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Health & Wellness[®] MAGAZINE

October 2017

South Palm Beach Edition - Monthly

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LAW OFFICE OF ANDREW CURTIS, ESQ

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

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

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Senior Information Centers

Helps Seniors **PRESERVE AND PROTECT ASSETS**

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

**For additional information about
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Warm Weather's Negative Effects on Body Image: What Do You See In the Mirror?

By Jeannie Gedeon, MPH, RDN/LDN, CAP/ICADC



with females. Older studies estimated males comprising one in 10 cases of eating disorders, while more recent statistics assess one in four eating disorders cases are male.² National Eating Disorders Association's website reports 20 million females and 10 million males in the US experience a clinically significant eating disorder during their lifetime, thus bringing the male to female ratio to just one in two. To close the gap even further, estimates indicate that 40% of binge eating disorder cases are male.³



As the incidence and prevalence of eating disorders continue to skyrocket, it is important to note the changing demographics: Twenty years ago the prototypical eating disorder patient was adolescent female, white and wealthy. Two decades later, all genders, ages, races/ethnicities and socioeconomic statuses are well represented: **Eating disorders do not discriminate.**

Eating disorders are chronic conditions that arise out of the combination of nutritional, body image, genetic, sociological, environmental and psychological factors, such as personality traits. Due to these multi-factorial origins,

As snowbirds know, in the north people wait all year for summer, which should be a time to have fun and be active outdoors; yet swimsuit season can be especially tough for those who have body image issues. Flip to the Sunshine State, where the weather is almost always warm, hot and hotter: **In South Florida it is always swimsuit season.** Some women, men, girls and boys become very self-conscious in the persistent heat, as more revealing clothing is worn. They may develop negative feelings about the way they look, and feel pressure to improve their appearance. A characteristic response of people with body dissatisfaction is to repeatedly try crash diets or intense exercise plans, hoping for a "quick fix," only to give in to food temptations after a few weeks of restricting food and strenuous work-outs.

As the media bombards us with visions of beautiful, extremely thin women and muscularly chiseled men on billboards and TV and in magazines and movies, impressionable people may interpret these cues and begin to believe that they must be thin, hard-bodied and beautiful to be happy, as well as base their self-worth and esteem on their bodies and beauty.

Body image is defined as the subjective picture or mental image of one's own body: It is the person's perceptions about their appearance, which often is not related to the person's actual appearance. While it's common for individuals to be displeased with some aspect of their physical features, certain people become distressed, see themselves as larger than they are, magnify real and perceived flaws, and believe their growing misperceptions to reflect actual appearance. This is known as body image distortion.

Preoccupation with body shape and size can lead to life-threatening disorders such as anorexia and bulimia nervosa, binge eating disorder, other disordered eating, and compulsive exercise. The number of young girls to older women who show an unhealthy concern over body image is increasing even in prepubescent girls as young as 6 to 8 years old.¹ These same pressures are felt by males of all ages, although not as prevalently as





appropriate to criticize a person's body, even positive comments may feel objectifying to the recipient, who may then misconstrue the intended compliment to detrimental consequences.

Having a healthy body image and not placing emphasis on dieting and beauty decreases the risk of our loved ones developing poor body image. Having a healthy lifestyle and promoting positive esteem are important values that we can communicate to others, particularly when they express negativity about their bodies.

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4. Smink FE, Van Hoeken D, Hoek HW. *Curr Psych Rpts*. 2012;14(4):406-414.
5. Eating Disorders Coalition. Facts About Eating Disorders: What The Research Shows. 2016:pdf.
6. Stice E. *Psych Bulletin*. 2002;128:825-848.



the treatment for eating disorders is highly specialized. Therefore it is extremely important for patients to seek treatment with nutrition therapists, psychotherapists, psychiatrists and other medical doctors specializing in eating disorders.

Eating disorders are deadly, and have the highest mortality rate of any mental illness,⁴ killing at least one person every 62 minutes.⁵ It is crucial to identify body image issues as soon as possible, as body dissatisfaction is known to be the most prominent contributor to the development of an eating disorder.⁶

We can play a preventive role by watching for and responding to signs that our loved ones may be concerned about their body image, weight and shape. A good strategy is to be on the lookout for any negative influence coming from friends, family, peers and authority figures (for example, in dance and wrestling, some teachers and coaches encourage weight loss, although this is not universal). Even simple comments can begin to change peoples' thoughts regarding their bodies, making them feel more self-conscious. While it is never



Jeannie Gedeon is a nutrition therapist who specializes in counseling for eating, body image and weight issues and is an expert in the treatment of eating disorders. She is a Florida Licensed Dietitian/Nutritionist (LDN) and Registered Dietitian/Nutritionist (RDN), the national credential by the Commission on Dietetic Registration/Academy of Nutrition and Dietetics since 1994. In addition, Jeannie is an addictions counselor (CAP/ICADC).

From 1998-2013 Jeannie worked for two highly respected eating disorders treatment centers in three levels of care; partial hospitalization, IOP and outpatient. For one company she managed the nutrition program and supervised nutrition staff at three sites.

Jeannie's secondary specialty is performance/sports nutrition, which was honed consulting for The Juilliard School. She is also an experienced educator, with a Master of Public Health in Community Health Education and taught nutrition courses to graduate and undergraduate nutrition majors at two prominent universities in New York.

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Is “Vampire PRP” the Answer to Your Scary Hair Loss?

By Dr. Alan J. Bauman



Losing your hair can be scary. In fact, hair loss is often cited as one of the biggest concerns associated with aging among both men and women.

So why is hair loss so terrifying? In nearly every culture, hair is associated with youth, sex appeal and good health, which explains why we try so hard to hold onto it.

But there is good news, today, there are medications, advanced therapies and procedures available to treat hair loss at every stage. And while it may sound like something out of a horror story, one of the most promising tools to treating hair is — your blood. While this may conjure up unsettling images of vampires, the treatment is actually simple, quick and highly effective.

How exactly does this new “vampire” therapy breathe new life into failing follicles, and is it right for you? Platelet-rich plasma (PRP) therapy, also commonly referred to as “Vampire PRP,” is one of the most promising new treatments to become available for hair loss sufferers.

