

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2020

North Palm Beach Edition - Monthly



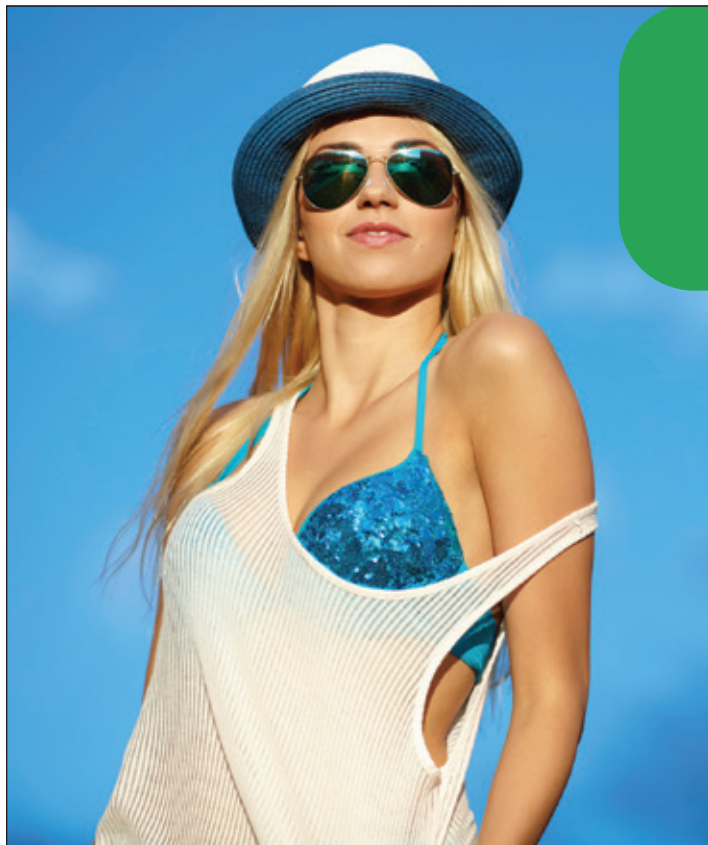
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**Read more about
neurofeedback on Pages 22-23**

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Health & Wellness



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CONTACT US

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

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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LETTER From the Publisher

As we're all trying to navigate through our changing world due to the novel coronavirus, we are blessed to have such resilient and dedicated partners, educators, and readers. We thank you all for supporting us as a small business, and in return, we are also always here for you. In these uncertain times, the stories you've shared regarding your solidarity are inspiring. We encourage you all to continue to rally together, support local businesses, and connect with each other.

There has never been a more important time to stay the course with your health and wellness goals. As always, we have in-depth articles from key-thought leaders, practitioners, and entrepreneurs that are here to help you live your most vibrant life. Reassuringly, we will get through this together.

In challenging times, we're reminded of our shared strength and encouraged to be grateful for what truly matters.

Yours Sincerely,

Bryan and Sybil Berryman

Health & Wellness MAGAZINE

RESOURCE GUIDE

COVID-19 CORONAVIRUS

Florida Department of Health has opened a 24-hour COVID-19 call center to answer questions you may have. Call **866-779-6121** or email **covid-19@flhealth.gov**. For more information on COVID-19, please visit The Florida Department of Health Website at **www.floridahealth.gov**

COVID-19 TESTING IN PALM BEACH COUNTY

Palm Beach County Testing Line: (561) 642-1000

- Telephone registration and appointment scheduling for COVID-19 testing will begin on Monday, March 30th from 8:00 am to 5:00 pm.
- Individuals requesting testing must be approved and scheduled through telephone screening by the testing line.

On-site testing (swab sample collection) will begin on Tuesday, March 31st at the FITTEAM Ballpark of the Palm Beaches (5444 Haverhill Rd).

211 Palm Beach

The caring staff will listen to each individual's situation to provide information on available social services, community services and resources that include food assistance, medical clinics, foreclosure prevention, parenting info & special needs, senior services that include free "Sunshine" daily calls, services for teens and more. You can contact them **www.211palmbeach.org** or dial **211**.

Palm Beach County Schools

The School District of Palm Beach County continues its commitment to feeding students while schools are closed. Starting March 30, 35 sites across Palm Beach County will be distributing 'Grab and Go' bags filled with breakfast, lunch, supper, and a snack. Boxes of food from Feeding South Florida will also be available on specific dates per location. Meals are FREE to anyone under 18 years of age (under 22 for ESE students), regardless of financial need. For more information about site locations, go to: **https://summerbreakspot.freshfromflorida.com/**. Or call Palm Beach County Schools hotline at: **561-969-5840**.

AVAILABLE LOANS FOR SMALL BUSINESSES:

Two public-funded small business disaster loans are currently available to local businesses impacted by the coronavirus.

1. FEDERAL – SBA Economic Injury Business Disaster Loan

a long-term loan (up to \$2 million and terms up to 30 years)

Deadline is May 8, 2020

<https://floridadisasterloan.org/>

2. STATE – Florida Small Business Emergency Bridge Loan

a short term loan (up to \$100K for one year)

Deadline is Dec. 18, 2020

<https://www.sba.gov/>

AVAILABLE GRANT FOR NON-PROFITS:

Community Foundation – COVID-19 Relief & Recovery Grant

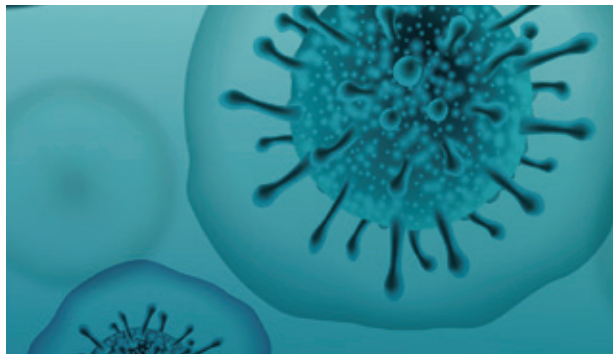
Open to nonprofits that provide services to Palm Beach County

<https://www.bdb.org/news/2020/03/25/economic-development-news/relief-and-recovery-funding-for-non-profits-grant-opportunities/>

Specific to Palm Beach County COVID-19 Relief and Recovery Grant

United Way and many other funders in Palm Beach County have joined together to establish a coordinated Coronavirus (COVID-19) Relief and Recovery application process. This funding process will provide assistance to nonprofit organizations in Palm Beach County and Martin County whose staff, services and clients have been impacted by this disaster. Funding priorities include emergency food, shelter, access to healthcare and other basic needs.

