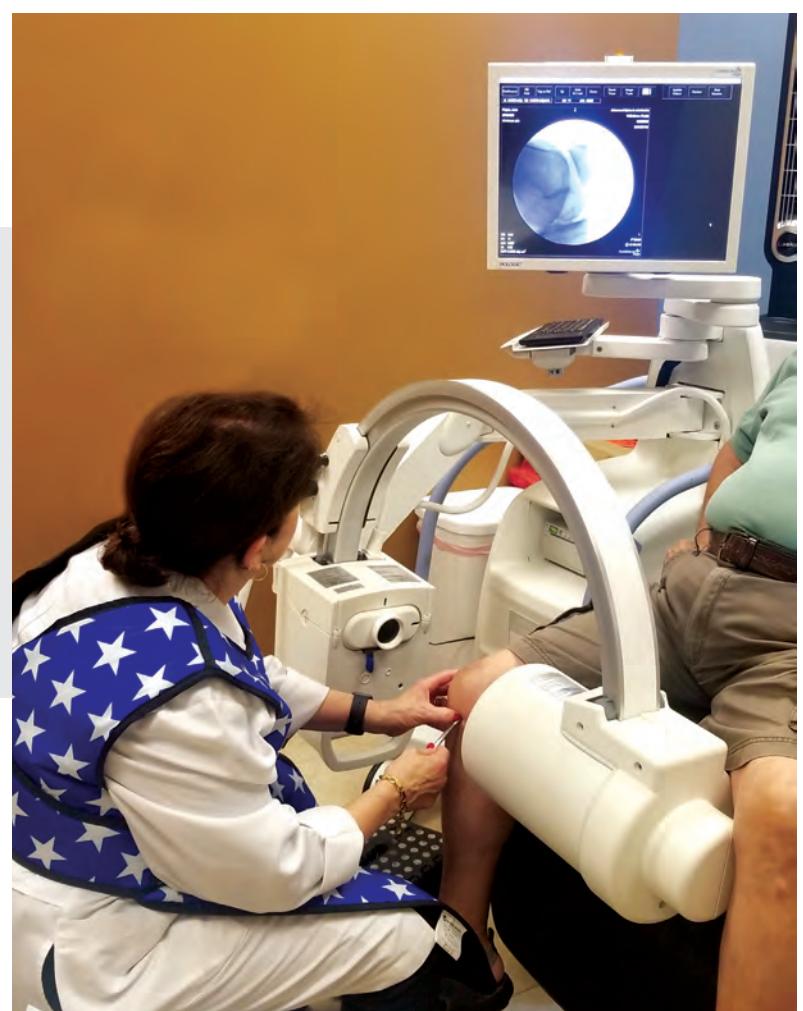
Why do knee injections often fail?

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.

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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



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
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- IV Anti-Aging Regenerative Medicine
- Medical Profiles Special Advertising Section



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www.SimplyMensHealth.com

Enjoy a SPONTANEOUS & ACTIVE SEX LIFE again in as little as 3 weeks – no pills, no needles, no surgery!

GROUNDBREAKING TECHNOLOGY TO TREAT BACK AND NECK PAIN



Back and neck pain affect nearly 80% of our population. Surgery is usually unnecessary, and many people find remarkable pain relief with regenerative medicine. If you suffer from chronic low back pain or neck pain and have been told to just live with your pain, or that surgery is your only option, that is not true. There are multiple alternative therapeutic techniques to get you out of pain and two stand out from the rest! Accu-SPINA® and IDD Therapy® are a combined treatment option for back pain and neck pain conditions.

IDD THERAPY®: THE NON-SURGICAL BACK PAIN SOLUTION¹

- IDD Therapy® treatment is a clinically proven, computer-directed, disc treatment for the relief of back and neck pain
- Developed in collaboration with top neurosurgeons and FDA cleared
- The ONLY treatment with patented oscillation technology to encourage spinal regeneration
- Promotes healing by reducing compression surrounding the injured disc
- Reduces pain by relieving pressure and re-educating the surrounding muscle tissues¹

WHAT MAKES IDD THERAPY® SO EFFECTIVE?