The procedure itself is fairly easy on the patient. Following a simple blood-draw, the patient’s blood is spun in a special centrifuge with specific kits designed to produce the high-quality PRP — a powerful growth factor “cocktail.” Once activated, platelets release powerful molecules which have profound biologic effects on the hair follicles and skin. Under comfortable local anesthesia, this powerful cocktail of growth factors, cytokines and other proteins is injected into the area of the scalp where weak hair follicles exist. PRP may be enhanced through the use of placental extracellular matrix (ECM) called BioD or another ECM from dried porcine bladder called ACell.

PRP has become one of the most exciting recent breakthroughs in hair restoration, and is not only showing positive results as a stand-alone treatment, it has proved to be a valuable tool during hair transplantation as well. During the transplant process, PRP has been shown to strengthen non-transplanted hair, minimize donor scarring and accelerate wound healing. In addition, PRP has been reported by some hair transplant surgeons to improve graft survival.

In addition to its effectiveness in treating certain types of hair loss, a growing number of patients are drawn to PRP because of its quick and non-invasive nature. This outpatient procedure takes about one hour and requires no downtime for patients, which means you could literally have it performed during your lunch hour. Mild soreness or swelling, if any, resolves in less than a day and when administered correctly and improved hair growth maybe measured in a matter of weeks.



BEFORE

AFTER



BEFORE

AFTER

As with all hair loss treatments, PRP is most effective when started early, before the hair follicles have been completely obliterated. The areas of the scalp where the hair follicles are producing hair fibers that are thin, wispy and weak is where PRP holds the greatest potential, and where the therapy can really make a difference. One downside to PRP treatment for hair regrowth is that it does not offer permanent results. Most patients who undergo PRP therapy using BioD require a repeat treatment in about 12 to 24 months. Without extracellular matrix, expect treatments as soon as every other month. It typically takes three months to measure the improvements from PRP using the scientific HairCheck cross-sectional hair bundle trichometry

measurement tool. Over time, the PRP treatment may need to be repeated depending on the patient's response to therapy, hair loss condition and goals.

Patients should note that to achieve optimal results, a multi-therapy approach might be required, depending on the severity of the hair loss and their personal goals. PRP may be used as an adjunct to FDA-approved medications like finasteride and minoxidil, or other therapies like low-level laser therapy, compounded minoxidil, nutritional supplementation and minimally invasive FUE hair transplantation, such as NeoGraft or ARTAS robotic transplants.

5 SCARY TRUTHS ABOUT HAIR LOSS

- The use of Minoxidil is FDA-approved for hair regrowth and has proven science behind it but the reality is it doesn't work for everyone. In fact, over-the-counter minoxidil may only work well in about 35 percent of patients, according to medical studies, meaning there is a 65 percent chance standard over-the-counter minoxidil, like Rogaine, won't help you. Instead, you may require a prescription for a specially formulated, compounded minoxidil solution (like Formula 82M) for optimal results.
- By the time hair loss becomes noticeable to the naked eye, about 50 percent of the hair follicles may have already been lost. The earlier patients can get started on preventive or restorative therapies, the better their odds are for retaining a full and healthy hairline.
- According to the American Hair Loss Association, by the age of 35, approximately one-third of men will experience some degree of hair loss; and by the age of 50, 50% of men will have significantly thinning hair. As men age, the risk of losing hair increases, and is proportional to age: 60% in 60s, 70% in 70s, and so on.
- Roughly half of all women over the age of 40 suffer from some form of hair loss. That's right - half. While most people tend to think of hair loss as a man's problem, the reality is that women are almost just as likely as men to lose their hair.
- Medications, laser therapy, PRP, nutritionals, etc. can help make hair follicles grow thicker healthier hair, but once the follicle is dead and gone, the only option for having hair in that area is a hair transplant.

About Dr. Alan J. Bauman, M.D.

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical



Alan J. Bauman, M.D.
Hair Loss Expert

conferences, Dr. Bauman was recently named one of the Top 5 Transformative CEO's 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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By Aaron Rosenblatt, MD

AVOID BACK AND SPINE SURGERIES!!!



Back surgeries can fail for a devastatingly simple reason; the operation was not the right treatment, because the surgeon never pinpointed the source of the pain. As a result, patients may be just as miserable as they were before, or worse off. Unfortunately a desperate number choose to try surgery again. This is usually the wrong decision as well and this should be avoided. Statistics show also that by two years after a patient's first surgery, about 8% of patients have had another operation and by 10 years after, the rate jumps to 20%, an analysis of Washington State hospital data found.

There is no one best way to treat everyone. But the chance of finding relief for ongoing pain unquestionably lies in understanding what has gone wrong. This is not an easy task. Then seeing the most appropriate specialist for your problem and asking the right questions is quite important. With back problems, perhaps more than with any other medical condition, getting the best care at the utmost importance. The most important doctor you can see, at this point, is an Interventional Pain Management Specialists like Dr. Aaron Rosenblatt. A well qualified and certified doctor like him can evaluate a patient completely. He will order the appropriate scans and or test needed in order to come up with a plan to properly diagnose and the treat the issues **WITHOUT SURGERY**.

Once all of the appropriate tests are done Dr. Rosenblatt can see what diagnostics need to be completed in his state-of-the-art pain management facility. That's why it's critical to have a thorough workup. To get a sense of the cause of your pain X-rays and MRI/CT scans can be helpful but just because these scan say you have a disc problem here and or an arthritic problem there does not mean that this is where your pain is generated from.

As an interventionalist, Dr. Rosenblatt will take this information and set up diagnostic tests within his office to properly pinpoint the exact regions of the spine which require any type of treatment. Without these diagnostic tests, the wrong diagnoses can be made and then ineffective treatment with

surgery becomes likely. That's because high-tech images routinely uncover bulging discs and other "abnormalities." Dr. Rosenblatt will use this information and interventional techniques to avoid surgery.

Trouble is, many findings on scans often have nothing to do with what's hurting. If you take 100 people off the street and give them MRI's or Cat Scans, 33% of them, even if they had no back pain whatsoever, would have obvious structural problems. Data also points out that less the 5% of all patients who experience back pain will **EVER** require surgery but, unfortunately, a much higher percent of patients wind up with an operation. We will help avoid this situation.