Visit <https://unitedwaypbcc.org/coronavirus/> for more information



UNEMPLOYMENT ASSISTANCE

Florida's Department of Economic Opportunity is home to the Reemployment Assistance Service Center. It is here that people can apply for benefits. The service is set up to provide "temporary wage replacement" to those who meet the eligibility requirements, according to its website. Here is who is eligible to receive state assistance:

1. Those who are quarantined by a medical professional or government agency.
2. Those who are laid off or sent home without pay for an extended period by their employer due to COVID-19 concerns.
3. Those who are caring for an immediate family member who is diagnosed with COVID-19.

To find out if you're eligible, visit the Florida Jobs website: <http://www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants/apply-for-benefits>.

All seniors can access Meals on Wheels by calling the elderly helpline at **866.684.5885**.

HELPLINES:

Palm Beach County
 Helpline..... **561-712-6400**
Town of Palm Beach..... **561-227-7070**
Wellington: Village Hall. **561-791-4000**
Senior Assistance..... **561-791-4796**
Boca Raton..... **561-243-7777**
Delray..... **561-982-4900**

Blink Fitness

Blink Fitness is hosting Facebook Live sessions weekdays at 8 a.m. ET. The fitness chain will host virtual workouts, give tips to stay motivated and answer fitness questions from the comments.

Orangetheory

Orangetheory is sharing a new 30-minute workout video each day, featuring some of its most popular coaches from around the world. According to the fitness center, the workouts don't require any special equipment, but may feature everyday household items.

Peloton

For the next 90 days, Peloton is offering its app to new users for free. Even if you don't have the bike, the app has yoga, meditation, strength, stretching, bodyweight cardio and strength training exercises. According to the company, all you need is a mat to get started.

305 Fitness

305 Fitness is offering cardio dance live streams twice a day on YouTube. The sessions are held at 12 p.m. and 6 p.m. ET, and are hosted by the founder of the studio, Sadie Kurzban.

Gold's Gym

Gold's Gym is offering a variety of digital workouts for free through the end of May. Its app offers over 600 audio and video workouts.

Planet Fitness

Planet Fitness is live streaming "Work-Ins" at 7 p.m. ET every day on Facebook. The company said its trainers, and occasionally surprise celebrity guests, will lead the 20-minute workouts, which are free for everyone.

Crunch Fitness

Crunch Fitness' online workout class portal, Crunch Live, is now free for 45 days, even for non-members. The app has over 100 workouts, including dance, yoga, pilates, barre, kickboxing and more.

Retro Fitness

Retro Fitness announced Friday that it is now offering free daily live stream classes on its Facebook page that are available weekdays at 6 p.m. ET and taught by the company's expert trainers. The theme of the first workout was "Body Blast."

Life Time

Life Time announced Thursday "Classes on Demand," a way for members and non-members across the country to stream cardio, strength and yoga classes for free. New classes are added every day and include kickboxing, barre, guided meditations and more.

YMCA

On Thursday, the YMCA launched on-demand exercise and youth programs called YMCA 360, including barre, boot camp, yoga and more "to support the health and well-being of everyone staying home." All of the exercise courses are free for a limited time, regardless of Y membership.

Barry's Bootcamp

Barry's Bootcamp is hosting 20-minute bodyweight workouts live on Instagram for free. On Tuesday, its 9 a.m. PDT workout was hosted by CEO Joey Gonzalez, and the 12 p.m. PDT workout was led by VP of Curriculum Chris Hudson.

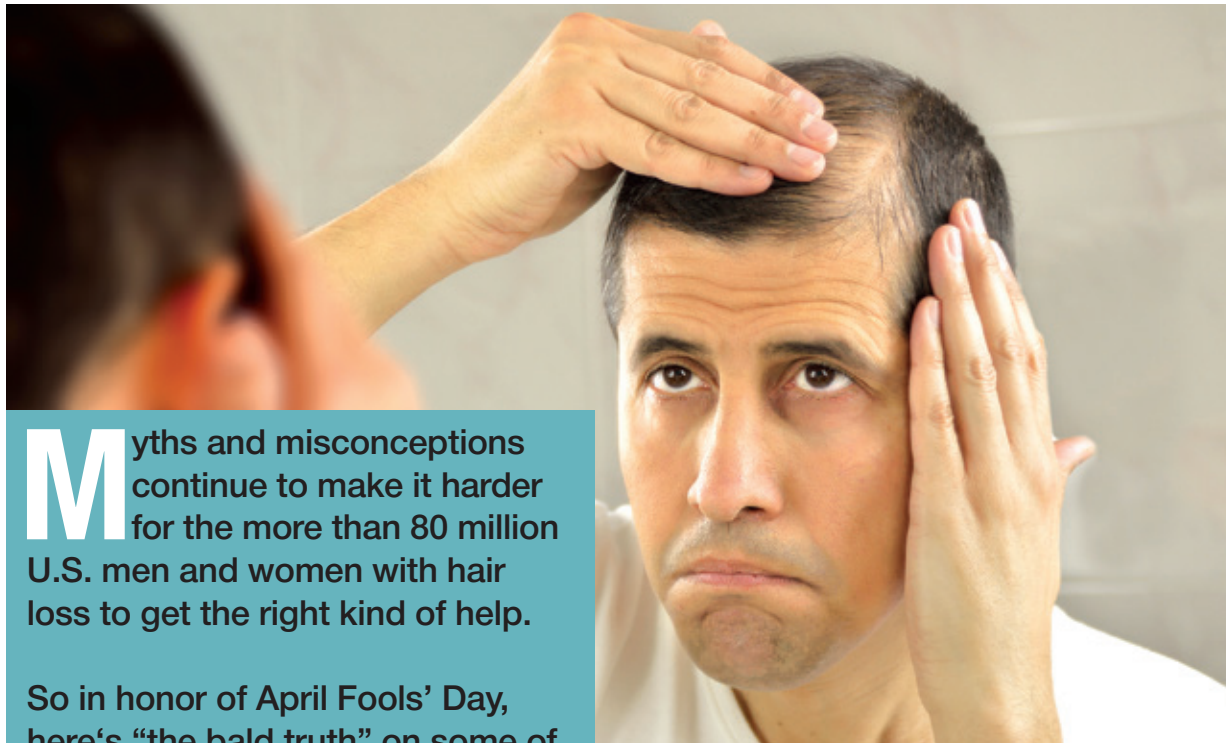
CorePower Yoga

CorePower Yoga is offering free access to a limited collection of online yoga and meditation classes while studios are closed. "What's important to remember right now is that our yoga practice is always there for us – wherever we are," the company said.