Through science and technology, this therapy can target the lumbar and cervical spine, to gently create space in the vertebrae surrounding an injured disc. In technical terms, during the treatment, the intradiscal pressure is reduced from a positive to a negative pressure. This negative pressure is thought to induce a flow of water, oxygen and nutrients into the vertebral disc area to promote improvement in disc health.¹

The Accu-SPINA® and IDD Therapy® are a broad range of treatment protocols that mimics many conventional physical-therapy regimens. Unlike other regimens, the Accu-SPINA® is able to treat the specific spinal segments that are damaged with computer directed precision, and variable pressure, to ensure an individualized treatment protocol for each patient. There truly is no other spinal rehabilitation device like the Accu-SPINA®.¹

WHAT IS IDD THERAPY®?

Intervertebral Differential Dynamics Therapy is precise, computer-controlled spinal treatment used to “stretch” the space between specific discs to alleviate the pain caused by disc compression. Compressed discs are the root cause of many issues that affect our bodies: not just the neck and back, but also the arms, legs and extremities; issues such

as bulging and herniated discs, sciatica and facet syndrome can be treated with IDD Therapy.¹

IDD Therapy treatment uses dynamic energy, applied at differentiating levels of the patient's spine. IDD Therapy® was developed and advanced by multi-disciplinary physicians including neurosurgeons for the non-surgical resolution of back and neck pain.¹

**THIS UNIQUE TECHNOLOGY
RISES ABOVE OTHER SPINAL
DECOMPRESSION OPTIONS FOR
BOTTOM BACK PAIN AND
A VARIETY OF OTHER
PAIN-CAUSING ISSUES**

The Accu-SPINA® produces a unique, patented, waveform called oscillation, which is a key component to elevating IDD Therapy® above other treatment options. For example, one of the most common problems caused by disc issues is pain located at the bottom of the back, the Accu-SPINA's delivery method allows for highly specific mobilization, or distraction, of the targeted spinal segment to improve functional performance.¹

Using the Accu-SPINA®, IDD Therapy® treatment delivers a highly effective and effortless physical therapy session. Precise cycling from active to passive tensions enable the Accu-SPINA® to deliver graduating neuromuscular re-education to spinal structures and surrounding tissues while decompressing and rehydrating the disc.¹

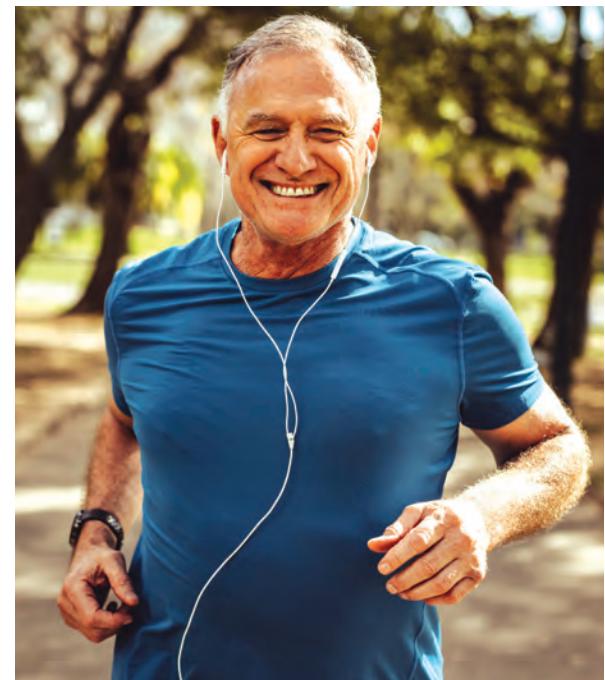
**THIS COMBINED TECHNOLOGY CAN
TREAT THE FOLLOWING CONDITIONS:**

- Neck pain
- Back pain
- Herniated discs
- Bulging discs
- Degenerative and intravertebral disc disease
- Posterior facet syndrome
- Sciatica
- Impingements

This treatment doesn't just mask symptoms, yet rather heals and it typically cost less than a copay for back surgery.

JUPITER HEALTHCARE AND CHIROPRACTIC

Jupiter Healthcare is a comprehensive chiropractic and physical therapy group. They pride themselves on being able to provide effective therapy outcomes for their patients, no matter what the injury or condition. So, whether you're recovering from a painful injury or surgery, or trying to adapt to permanent lifestyle changes from an ongoing condition, their elite team of advanced certified therapists can develop an individual, progressive treatment plan to help you achieve measurable results you can see and feel.