Here's the real problem... Patients tend to think of back surgery as the **BIG CURE** or consider it the treatment that will work successfully. Sometimes, in our desperation to get our lives back, it may seem like a good idea to jump over those less invasive procedures and go right to the big one. This is rarely true.

Dr. Rosenblatt says, "Per my experience, it is rarely the case that a patient I see in my office will ever require surgery for pain. I also see too many patients who have already had 1 or more back surgeries without any relief." Surgery should **NEVER** be seen as worth trying for pain. This approach usually fails to help patients overcome their pain and now their spines are complicated and worse off due to after effect of surgery.

If a doctor recommends an operation, get a second opinion as soon as possible. A good surgeon should understand that you need to be comfortable with any decision and prior to having a surgery other opinions are necessary. For a truly useful second look, Dr. Rosenblatt can fully evaluate this situation and give what options exist.

Dr. Rosenblatt explains, "There have been too many times where patients were scheduled for one type of surgery and something totally different was causing their pain. Specifically, issues with sacroiliac

joints, hips and other regions of the body can mimic pain which would also **NOT** require surgery."

Dr. Rosenblatt continues, "I'm always trying to help a patient fully understand what is causing them a pain issue. This is usually pinpointed easily, diagnosed properly and then treated successfully without the need for any type of surgery."

Avoiding surgery is our number one goal to help to treat a growing older and active community. At Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, he serves at the medical director and is board certified. Every patient is evaluated by Dr. Rosenblatt himself and a comprehensive treatment plan is always tailor made for each individual. Patients are **NOT** seen by PA's (physician assistants) or NP's (nurse practitioners). You will see the doctor at each and every visit. Dr. Aaron Rosenblatt specializes in performing Interventional Pain Management procedures and also in the field of Physical Medicine and Rehabilitation. His knowledge encompasses each region of the body which can cause pain. He runs on time and does not make patients wait hours in his office to see him. He is not only a pleasure to talk to regarding pain issues, but also enjoys every day topics such as sports, movies, entertainment and current events. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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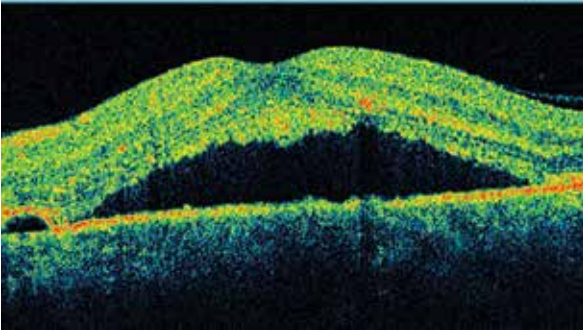
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Early Pain Treatment CAN PREVENT Prolonged Suffering!



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 serous 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

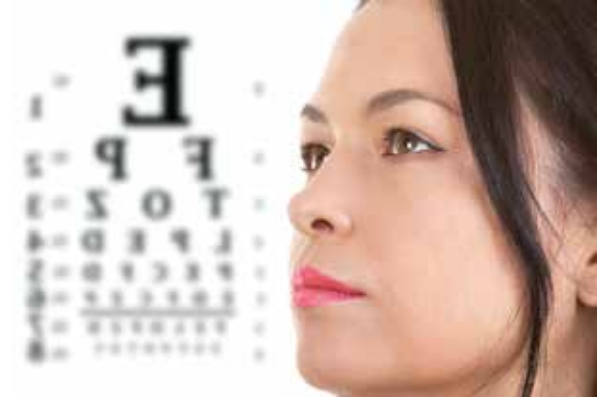
of your eye using fluorescein angiography and optical coherence tomography (OCT).

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 your 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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Lauren R. Rosecan

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

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FUNCTIONAL MEDICINE & ANTI-AGING



Functional Medicine & Anti-Aging can be very broad terms to most people and it can be hard to understand what services or procedures fall under these categories. As a physician, my background is in internal medicine. I spent years treating illness and sick patients. It was a constant circle of prescribing medications to treat patients who were battling disease. One pill at a time, every patient would leave with the latest drug therapy to combat diabetes, high cholesterol, hypertension, depression, insomnia and much more. At the same time my patients were asking me about services like Botox and lasers. So many people have asked me if I would start injecting in my practice because they would rather come to me. After my father passed away of lung cancer in 2001, I had decided it was time for a change. So that's when the concept was born, to develop a medical spa facility to offer functional & anti-aging medicine.



Functional Medicine is defined as the medical practice or treatments that focus on optimal functioning of the body and its organs, usually involving systems of holistic or alternative medicine. It integrates traditional medicine with holistic means to keep an individual healthy rather than just treat symptoms. Most people are very health conscious these days and are becoming more and more informed of the magnitude of underlying causes of disease. There are many ways to prevent illness by taking a few steps to understand your biological makeup. There are blood tests to identify deficiencies in vitamins and minerals, pinpoint specific food sensitivities, and measure imbalances in hormones. These tests can help us prevent and treat symptoms at the source. For example, if you are deficient in vitamin D or B vitamins, we are able to precisely determine case by case each individual person's needs. We no longer blindly recommend supplements and products that we think you should take. We now "know" exactly what your body is lacking. In the past if a patient was depressed, then naturally they needed an anti-depressant, if they could not sleep, then they needed a sleeping pill, right? Now we have found that a person may be lacking a specific hormone in the body that may be the reason to keep one up at night and we can eliminate the need for prescription drugs by alternative therapies such as hormone therapy. Some of the treatments that are considered to be functional medicine are bio identical hormone therapy, iv vitamin therapy, food and allergy testing and micronutrient testing. So as I learned about these therapies, I started to incorporate them into my daily practice. Many of my patients no longer needed medications and began to feel better than ever before. I knew this was a turning point in my medical career.

Anti-Aging is defined as a product or technique to prevent the appearance of getting older. So then, how is it possible and what can we do? As the face ages it tends to lose elasticity and the firm support below the skin known as collagen and elastin. Our skin is exposed to environmental stressors pollution and sun damage. We develop wrinkles around the face, including vertical lip lines, marionette lines, as the skin sags we develop jowles, the sun shines and brown spots appear. So, in society it is never been more in demand to look younger than today.