DON'T BE FOOLED!

LEARN THE BALD TRUTH ABOUT HAIR LOSS

By Alan J. Bauman, MD, ABHRS



Myth and misconceptions continue to make it harder for the more than 80 million U.S. men and women with hair loss to get the right kind of help.

So in honor of April Fools' Day, here's "the bald truth" on some of the most persistent myths about hair loss and hair loss treatments.

True or False? Baldness is passed down from your mother's side.

This is a particularly persistent myth. While it is true that genetics is the main cause of hair loss in men and women; today we know that there are approximately 200 genetic markers that regulate hair and hair growth and that these "genes" can be inherited from either your mother and father's side, or a combination of the two. Additionally, we are always discovering an increasing number of epigenetic or non-genetic factors that can accelerate hair loss and hair thinning. If you are worried your genetics may be putting you at risk, testing is available that can determine an individual's risk of losing their hair so they can begin preventative treatments early – at a time when they can be most effective.

True or False? Hair loss is a man's problem.

Unfortunately for women, this is also false. The truth is, more than half of all women over

40 experience some type of hair loss and women can inherit a 'hair loss gene' just like men. The only difference is that a woman's hair loss symptoms are different and often more subtle than men's. Female hair loss typically occurs more diffusely over the affected areas of the scalp, leaving some follicles unscathed while severely miniaturizing others. Hormonal changes, due to menopause and pregnancy along with age, medications, poor nutrition, illness, stress, etc., also impact hair loss in women – causing widening part lines, decreased coverage, decreased ponytail volume, and even sometimes hairline recession.

True or False? Hair loss must become visible in order to start treatment.

This is truly antiquated thinking! How early you address your thinning hair determines how much hair you save. If you wait until the hair loss is visible to the naked eye, you're a little late—science has proven that 50 percent may be already gone. The best tool for fighting hair loss is early detection, making it essential for patients to seek the advice of a certified hair restoration physician as soon as risks are identified and early signs or symptoms appear.

True or False? You can grow back dead follicles.

Don't be fooled by magic potions and miracle cures. The truth is, while there are effective treatments available, like compounded medications, laser therapy, PRP platelet-rich plasma, nutritional supplements, etc. that can help protect follicle function and make hair follicles produce longer, thicker and healthier hair, once hair density is severely depleted, the only option for regrowth in that area is a hair transplant. Is your hair beyond repair? You'll need a microscopic evaluation to tell if follicles can be rejuvenated, or if are they "dead and gone."

And speaking of hair transplants...

True or False? All hair transplants are pluggy and painful.

While this may have been true decades ago, today, major advances in microsurgery, anesthetic techniques, and careful attention to patient comfort now allow skilled surgeons to comfortably restore permanent living and growing hair artistically, with 100% natural results. New, minimally invasive hair transplant procedures using an FUE or Follicular Unit Extraction approach enables skilled surgical teams to meticulously relocate as little as one hair follicle at a time so there are no "plugs," no rows, and absolutely no linear scars left behind, which is typical of outdated "strip-harvest" procedures.

What's more, new instruments and techniques developed within the past year or so allow for some procedures to be performed without any trimming of hair. The discreet No-Shave Long-Hair VIP|FUE™ process 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 or "strip" harvesting – but without having to undergo a drastic hairstyle change.

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistry of the surgeon involved – so choose wisely. Patients, therefore, should not choose their surgeon based on the tool they use, but more so on their experience and artistic ability.



Bauman Medical uses advanced online video conferencing technology for virtual consultations so patients can privately discuss their hair loss concerns from the convenience of their home.

Do your research, ask questions, look at before-and-after pictures, and don't be afraid to ask to speak to previous patients.

True or False? Any dermatologist can treat hair loss.

Of course, for skin cancer, acne, psoriasis, and many other skin conditions, your dermatologist should be your primary resource. Today, however, because the diagnosis, measurement, treatment, and tracking of hair follicle function has become so specialized, your local derm may not necessarily be your best resource for hair thinning or scalp health issues. If you do visit your derm regarding a hair loss concern, hopefully, they will quickly refer you to an experienced, credentialed and qualified physician who specializes exclusively in hair restoration.

As with other medical subspecialties, hair restoration has its own certifying board, the American Board of Hair Restoration Surgery. In order to achieve optimal results, it is important to consult with an experienced Hair Restoration Physician – a doctor whose practice is exclusively dedicated to the medical diagnosis, treatment,

and tracking of hair loss and regrowth. 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), and seek out someone who has achieved Fellow status within the International Society of Hair Restoration Surgery (FISHRS).

True or False? Hair loss is a treatable condition.

Thankfully for hair loss sufferers, this one is TRUE! In the past, there were no effective treatments in sight for hair loss and hair thinning patients; the only solution was to cover up hair loss with hats and artificial hairpieces. Fortunately, thanks to years of advanced research and new cutting-edge technology while there's no "miracle cure," today, there are many effective hair loss medications, treatments, and procedures that have made hair loss a treatable condition.

To learn more about the latest advancements in hair restoration, or to schedule an in-person or virtual appointment with Dr. Bauman, please visit www.baumanmedical.com or call 561-220-3480.

TRUE OR FALSE? I NEED TO VISIT BAUMAN MEDICAL IN-PERSON TO GET STARTED WITH MEDICAL TREATMENTS FOR HAIR LOSS.

It may sound too good to be true, but this one is false. Telemedicine, in one form or another, has been a routine part of Bauman Medical for over two decades. Today, Bauman Medical uses advanced online video conferencing technology for virtual consultations and follow-ups. From the convenience of your home, you can connect with the Bauman Medical team from your smartphone, tablet or computer to privately discuss your hair loss questions or concerns, hair restoration treatments, initiate or refill prescriptions, answer procedure questions, as well as execute procedure or follow-up appointment scheduling.

Whether you are across the globe or just across town, private one-on-one virtual or in-person appointments with board-certified Hair Restoration Physician, Dr. Alan J Bauman, Trina Arce, our Nurse Practitioner, Kim Jenkins, our in-house Trichologist, and our entire Patient Services team, are available based on your needs.

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

Clear Vue Eye



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.



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



Monique M. Barbour, M.D.