**Please contact them today at
(561) 741-7575**

Reference:

¹ NAMC, North American Medical Corporation, IDD Therapy, 2019,
<https://www.iddtherapy.com/accu-spina/>

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After a relaxed consultation, Dr. James McErlain, D.C., will accurately pin point the cause of your problem so you can start your path to wellness.

We offer:

- | | |
|---|--|
| • Lumbar Spinal Decompression Therapy | • Physical Therapy (<i>Sondra Stollak, PT</i>) |
| • Cervical Spinal Decompression Therapy | • Massage Therapy (<i>Par Loomis, LMT</i>) |
| • Chiropractic Therapy | • Flexion/Distraction |
| • Cold Laser Therapy | • Nutritional Products |



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MEDICARE!**

The Nutraceutical Breakthrough for Active Joints and Amazing Skin

A New Generation of Super Nutraceuticals

For decades, the medical community has been focusing on a natural compound in our bodies called "hyaluronic acid", or HA, and collagen, both of which are chief components of healthy connective tissue throughout the body.

HA and collagen are especially important to knees, elbows, wrist, and the spine...where they are present and responsible for joint function, lubrication, comfort, and mobility.

They are also a major component of skin...essential for hydration, tissue repair, and its youthful appearance. The problem is, as we age, we begin to lose HA and collagen.

Researchers, including those at Harvard University, had been doing everything possible to find a way that people could benefit, but the natural state of HA was too complex for the body to use. It was expensive and it had to be injected.

That's where we stepped in.

We discovered a unique natural source of HA that naturally coexists with collagen, as it does in our bodies.

We tested and developed it into a nutrient that could actually be absorbed into the body and deep into tissues. It is a complete breakthrough in the nutraceutical community.

Award-winning...multi-patented.

After numerous clinical trials, Super Nutraceutical was shown to improve joint health significantly, plus it also reduced wrinkles from inside-out.

Clinical Trials show

Super Nutraceutical Improves joints

- Improves joint mobility and lubrication
- Reduces discomfort
- Promotes healthy cartilage and connective tissue

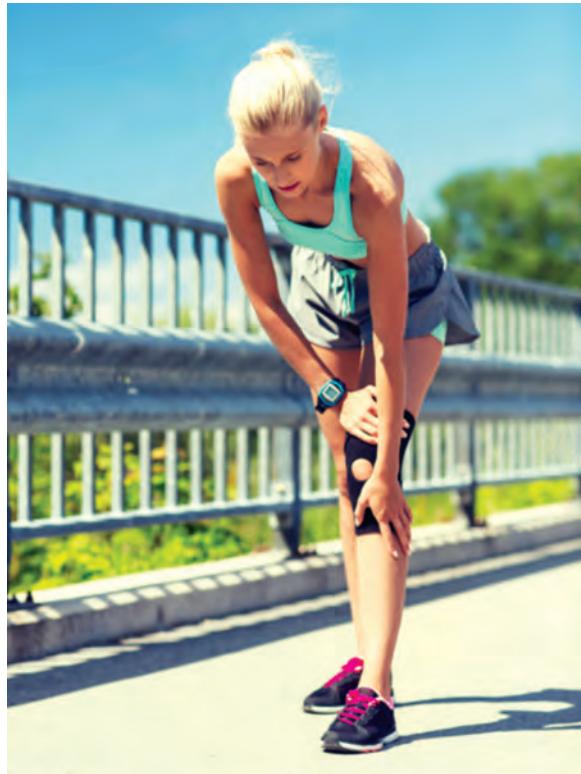
It works...and it's documented

In an 8-week human clinical trial, 90% of subjects with chronic joint discomfort experienced a 40% improvement in physical activity and with continued use, many experienced significant mobility.

A 10-week trial enrolling subjects at an advanced stage of joint problems showed that more than 70% experienced a significant reduction of discomfort, improving their daily activities.

Joint discomfort can come with aging, strenuous work, and athletic activity, but what you're really experiencing is the progressive degeneration of connective tissue, where both collagen and hyaluronic acid are essential.