To look younger we can instantly fill in wrinkles, volumize cheeks, soften expression lines, zap brown spots away and even tighten the skin, all with no downtime. The treatments are safe and are for men and women. The most common of the anti-aging injectables are Botox, Juvederm, Voluma and the newest filler Volbella for vertical lip lines around the lips. Kybella is an injectable that dissolves fat under the chin. In terms of anti-aging lasers there is Ulthera skin tightening, Venus Legacy for skin tightening, ipl for brown spots and rosacea, sculpsure for noninvasive fat melting. As an aging woman of 50, I believe it is very satisfying to subtly enhance your appearance without looking like you have had any work done. It boosts your confidence and makes you feel good about yourself.

These are exciting times where we as physicians in the functional, anti-aging and cosmetic industry, have more effective tools in our tool box to change people's health, appearance and basically their quality of life, than ever before. I am passionate about what I do and will continue my scientific approach to find the fountain of youth.



Medical Director, Daniela Dadurian M.D.
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WHAT CAUSES ED?

As men age, the vessels in the penis weaken, contract and fill with micro-plaque just as they do elsewhere in the body. This prohibits men from achieving an erection or decreases the firmness of a man's erection. At the same time, the penis decreases in sensitivity, making it harder to achieve a pleasurable orgasm. Finally, the time necessary between orgasm and the ability to achieve an erection (the refractory time) increases. The bottom line is that most erectile dysfunction is a result of poor blood flow, known as vasculogenic ED.

COMMON TREATMENT FOR ED:

As many as 50% of men experience some form of ED by the age of 50. For many years men with ED have resorted to oral ED medications to relieve their symptoms. Oral medications for ED can be an effective temporary relief of the symptoms of ED, they don't target the root cause of most patients' ED, they can often bring unwanted side effects, and they can fail to work up to 50% of the time in some men.

Expensive oral medications such as Viagra and Cialis may cause unwanted side effects, such as nasal congestion, headaches, upset stomach, vision changes, facial flushing, and dizziness. They also have to be taken before intercourse limiting spontaneity. Finally, there are many men with cardiovascular disease who are not candidates for treatment with these medications.

Depending on the severity of ED, The Journal of Urology reported oral ED medications may only yield up to a 27% effective rate in those with severe ED. This leads patients with more severe ED to invasive treatments like penile injections, where medication is injected directly into the penis before intercourse. This again limits spontaneity and chronically drains the wallet.

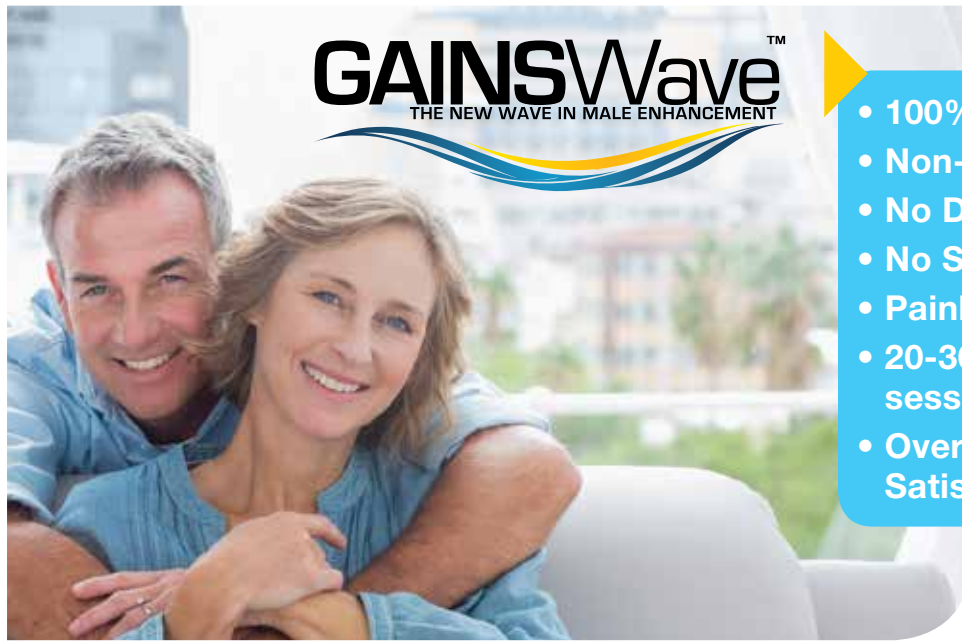
WHY MEDICATE WHEN YOU CAN CURE?

Introducing the only Erectile Dysfunction Treatment that treats the underlying cause of ED, GAINSWave is revolutionary, non-invasive and heals the underlying causes of ED. GAINSWave uses FDA-cleared, scientifically proven non-invasive technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and stimulate tissue regeneration creating new blood vessels in treated areas. GAINSWave is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

SCIENTIFICALLY PROVEN RESULTS

There are over 40 clinical studies showing GAINSWave technology to be effective in treating ED. Patients are reporting great improvements to their sexual health, including:

- Longer lasting erections
- More Spontaneous erections
- Fuller Erections
- Relief from symptoms of Erectile Dysfunction and Peyronie’s Disease
- Enhanced sensitivity
- Improved sexual performance
- Decreased recovery time between orgasms



- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- Painless
- 20-30 minutes per session
- Over 80% Patient Satisfaction

IS IT SAFE?

Yes. This is an FDA cleared technology that originally developed in Europe and is used worldwide. GAINSWave uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, and anti-aging treatments and wound healing. While a specific indication for treating ED has not yet been granted, we know that it is only a matter of time given the extraordinary success. In clinical practice, over a 79% of the men who utilize this treatment report improvement in symptoms related to ED. We have even seen improvements in those men who have lost functioning after some forms of prostate surgery. GAINSWave has virtually no risks or side effects and no downtime. This therapy has been used extensively in Europe for over 10-15 years, but is relatively new to the U.S. for erectile dysfunction.

HOW TO GET STARTED

Dr. Erickson, takes on each case with individualized care. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Some men in their 40’s and early 50’s even find it helpful for reinvigorating their sex life and improving their performance to levels they enjoyed in their 20’s.