Dr. Barbour is a Board Certified Ophthalmologist. She attended Saint Augustine's College in Raleigh, North Carolina where she received her 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 Instituto de Clinica Barraquer in Bogota, 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 diplomate 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 Española.

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>



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IS NAD+ SLOWING DOWN THE AGING PROCESS?

As we age we thrive to maintain a healthy lifestyle and improve our quality of life. “Healthy aging” is a very accurate term for what we are aiming for.

So how can we achieve “healthy longevity”?

It is exciting to report that now there actually is a cutting-edge treatment that has become a very promising tool in our fight against many age related health problems.

This treatment is called NAD+ IV therapy.

What is NAD+? NAD+ is the coenzyme of Niacin, or also called Vitamin B3. NAD+ levels decline significantly with age, this deficit decreases the body’s ability to retain its youthful, healthy function. It has been shown that by age 50 people

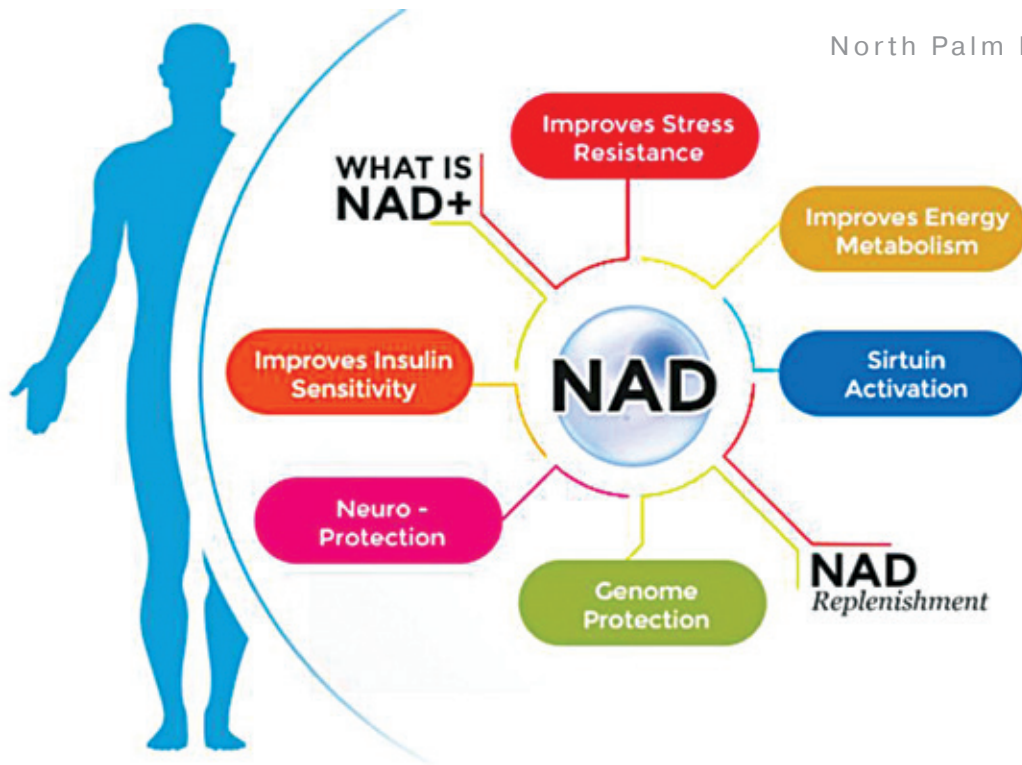
have only 50% of the NAD they had in youth. By age 80 NAD+ levels drop to only 1% -10 %. Deficiency of NAD+ may predispose us to accelerated aging and hence diseases associated with aging such as neurodegenerative diseases, diabetes, cardiovascular disease and even cancer, among many others. NAD+ stands for nicotinamide adenine dinucleotide, and is found in all living cells. It is essential to sustaining life. It protects us against factors such as chemical stress, inflammation, as well as mitochondrial and DNA damage. This is why restoring NAD+ is being viewed as a progressive tool to aid longevity, but also to improve certain conditions such as depression, anxiety, PTSD, etc. It has been very successfully used for almost 20 years for drug and alcohol detoxification. NAD+ in supplemental form is very unstable and cannot be absorbed by the body, however intravenous administration has yielded very

promising results. Researchers have been studying NAD+ since the early 1950’s.

More recently, in 2013, David Sinclair PhD., professor of genetics at Harvard Medical School, headed a revolutionary research in the area of NAD+, when he took a group of mice and restored the mitochondria in their muscles to a youthful and healthier state, by injecting the subjects with a molecule which boosted levels of NAD.

HOW DOES NAD+ AID IN ANTI-AGING?

First, NAD+ may lengthen telomeres, the repetitive sequence of DNA Strands that cap the ends of chromosomes. The longer the telomeres, the younger the physiological age of the individual and the less likely to develop age related diseases. Second, NAD+ promotes DNA repair. Third, NAD+ modulates immune-cell signaling. This is a



critical factor in maintaining defenses against infections and autoimmune diseases. Fourth, NAD+ is a neurotransmitter. Neurotransmitters are chemicals that send signals between nerve cells. As such, NAD+ appears essential for maintaining brain health, and may have promising results in neurological disorders such as Parkinson’s and Alzheimer’s disease.

Given the role NAD+ plays in such a wide range of critical functions, it is easy to understand why it might have a profound effect on anti-aging health and brain function. In South Florida, only a handful of physicians are trained in NAD+ IV Therapy Treatment. Daniela Dadurian, M.D. is one of the first physicians in the West Palm Beach area to offer this therapy. Dr. Dadurian is the founder

of the medical practices, MD Beauty Labs Medical Spa & Wellness Center in West Palm Beach and Bioage MD Anti Aging & Wellness Center on Palm Beach Island.

Dr. Dadurian is proud to bring NAD+ IV Therapy Treatment to her practice. Dr. Dadurian has developed her own NAD+ protocol, depending on the condition being treated, with a combination of IV Infusions, appropriate supplements, and other modalities. Patients who are interested in this procedure, will receive a free consultation. Upon this consult patients will obtain an individualized treatment plan according to their goals and needs. To schedule a consultation with Dr. Dadurian, please call **561-513-5817** or email her at **md@mdbeautylabs.com**.