Taken orally, in a patented, highly absorbable form,



Super Nutraceutical allows you to replenish these important substances and is clinically shown to work!

Its Bio-Optimized manufacturing process produces an ideal molecular weight that your body can effectively absorb, and it mirrors the joint's natural composition, so the body readily accepts it.

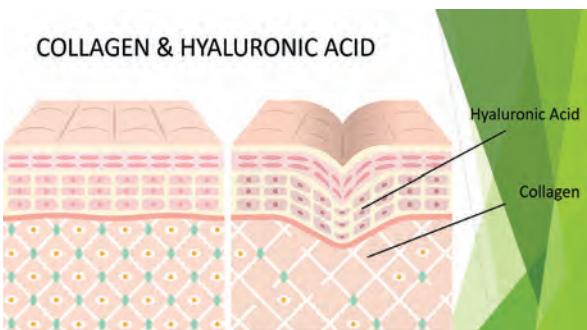
It gets even better...you'll look younger, longer

- Reduces deep lines and wrinkles
- Decrease dryness
- Increase skin's collagen content
- Improves skin's microcirculation, hydration, skin tone, and firmness

It's hard to argue with science...it's even harder to argue with results

Clinically tested...takes years off your appearance

A human bioavailability study demonstrated that within 28 days, daily intake of Super Nutraceutical led to 60-fold increase of hyaluronic acid in the body, reducing wrinkles from the inside-out, without cosmetic injections.



In a 12-week human trial, dryness nearly disappeared without the use of topical moisturizers. Plus, subjects experienced a significant increase in the skin's collagen content, reduction in lines and wrinkles, and improvement in skin's microcirculation, hydration, and skin tone. Subjects also noticed a dramatic difference in their hair, nails, gums and even eyes.

"Higher levels of HA and collagen equal younger-looking skin. This nutraceutical has been a Hollywood secret in helping some of my most visible personalities look their best."

Jon M. Grazer M.D., M.P.H., F.A.C.S.,
Board Certified Plastic Surgeon.

Active Joints Amazing Skin

The nutraceutical breakthrough that's completely changing the way we age!

Super Nutraceutical is the award-winning super nutraceutical, clinically shown to promote healthy aging, active joints, and younger-looking skin.

This state-of-the-art formula combines the multi-



patented power of Super Nutraceutical with the added benefits of 13 potent, antioxidant-rich superfruits, and resveratrol, widely studied for its roles in longevity and cardiovascular health, infused into a unique liquid delivery system that provides unsurpassed absorption and fast results.

Feel what it's like to live life without joint discomfort.

See what happens to your skin.

Try Super Nutraceutical for yourself.

"I am a runner, and my husband was an avid runner until his joints would no longer allow him to keep up such strenuous physical activity. I am so excited to report that my husband, after about a month on the product, is now back to running. My own running time has improved, my joints feel amazing and my skin looks great!"

Stacy H. Rockport, TX

"Since I started taking this Super Nutraceutical I can see a noticeable improvement in the wrinkles on my face!"

Donna L. Mosinee, WI

"I was attracted to the product for the vanity reasons for wrinkles, and I was excited when my dry and flaky skin became soft and supple in just a few weeks. But I am also happy to report that the joint discomfort is gone in my hips."

Kathy P.- Tampa, FL

"Since I have been taking this nutraceutical, I have no joint discomfort now and my muscles respond better and quicker with activities and exercise. I wish everyone could feel as good as I do now."

Billy H.- Westville, OK

"After I used this product for just three weeks, I found that I could climb stairs without discomfort in my knees for the first time in years!"

Martyne B.- Albuquerque, NM

"I have seen a change in my knee discomfort and I also noticed this morning that my frown lines have almost gone away! No need for any Botox now!"

Danielle L.- Jupiter, FL



For a free health coaching assessment and recommendations on what would work best for your unique body type, please contact **Dr. Grazyna Pajunen or Tony Pajunen at**

561-350-0096

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Laser Cataract Surgery: What you should know

By David A. Goldman MD

With every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femtosecond laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes then Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



Does this mean there are no advantages to laser cataract surgery? Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Spiritual Wellness

Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

Act differently. “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)



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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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