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CLINICAL RESEARCH

“Multinational clinical trials demonstrated it is a safe, effective and well-tolerated treatment for erectile dysfunction (ED) which includes men who do not respond to type-5 (PDE-5) inhibitor (Viagra).”
– *Urology Times, Oct 1, 2015*

“Treatment is effective even in patients with severe erectile dysfunction (ED) who are PDE5i non-responders.”
– *The Journal of Urology, May 2016*

“This treated shows a possible cure in some (ED) patients.”
– *The Scandinavian Journal of Urology*

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What is CBD

AND THE MEDICAL TREATMENT IT PROVIDES?



Jeff Mandall, owner of Vapor Rocket, South Florida CBD, and an advisor to the board of directors for Miami Beach Community Health Centers is the local expert about CBD and its use. He prides himself in working with area medical providers to educate and facilitate treatment of patients with a multitude of different health problems. We went straight to the expert to get our questions answered and here's what we learned:

CANNABIDIOL—CBD—is a cannabis compound that has significant medical benefits, but does not make people feel “stoned” and can actually counteract the psycho activity of THC. The fact that CBD-rich cannabis is non-psychoactive makes it an appealing option for patients looking for relief from inflammation, pain, anxiety, psychosis, seizures, spasms, and other conditions without disconcerting feelings of lethargy or dysphoria.

Scientific and clinical research—much of it sponsored by the US government—underscores CBD's potential as a treatment for a wide range of conditions, including arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, depression, antibiotic-resistant infections, epilepsy, and other neurological disorders. CBD has demonstrable neuroprotective and neurogenic effects, and its anti-cancer properties are currently being investigated at several academic research centers in the United States and elsewhere.

Extensive preclinical research—much of it sponsored by the U.S. government—indicates that CBD has potent anti-tumoral, antioxidant, anti-spasmodic, anti-psychotic, anti-convulsive, and neuroprotective properties. CBD directly activates serotonin receptors, causing an anti-depressant effect, as well.

Here are five facts that you should know about this unique compound:

1. CBD is a key ingredient in cannabis

CBD is one of over 60 compounds found in cannabis that belong to a class of molecules called cannabinoids. Of these compounds, CBD and THC are usually present in the highest concentrations, and are therefore the most recognized and studied.

CBD and THC levels tend to vary among different plants. Marijuana grown for recreational purposes often contains more THC than CBD.

However, by using selective breeding techniques, cannabis breeders have managed to create varieties with high levels of CBD and next to zero levels of THC. These strains are rare but have become more popular in recent years.

2. CBD is non-psychoactive

Unlike THC, CBD does NOT cause a high. While this makes CBD a poor choice for recreational users, it gives the chemical a significant advantage as a medicine, since health professionals prefer treatments with minimal side effects.

CBD is non-psychoactive because it does not act on the same pathways as THC. These pathways, called CB1 receptors, are highly concentrated in the brain and are responsible for the mind-altering effects of THC.

A 2011 review published in Current Drug Safety concludes that CBD “does not interfere with several psychomotor and psychological functions.” The authors add that several studies suggest that CBD is “well tolerated and safe” even at high doses.

3. CBD has a wide range of medical benefits

Although CBD and THC act on different pathways of the body, they seem to have many of the same medical benefits. According to a 2013 review published in the British Journal of Clinical Pharmacology, studies have found CBD to possess the following medical properties:

MEDICAL PROPERTIES OF CBD	EFFECTS
Antiemetic	Reduces nausea and vomiting
Anticonvulsant	Suppresses seizure activity
Antipsychotic	Combats psychosis disorders
Anti-inflammatory	Combats inflammatory disorders
Anti-oxidant	Combats neurodegenerative disorders
Anti-tumoral/Anti-cancer	Combats tumor and cancer cells
Anxiolytic/Anti-depressant	Combats anxiety and depression disorders

Unfortunately, most of this evidence comes from animals, since very few studies on CBD have been carried out in human patients.

But a pharmaceutical version of CBD was recently developed by a drug company based in the UK. The company, GW Pharmaceuticals, is now funding clinical trials on CBD as a treatment for schizophrenia and certain types of epilepsy.

Likewise, a team of researchers at the California Pacific Medical Center, led by Dr. Sean McAllister, has stated that they hope to begin trials on CBD as a breast cancer therapy.

4. CBD reduces the negative effects of THC

CBD seems to offer natural protection against the marijuana high. Numerous studies suggest that CBD acts to reduce the intoxicating effects of THC, such as memory impairment and paranoia.

CBD also appears to counteract the sleep-inducing effects of THC, which may explain why some strains of cannabis are known to increase alertness.

5. CBD is legal in the US and many other countries:

If you live in the US, you can legally purchase and consume Cannabidiol in any state.

Cannabidiol from industrial hemp also has the added benefit of having virtually no THC. This is why it's not possible to get “high” from CBD.

In fact various government agencies are taking notice to the clinical research supporting the medical benefits of CBD. The U.S. Food and Drug Administration recently approved a request to trial a pharmaceutical version of CBD in children with rare forms of epilepsy. The drug is made by GW Pharmaceuticals and is called Epidiolex.

According to the company, the drug consists of “more than 98 percent CBD, trace quantities of some other cannabinoids, and zero THC.” GW Pharmaceuticals makes another cannabis-based drug called Sativex, which has been approved in over 24 countries for treating multiple sclerosis.

We at Vapor Rocket are not medical doctors, however, we do pride ourselves on working closely with treating medical physicians, scientists, and leading researchers in the CBD field to ensure we provide our patients with the highest quality CBD to treat identified medical conditions. If you are interested in using CBD for treatment of an ailment, we recommend you consult your doctor to make sure it's right for you.

South Florida CBD provides top of the line, high quality organic botanical oils, waxes, and pastes that offer numerous medicinal benefits. With no prescription required, our product captures the highest concentration of cannabidiol available, a chemical compound that triggers and modules receptors in the brain to offer the following benefits: Anti-seizure, Easing chronic pain, Psychological Health Benefits, Anti-inflammatory properties. If you have further questions about CBD or request that we work with your medical professional, please contact South Florida CBD knowledgeable staff at **561-200-0122**.