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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PREVENTING HEAD, NECK AND ORAL CANCERS

Oral, head, neck and throat cancers account for about 4% of cancers in the U.S. According to the National Cancer Institute, these cancers occur more than twice as often among men than women. While not as common as some other types of malignancies, oral cavity and oropharyngeal (head and neck) cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam. Early diagnosis means that these cancers are more treatable.

Most head and neck cancers begin in squamous cells, which are cells that line moist surfaces, such as those inside the mouth, nose, sinuses and throat. Salivary gland cancer, another category of head and neck cancer, has many different forms because these glands are made up of many different types of cells that can become malignant. As you might suspect, tobacco use, heavy alcohol use, and infection with human papillomavirus (HPV) increase the risk of many types of head and neck cancer.

One of the factors that can increase your risk of oral cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papilloma virus (HPV) in Caucasian men and women.

According to the American Cancer Society, some of the early warning signs and symptoms can include:

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn't go away (also very common)
- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn't go away



- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest

independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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 the past three years, the majority of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

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.



World-Class Medicine. Hometown Care.

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Suite 303
Wellington, FL 33414-6140

West Palm Beach
1309 North Flagler Drive
West Palm Beach, FL 33401

For more information, visit FLCancer.com

Computer CT Guided Dental Implant Surgery: Implant Procedures with No Incisions

Dental implants can help patients regain their ability to chew and smile with confidence. The implant itself supports the crown or crowns (the chewing part of the tooth) allowing the new “teeth” to be anchored. New technologies are now available that aid your surgeon in performing these procedures in an extremely conservative and comfortable fashion.

Traditional Implant Placement:

Implants are usually planned by the surgeon using a combination of a clinical evaluation and a careful examination of dental x-rays. These x-rays are helpful, but have the limitation of only showing a 2-dimensional view of the area. Typically the “width” and exact locations of important structures such as nerves cannot be determined.

CT scans offer a significant improvement in the detail provided to the surgeon when planning the procedure. In-office CT scanning takes typically less than a minute and involves sitting in a chair while the unit rotates around your head. The scan offers a 3-D view of the structures being evaluated. The views are similar to slicing a loaf of cinnamon raisin bread and seeing the exact detail of each slice. In the CT scan, nerves, sinuses and other important anatomy can be identified with a high degree of precision. This information allows the procedure to be planned in the most conservative and safest manner. Once the treatment has been planned, the procedure is performed by opening the gum tissue and inserting the implant into the desired location. Sutures are typically used to close the surgical area.

Computer CT Guided Implant Surgery:

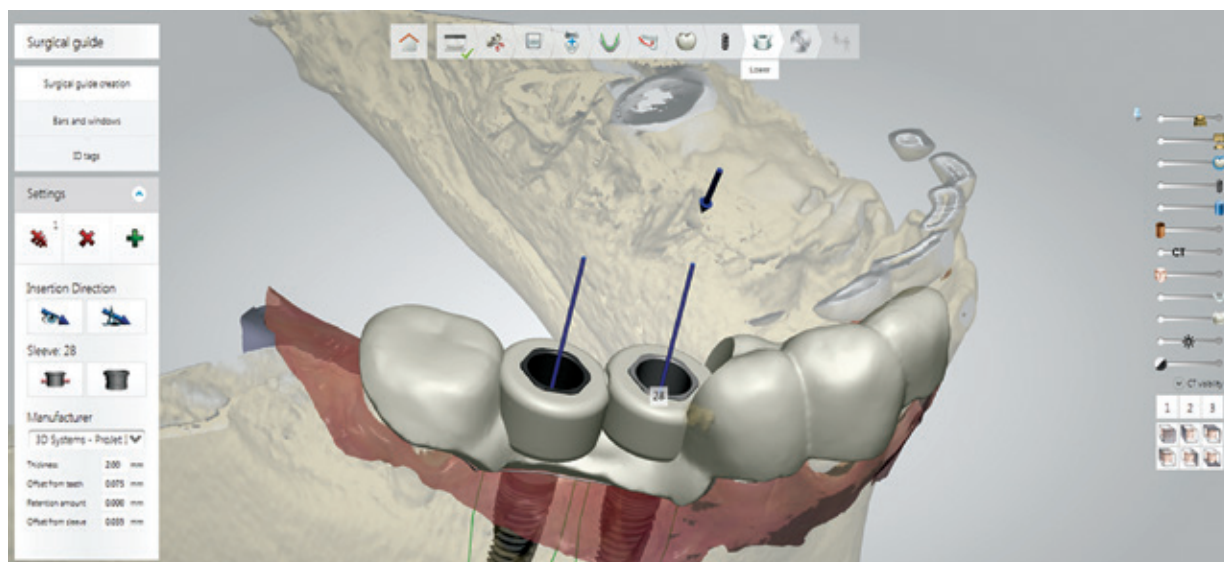
Guided Implant Surgery allows your procedure to be “performed” in advance of the actual surgery.

The majority of the work occurs when you are not in the dental office. Once the CT scan is taken, advanced computer programs are used to “perform the surgery” and place implants within the 3D representation of your mouth in the safest and most ideal positions.

These implant positions can be shared in advance with your general dentist so that the overall treatment is ideal. In a very oversimplified example, the programs used are similar to a very advanced video game with full representation of your jaws and all the implants available to an exact scale. Ideal placement location and implant size selection can be determined using this software.

A surgical guide is created that only allows the surgeon to place the implant in the predetermined locations. The technology lets the surgeon perform the procedure without the need for typical incisions and suturing. This conservative approach typically leads to decreased pain, swelling and a more streamlined recovery. Improved safety can often be achieved around nerves and sinuses with the use of this procedure. The state-of-the-art procedure can be used for patients requiring 1 implant to patients in need of full mouth rehabilitation.

This technology has drastically changed the way dental implant surgery can be planned and performed with improved preciseness and typically decreased pain. The procedure is not applicable for every case and needs to be determined by your surgeon on an individual basis. Shorter treatment times, increased safety and decreased pain are patients’ most frequent comments regarding this type of 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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COVID-19: HOW TRADITIONAL CHINESE MEDICINE CAN BOOST IMMUNE FUNCTION

Along with the seasonal flu, this year, we are also all concerned with the newest Coronavirus, COVID-19. Taking precautions is essential. Young children, individuals with weakened immune systems, and adults 65 and over are more susceptible to the dangers of the flu and COVID-19, as their symptoms can quickly exacerbate into pneumonia or other disease states due to the intense lung infections that have been reported by those with the virus. As the immune system becomes weaker, the ability to fight off viruses and bacteria becomes more difficult and problematic. It's critical to stay healthy and boost the immune system; that's why along with good hygiene, so many people are also looking into preventative treatment methods.