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- Digestion • Bone Density • Cramps • Arthritis

CBD DOSING



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Weight 2-25 lb = 2mg (10mg Daily Max)
Weight 26-75 lb = 4mg (28mg Daily Max)
Weight 75 lb+ = 30mg+ (As Needed)
Child & Adult Use, Aches & Pain Relief,
Sporting Activity Regeneration, Sore Joints,
Everyday Health, Multi-Vitamin, Anagestic,
Anti-Inflammatory.



MODERATE DOSAGE
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Weight 126-175 lb = 3 x 50mg Pills
Weight 175 lb+ = 3 x 75mg Pills
Recommended for Fibromyalgia, Digestive,
Migraines, Bipolar, Depression, Asthma,
PTSD, Rheumatism, Anxiety, Chronic Pain,
Arthritis.



SEVERE DOSAGE
Weight 90-125 lb = 3 x 50mg Pills
Weight 126-175 lb = 3 x 75mg Pills
Weight 175 lb+ = 3 x 100mg Pills
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CHILDREN CAN SUFFER FROM ANXIETY

NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

It's hard to imagine sometimes, that children can suffer from anxiety. What do they have to be worried about? Without jobs, bills, mortgages, and responsibilities, their lives are simple and easy. Are we over scheduling them? Are we putting too much pressure on them? Do they have too many unnecessary worries? Are video games or social media to blame? Do they need to toughen up or are we failing them?



The truth is that anxiety is a pattern of neuron firing in the brain that can be present from birth. Brain neural patterns don't necessarily dictate how we will behave, however, trying to change the environment or behavior won't alter the patterns. Therefore, you can't talk someone out of anxiety. And for children, you can't change their routines or discipline them from feeling anxious.

In babies and infants, anxiety neural patterns in the brain may present as:

- Colic
- Fussiness
- Not a good sleeper
- Tantrums
- Sensitive

As a child gets older into the toddler years it may present as:

- Terrible two's, three's, and four's
- A spirited child
- Cranky, fussy, and not a good sleeper or napper
- Tantrums
- Picky or sensitive
- Difficulty with separation

I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing anxiety in young children is very difficult and not usually done unless symptoms are severe. In most cases, anxiety manifests at an older age when the symptoms are abnormal for the age or stage of development. And

even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

"She didn't study for her test and that is why she's refusing to go to school today". "He's unmotivated to do anything except play video games and that is why his stomach hurts all of the time and he sleeps all day". "She just has too many activities scheduled and that's why she's overwhelmed". "He has too much homework and is up all night studying which explains why he doesn't sleep well".

The reality of the situation is that neither your child's personality nor their hectic schedule is the culprit. It's their brain, or rather, the neural patterns in their brain, that is not allowing them to handle the workload at school, pressure with friends, feeling good, making good food choices, having a normal sleep schedule,

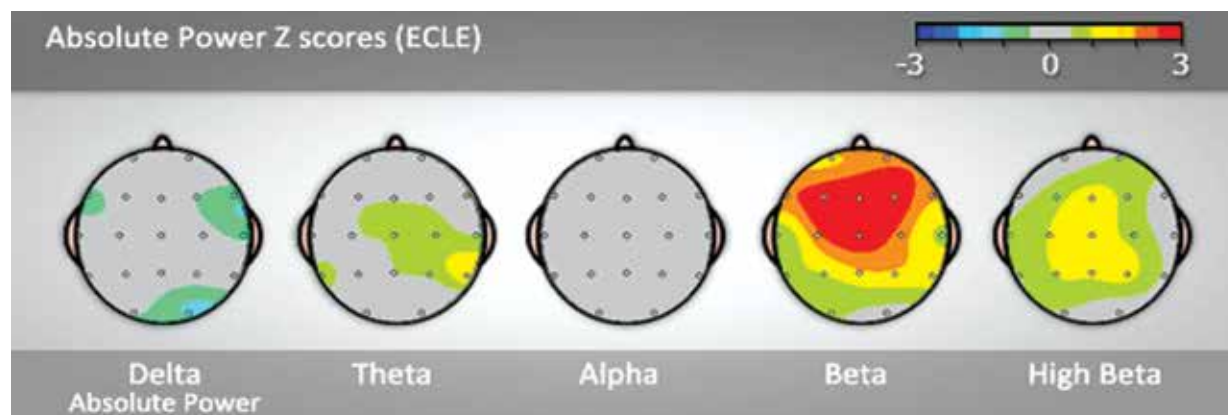
and so on. And to make it even harder to diagnose or differentiate, anxiety patterns can look different but produce the same results.

Here is an example of one type of anxiety pattern. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others.

Very often, we contribute anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional or physical trauma. It's a pattern in the brain that they are born with.

As a child reaches school age, anxiety may look like:

- Worrying about performance, grades
- Worrying about parents or loved ones dying
- More separation anxiety
- Fear of getting sick (vomiting is most popular)
- Fear of getting sick at school
- Social anxiety, difficulty with friends
- Feeling overwhelmed
- Nightmares or unable to sleep/fall asleep alone
- Sleep walking, talking or restless sleep
- Fatigue
- Refusal to go to school or meltdowns when going to school
- Frequent trips to the clinic
- Vocal or motor tics
- Loss of appetite or poor diet
- Somatic symptoms such as stomachaches, headaches, diarrhea, or digestive problems
- Poor grades usually due to missing school or falling behind



As they reach the teenage years, the problem can become more apparent and more severe:

- Continued worry and difficulty handling traumatic events
- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression or suicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)
- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes
- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.

According to The Anxiety and Depression Association of America, “Anxiety and depression are treatable, but 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 Child Mind Institute Children’s Mental Health Report.”

Many health professionals believe that anxiety is a normal part of childhood and symptoms are not cause for alarm. Others believe that parenting and discipline need to be improved or implemented to treat the symptoms. In severe cases, medication is introduced as a treatment, but unfortunately, many children who suffer with symptoms, are medication resistant or not severe enough to medicate.

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

WHAT IS NEUROFEEDBACK?

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

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information

is sent to the therapist’s computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen.

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

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

WHAT IS AQEEG (QUANTITATIVE EEG) OR BRAIN MAP?

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

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

IS THERE ENOUGH RESEARCH?

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

Look up the work of:

Dr. Joe Kamiya and Dr. Barry Sterman (Credited for earliest development of Neurofeedback).

Look for specific researched conditions:

- <https://www.eeginfo.com>
- <https://www.isnr.org>
- <http://www.eegspectrum.com>

Print Resources:

- Journal of Neurotherapy
- Neuroregulation
- Applied Psychophysiology and Biofeedback
- A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback (Curtain Up) Paperback – 31 May 2001 by Jim Robbins.
- Healing Young Brains: The Neurofeedback Solution Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.

HOW DO I GET STARTED?

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



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee attended The University of Central Florida where she received her Bachelor of Arts Degree in Psychology in 1995. She then went on to complete her Master’s Degree in Mental Health Counseling with Nova Southeastern University in 2001. She has been a mental counselor in a variety of settings including Outpatient Treatment Agencies, Alternative Education Settings, and Private Practice. Renee received her license in Mental Health Counseling in 2004. Renee decided to enter the field of Neurofeedback because there was very little information made available to people/parents about alternatives to medication. Through the use of Neurofeedback she saw more significant and permanent changes in not only her clients, but also her own family and herself. This inspired her to become the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Counseling, and Learning Programs, are among a few of the services offered.



HELP YOUR DIABETES® (HYD)

YOUR PATH TO BECOMING CLINICALLY NON-DIABETIC

**TYPE 2 DIABETES CAN BE REVERSED IN A LITTLE AS FOUR
TO SIX MONTHS WITH THE PATENT-PENDING HELP YOUR
DIABETES® PROGRAM.**

(Licensed by Magnum Health Management, LLC.)

Are You one of 27 million Americans with Type 2 Diabetes or one of 86 million Americans diagnosed as 'Pre-Diabetic?' (*American Diabetes Association*). One in three adults could have Diabetes by 2050. (*US Center for Disease Control and Prevention*).

Doctors prescribe medications and as the disease progresses increase the dosage to manage the symptoms by lowering A1C and blood sugar – but do little to prevent this horrific disease from progressing?

The HYD® program will have Type 2 Diabetics clinically non-diabetic and off most or all Diabetes medications when they commit to the program. There are one and two months HYD® programs for Pre-Diabetics to help prevent the progression to full-blown Diabetes.

Help Your Diabetes® HYD® is the patent-pending, *Type 2 Diabetes Reversal Program* founded by **Dr. J. Murray Hockings, D.C., D. P Sc.**, a member of The American Diabetes Association. An internationally acclaimed author and spokesman; Dr. Hockings has been helping thousands of patients reverse their Type 2 Diabetes, lose weight via proven natural methods, drop their blood sugar readings, enjoy an improved quality of life, and get off their medications – which only serve to manage symptoms and cannot reverse them.

**THERE IS NO CURE FOR TYPE 2 DIABETES –
BUT IT CAN BE REVERSED!**

Testimonials from hundreds of satisfied patients attest to the successful reversal of Type 2 Diabetes under the Help Your Diabetes® program.

See our website at
www.helpyourdiabetes.com



Dr. J. Murray Hockings

Dr. Kenneth Power, M.D. a family doctor in Maumee, Ohio, with 18 years of experience, has recommended the **Help Your Diabetes® program** to several of his patients: “The success I’ve had with the program has been overwhelming. I’ve had multiple patients come through now and each tend to have a different success rate, but overall, **it’s been phenomenal.** Patients see results right away. I was surprised at how quickly their blood sugars improved, usually within just the first couple of weeks. Their health’s improving, their blood sugars are dropping and I feel pretty comfortable just after the first several weeks with getting them off at least half of their medication by then”

EACH HYD® PLAN INCLUDES THE FOLLOWING:

- Comprehensive, full spectrum lab analysis
- Customized supplements
- Personalized Exercise Regimen, targeting specific ailments
- Unlimited one-on-one weekly support over the phone or by email seven days a week with our Dallas office
- Unlimited support for any patient questions
- List of foods to enjoy... and avoid
- Weekly meal plans
- Over 200 recipes
- Shopping list
- Exclusive online membership in the HYD website
- Online forum to get questions answered, share success stories, find new recipes, etc.
- Weekly training videos
- Monthly newsletter
- Group training calls 3 days a week

HELP YOUR DIABETES® OFFICIAL SPOKESMAN: The official spokesman for the Help Your Diabetes® program is Emmy and Golden Globe nominated actor, **Corbin Bernsen**, best known for his role as divorce attorney Arnie Becker on the NBC drama series L.A. Law and star of such films as Major League.



Corbin Bernsen

EVERY JOURNEY STARTS WITH ONE STEP!

HYD® patients will notice an improvement after just one week, reverse their Type 2 Diabetes quickly and safely, lose excess weight, need far less or no medications, regain energy and enjoy improved quality and vitality in their daily life.

THE HYD® PROGRAM TEACHES YOU:

- Proven methods for reversing diabetes
- Ways to lose weight, if you need to, without lots of exercise.
- How to reduce or eliminate your dependence on medications
- How to explode your energy and sex drive
- How to become clinically non-diabetic
- How to eliminate your risk of developing a diabetic complication – dialysis, neuropathy, blindness, and limb amputation.
- The HYD® program includes regular mild exercise, a healthy diet - foods to eat and enjoy – and those to avoid, the proprietary blend of nutritional supplements developed by Dr. Hockings, weekly nutritious appetizing menus plus hundreds of delicious recipes with the appropriate shopping lists.

HIGHLY-AFFORDABLE!

HYD® offers discreet Financing Options that are immediately available. They provide you peace of mind knowing that your lifestyle will not change on your path to reversal of your Type 2 Diabetes.

Call for a free, no obligation consultation with the Clinic Director at our Boca Raton location. Together, you will determine which HYD® plan is most appropriate based on the severity of your Type 2 Diabetes. He then consults with our resident physician who works with your primary care doctor and our Medical team in Dallas to recommend the very best course of action to rid your body of this horrific disease and restore you to your best health as quickly as possible!

HYD® CONSULTATION AT YOUR HOME – NO PROBLEM!