Each day, we learn new facts, figures, and protocols concerning COVID-19. Recently, we were informed by the FDA that they are investigating specific drugs and running expedited trials to see if they are effective at killing the virus. They are also running plasma testing from the blood of those that have recovered from COVID-19. At this point, we also know that the vaccine will take

approximately 12 months to become available. As we navigate through the coronavirus pandemic over the next few months, disinfection and social distancing is the recommended preventative advice, and boosting the immune system is the best line of defense! Healthier individuals are better able to fight the infection and make full recoveries.

Viruses need a host to proliferate and mutate. Once they invade the body, they need the body to continue to live or the virus dies if it does not move into another host. One way that we as hosts to viruses can either ward it off, or fight it aggressively is through a bolstered immune system. COVID-19 is an RNA virus, which is not DNA, but rather encoded RNA. DNA viruses have limited mutation capabilities, while RNA is an unstable molecule that can replicate and mutate quickly depending on their need to survive, and they spread hastily as well. Eastern herbal medications impede these actions in RNA viruses and creates a biological environment that inhibits the replication of the virus. Holistic and eastern medicinal interventions focus on building the body's immune response and natural bodily actions in fighting disease and infection.

Eastern medicine can decrease the intensity of the Covid-19 as well as other viruses and flu symptoms, and can significantly reduce the intensity, duration and length of the symptoms. The best defense is a strong offense in strengthening the immune system and how Eastern medical practices are experts in this area of boosting the immune system and fighting viral infections.



IMMUNE SYSTEM SUPPORT FORMULATED TO HELP CLEAR LUNGS, ELIMINATE PHLEGM, AND INCREASE ENERGY.



Dr. Meng's genius in eastern medicine and her proprietary blend of herbal medicines will strengthen the immune system, support healthy lung function and will inhibit the virus from replicating in the person – It's called Imune Plus+. If you take it regularly, the result, you rarely get sick, and if you do, you don't get symptoms beyond that of the common cold.

TRADITIONAL CHINESE MEDICINE

In Traditional Chinese Medicine different pathways and Qi are tapped into via specific herbs, remedies and treatments. This is the key to maintaining and increasing one's immune system. A large part of the immune system is encompassed in the Wei Qi. It creates a protective barrier for our bodies. Ying Qi is controlled by the food and nutrients we feed our bodies; this also plays a large role in immune function, and Yuan Qi is energy developed from the kidneys that activates circulation and nutrient-dense, oxygenated blood flow. These three areas of Qi are critical to helping individuals fight viral and bacterial infections.

Meng's Acupuncture center & 180 natural herbs Inc
CoronaVirus (Provided only for reference, not to be regarded as medical advice)

THE 8 FOR STIMULATING IMMUNITY STRENGTH

- 1 Get ample sleep
- 2 Be sure have yogurt and fruit for breakfast
- 3 Eat onions and garlic often
- 4 Drink honey water, salt water, hot tea, lemon water, or vinegar water often (slowly drink)
- 5 Get plenty of vitamin C and take herbs for immunity. Strengthen the lungs, eliminate phlegm, and increase energy
- 6 Get regular exercise at home
- 7 Get plenty of sunlight
- 8 Keep smiling and stay optimistic and cheerful

7 THINGS THAT THREATEN CORONAVIRUS

- 1 Ultraviolet light
- 2 Temperatures above 133°F
- 3 Air flow
- 4 Disinfectants that contain chlorine
- 5 75% alcohol
- 6 Conscientious washing of hands
- 7 A strong immune system



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.

TO LEARN MORE ABOUT THE BLEND AND IMUNE PLUS OR TO FURTHER DISCUSS YOUR PERSONAL MEDICAL CONDITION AND ANY PREEXISTING CONDITIONS, CONTACT DR. MENG TODAY AT (561) 656-0717

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RETINAL TEAR AND RETINAL DETACHMENT



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

The retina is the light-sensitive tissue lining the back of our eye. Light rays are focused onto the retina through our cornea, pupil and lens. The retina converts the light rays into impulses that travel through the optic nerve to our brain, where they are interpreted as the images we see. A healthy, intact retina is key to clear vision.

The middle of our eye is filled with a clear gel called vitreous (vi-tree-us) that is attached to the retina. Sometimes tiny clumps of gel or cells inside the vitreous will cast shadows on the retina, and you may sometimes see small dots, specks, strings or clouds moving in your field of vision. These are called floaters. You can often see them when looking at a plain, light background, like a blank wall or blue sky.

As we get older, the vitreous may shrink and pull on the retina. When this happens, you may notice what look like flashing lights, lightning streaks or the sensation of seeing “stars.” These are called flashes.

Usually, the vitreous moves away from the retina without causing problems. But sometimes the vitreous pulls hard enough to tear the retina in one or more places. Fluid may pass through a retinal tear, lifting the retina off the back of the eye – much as wallpaper can peel off a wall. When the retina is pulled away from the back of the eye like this, it is called a retinal detachment.

The retina does not work when it is detached and vision becomes blurry. A retinal detachment is a very serious problem that almost always causes blindness unless it is treated with detached retina surgery.

TORN OR DETACHED RETINA SYMPTOMS

Symptoms of a retinal tear and a retinal detachment can include the following:

- A sudden increase in size and number of floaters, indicating a retinal tear may be occurring;
- A sudden appearance of flashes, which could be the first stage of a retinal tear or detachment;
- Having a shadow appear in the periphery (side) of your field of vision;
- Seeing a gray curtain moving across your field of vision;
- A sudden decrease in your vision.

Floaters and flashes in themselves are quite common and do not always mean you have a retinal tear or detachment. However, if they are suddenly more severe and you notice you are losing vision, you should call your ophthalmologist right away.

WHO IS AT RISK FOR A TORN OR DETACHED RETINA?

People with the following conditions have an increased risk for retinal detachment:

- Nearsightedness;
- Previous cataract surgery;
- Glaucoma;
- Severe eye injury;
- Previous retinal detachment in the other eye;
- Family history of retinal detachment;
- Weak areas in the retina that can be seen by an ophthalmologist during an eye exam.

TORN OR DETACHED RETINA DIAGNOSIS

Your ophthalmologist can diagnose retinal tear or retinal detachment during an eye examination where he or she dilates (widens) the pupils of your eyes. An ultrasound of the eye may also be performed to get additional detail of the retina.

Only after careful examination can your ophthalmologist tell whether a retinal tear or early retinal detachment is present. Some retinal detachments are found during a routine eye examination. That is why it is so important to have regular eye exams.

TORN OR DETACHED RETINA TREATMENT

A retinal tear or a detached retina is repaired with a surgical procedure. Based on your specific condition, your ophthalmologist will discuss the type of procedure recommended and will tell you about the various risks and benefits of your treatment options.

TORN RETINA SURGERY

Most retinal tears need to be treated by sealing the retina to the back wall of the eye with laser surgery. Both of these procedures create a scar that helps seal the retina to the back of the eye. This prevents fluid from traveling through the tear and under the retina, which usually prevents the retina from detaching. These treatments cause little or no discomfort and may be performed in your ophthalmologist’s office.

LASER SURGERY (PHOTOCOAGULATION)

With laser surgery, your Eye M.D. uses a laser to make small burns around the retinal tear. The scarring that results seals the retina to the underlying tissue, helping to prevent a retinal detachment.

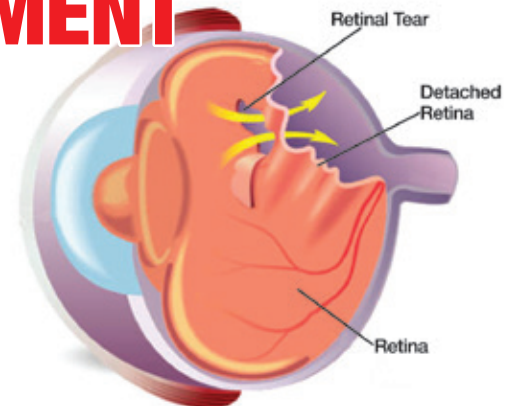
DETACHED RETINA SURGERY

Almost all patients with retinal detachments must have surgery to place the retina back in its proper position. Otherwise, the retina will lose the ability to function, possibly permanently, and blindness can result. The method for fixing retinal detachment depends on the characteristics of the detachment. In each of the following methods, your Eye M.D. will locate the retinal tears and use laser surgery or cryotherapy to seal the tear.

VITRECTOMY

This surgery is commonly used to fix a retinal detachment and is performed in an operating room. The vitreous gel, which is pulling on the retina, is removed from the eye and usually replaced with a gas bubble.

Sometimes an oil bubble is used (instead of a gas bubble) to keep the retina in place. Your body’s own fluids will gradually replace a gas bubble. An oil bubble will need to be removed from the eye at a later date with another surgical procedure. Sometimes vitrectomy is combined with a scleral buckle.



If a gas bubble was placed in your eye, your ophthalmologist may recommend that you keep your head in special positions for a time. Do not fly in an airplane or travel at high altitudes until you are told the gas bubble is gone. A rapid increase in altitude can cause a dangerous rise in eye pressure. With an oil bubble, it is safe to fly on an airplane. Most retinal detachment surgeries (80 to 90 percent) are successful, although a second operation is sometimes needed.

Some retinal detachments cannot be fixed. The development of scar tissue is the usual reason that a retina is not able to be fixed. If the retina cannot be reattached, the eye will continue to lose sight and ultimately become blind.

After successful surgery for retinal detachment, vision may take many months to improve and, in some cases, may never return fully. Unfortunately, some patients do not recover any vision. The more severe the detachment, the less vision may return. For this reason, it is very important to see your ophthalmologist regularly or at the first sign of any trouble with your vision.



The Retina Institute of Florida

Lauren R. Rosecan

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

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

Toll Free Phone Number:

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901 North Flagler Drive, 33401.

(561) 832-4411 Office. (561) 832-1591 Fax

Palm Beach Gardens

11382 Prosperity Farms Rd., #128, 33410.

(561) 627-7311 Office. (561) 627-6791 Fax

Stuart

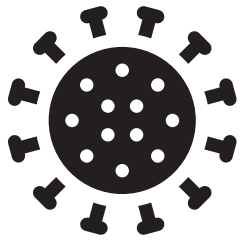
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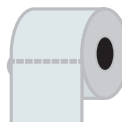

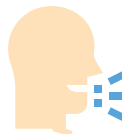
1050 NW 15th Street, #114, 33486.

(561) 368-7723 Office. (561) 368-0093 Fax



IS IT COVID-19, A COLD, FLU, OR ALLERGIES?

HOW YOU CAN TELL THE DIFFERENCE

| SYMPTOMS | COVID-19 | COMMON COLD | FLU | ALLERGIES |
|---|-----------|-------------|------------|-----------|
|  DRY COUGH | Common | Rare | Common | Sometimes |
|  FEVER | Common | Mild | Common | Sometimes |
|  SHORTNESS OF BREATH | Common | No | No | Common |
|  HEADACHE | Sometimes | Rare | Common | Sometimes |
|  ACHES & PAINS | Sometimes | Common | Common | No |
|  SORE THROAT | Sometimes | Common | Common | No |
|  FATIGUE | Sometimes | Sometimes | Common | Sometimes |
|  DIARRHEA | Rare | No | Sometimes* | No |
|  RUNNY NOSE | Rare | Common | Sometimes | Common |
|  SNEEZING | No | Common | No | Common |

*Sometimes for children Sources: CDC, WHO, and American College of Allergy, Asthma and Immunology



Why Biofeedback Can Help You Sleep Better than Medication

By Michael Cohen, Director and Chief of Neurotechnology

In the wake of the recent worldwide health emergency, a scratchy wool blanket of anxiety has descended over America.

An inevitable symptom of anxiety is disrupted sleep – something many of our clients come to us to help them fix.

Nine million Americans turn to prescription and non-prescription sleep remedies regularly in a desperate quest to get some shut-eye, but are they the answer?

According to Matthew Walker, Ph.D., a top sleep researcher and author of *Why We Sleep*, most sleep meds over time can do more harm than good. Although they may put you to sleep, they might hamper and degrade the quality of your sleep by interfering with your brain's natural electrical rhythm (EEG).

Sleep stage disruption

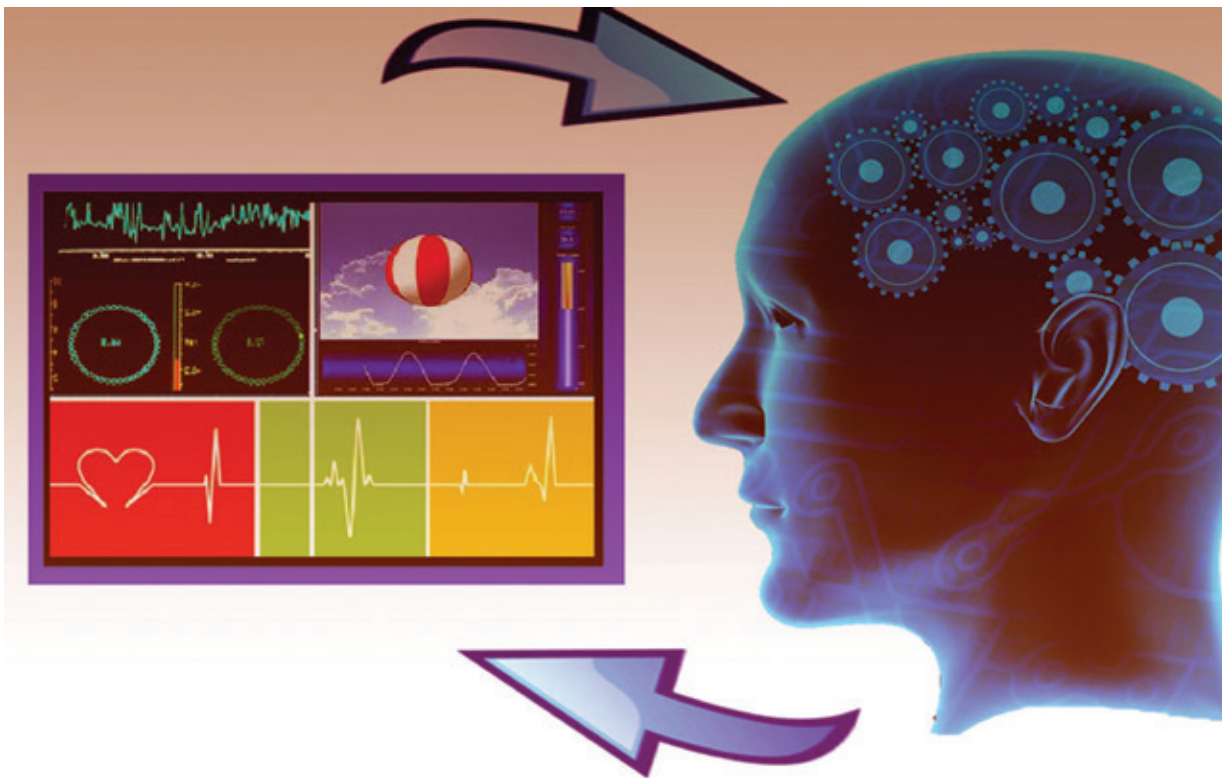
In order to sleep well, your brain waves need to be slow and even and able to change as you enter and exit various sleep stages. Medication may “knock you out,” but it can alter your sleep stages.

Interrupted sleep stages can impact cognitive ability, attention span, memory, the ability to learn new things or remember new things you learned the day before, and mood. It's also believed to interfere with the removal of amyloid proteins, which are linked to Alzheimer's disease.

Circadian rhythm disruption

Medications also interrupt your circadian rhythm.

The American Sleep Foundation defines circadian rhythm as “...a 24-hour internal clock running in the



background of your brain (which) cycles between sleepiness and alertness at regular intervals. It's also known as your sleep/wake cycle.”

In addition to influencing when you get sleepy and when you feel awake, the circadian rhythm impacts hormone release, eating habits, digestion, body temperature and other important bodily functions.

Whatever your symptoms, this disruption can lead to not getting enough sleep and not feeling rested. Sleep deficits can cause emotional outbursts, poor decision-making, diminished memory and mental acuity and compromised health.

The case against sleeping pills

In *Why We Sleep*, Dr. Walker devotes a chapter to the downsides of sleep medication.

Below are some of the salient points he covers. These are shortened and paraphrased for brevity:

Sleeping pills:

- Impede the brain from achieving the large, deep brainwaves characteristic of good, natural sleep.
- Have many side effects including next-day grogginess, daytime forgetfulness, unconscious acts after falling asleep (like sleep eating), slow reaction time during the day, and may negatively impact motor skills (such as driving).
- Can cause a “vicious cycle.” You awake groggy, seek out caffeine to stay alert during the day,

then have trouble falling asleep because of all the caffeine. You once again need a pill to go to sleep and may even need a higher dose as you build up a tolerance to it.

- Can cause “rebound insomnia.” When you stop using the sleep aid, your sleep is far worse than it was before you first used it.
- Can be physically addictive.

A safe and effective alternative to sleep medicine

So, what can help you sleep better that is both safe and effective?

Biofeedback.

Today’s biofeedback employs high-technology tools to enhance its effectiveness. Biofeedback can be a potent, non-drug solution for improving sleep that doesn’t “mess with Mother Nature.” One type of biofeedback, neurofeedback, helps the EEG normalize itself and gets your circadian rhythm back on track.

Comprehensive Sleep Program

The Center for Brain Training has developed a comprehensive sleep program. About 75% of people respond well. This program combines neurofeedback with other biofeedback tools and technologies to reduce your reliance on sleep medications, re-set the circadian rhythm and guide you into a natural, healthy and restful sleep habit.

**Join us on
Wednesday, April 22 at 6 p.m.
for a free webinar explaining
what neurofeedback is and
how it can help.
Go to www.centerforbrain.com
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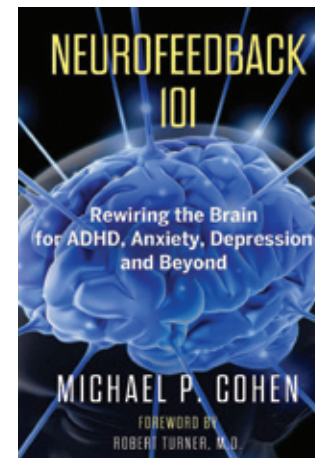
“I couldn’t get over how easily I fell asleep after my fourth session,” said “Joan, 43. “It had been years since I’d gone to sleep and slept through the night. I felt like I had been reborn.”

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About Michael Cohen

Michael Cohen is a leading expert in brain biofeedback. For over 20 years he’s worked with clients, taught courses and provided consulting to physicians and mental health professionals around the world.



Interested in learning more about neurofeedback? You’ll have all your questions answered in Mike Cohen’s new international bestselling book *Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication)*.



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SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

Throughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



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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I Have A Wait Problem

Brent Myers

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual

or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



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