Patients who prefer to meet with an **HYD® highly qualified Consultant** in the comfort and privacy of their own home, may call **561-506-2569** to arrange for a free, no-obligation, home visit at a convenient time; day or evening.

**Call
561.506.2569**

**TO SCHEDULE YOUR
FREE, NO OBLIGATION
CONSULTATION
WITH OUR CLINIC
DIRECTOR AT:
HELP YOUR
DIABETES
301 Yamato Road, Suite 1240
Boca Raton, FL 33431**

PROSTATE CANCER UPDATE

Although some younger men do get prostate cancer, the risk increases with age. More than 70% of all prostate cancer patients are over the age of 65 and about 75% of all men over the age of 80 will have some form of prostate cancer, according to the National Cancer Institute. In addition to age, other risk factors include ethnicity, genetic factors and diet. African-American and Latino men have a greater risk of developing prostate cancer than Caucasian men; Asian and Native American men have the lowest risk. There is also some evidence that diet plays a role in prostate cancer. Studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. A family history of prostate cancer also increases the chances of developing the disease.

IMPROVEMENTS IN TREATING PROSTATE CANCER

Many advances in the treatment of prostate cancer have occurred in the past decade. For example, new surgical procedures and improvements in radiation therapy have proven to be extremely effective and, in many instances, have minimal side effects. Advances in both hormonal therapy and chemotherapy have made the disease much more manageable so that, even if it cannot be cured, a man can still experience a good quality of life while living with prostate cancer.

There are five major treatment options for men diagnosed with prostate cancer:

- **Active surveillance** - In active surveillance, your doctor will carefully monitor your prostate cancer on a regular basis – usually every three to six months. Some prostate cancers grow so slowly that they would never lead to death, or even cause any problems or symptoms. Closely watching this type of prostate cancer is often the best treatment option.
- **Hormone therapy:** There are several types of hormone therapies, however, the overall goal of every type is the same: to reduce the levels of male hormones, called androgens – or to prevent the hormones from reaching prostate gland cells. Since androgens stimulate prostate cells to grow, reducing the overall level of androgens in the body can often shrink a tumor or cause it to grow more slowly for a time.



About 1 in every 7 men in the U.S. will be diagnosed with prostate cancer during their lifetimes. Other than skin cancer, prostate cancer is the most common form of cancer in American men.

- **Radiation:** Radiation treatment uses high-energy beams to destroy cancer cells. New and improved techniques such as conformal radiation therapy (CRT) and intensity modulated radiation therapy (IMRT) use computers to map the prostate and deliver focused radiation to cancer cells while sparing healthy, normal surrounding tissue.
- **Surgery:** Prostate cancer surgery is used to remove either the whole prostate or only part of it. Surgery is most often recommended for men with early stage cancer. However, it can be used for later stages as well. If cancer has spread to the lymph nodes, the surgeon may not remove your prostate. Instead, you may need another type of treatment.
- **Chemotherapy:** Chemotherapy is the administration of anti-cancer drugs, either through IV injection into the vein or by mouth in pill form. Chemotherapy is not usually given unless the cancer has spread outside of the prostate gland – or it becomes an option when the cancer no longer responds to hormone therapy.

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 and 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. Florida Cancer Specialists delivers the most advanced and personalized care in your local community.



World-Class Medicine. Hometown Care.

Atlantis/JFK
5507 South Congress Ave
Suite 130
Atlantis, FL 33462

Palm Beach Gardens
3401 PGA Blvd
Suite 200
Palm Beach Gardens, FL 33410

Wellington North
1037 S State Road 7
Suite 303
Wellington, FL 33414-6140

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

For more information, visit
FLCancer.com



Elissa S. Norton, MD

Although summer has ended, skin cancer prevention and detection is important year round. Living in Florida, we are exposed to ambient sun on a daily basis. All of the leisure time playing golf, tennis, swimming and even routine activities such as driving, walking our pets, and checking the mail can put us at an increased risk for sun damage. Luckily, Board Certified Dermatologist Dr. Elissa Norton has strategies we can employ to enjoy the sun safely.

PREVENTION:

One of the most well-known methods to protect our skin from the sun's damaging rays is, of course, sunscreen. The American Academy of Dermatology recommends applying a sunscreen that has an SPF (Sun Protection Factor) of 30 or higher, and that is labelled with the words "broad spectrum" indicating both UVA and UVB coverage. UVA rays are the "Aging" rays that can prematurely age your skin, causing wrinkles and age spots, and can pass through window glass. UVB rays are the "Burning" rays that are primary cause of sunburn and are blocked by window glass. Dr. Norton notes that sunscreen should be applied fifteen minutes before going outdoors and should be reapplied every two hours, or after swimming or sweating. Most people do not apply the recommended amount of sunscreen. A general rule is to use 1 ounce – or enough to fill a shot glass – to cover the exposed areas of the body. Don't forget areas such as the ears, back of neck, tops of feet, and an SPF-containing lip balm for the lips!

Another very effective and affordable option to aid in the defense of skin cancer is to wear sun protective clothing. This is clothing that is certified to have a UPF (Ultraviolet Protection Factor), a rating system similar to the SPF system used for sunscreens. A garment with a UPF of 50 allows only 1/50th of the UV radiation to pass through, effectively blocking 49/50ths or 98% of the UV radiation. There are many fashionable lines of sun protective clothing that Dr. Norton recommends, offering everything from hats, swim shirts, golf shirts all the way to adorable

dresses and daily wear. Additional tips to remember when enjoying the sunny Florida life style are to wear your sunglasses and do your best to avoid the sun's peak hours from 10am to 2pm. If your shadow is shorter than you are, seek shade. Florida is a great place to delight in the beautiful outdoors, just be sun-smart. Remember, prevention is the best medicine!

Importantly, do not use tanning beds. Tanning beds have been proven to increase your risk of skin cancer, and like the sun, can cause premature aging.

Here are some helpful reminders for reducing your sun exposure while still enjoying the outdoors:

- *Wear sunscreen that is Broad-Spectrum SPF30+*
- *Apply sunscreen 15 minutes before sun exposure, and reapply every 2 hours or after swimming or sweating*
- *Avoid direct sun exposure from 10am to 2pm*
- *Consider wide-brimmed hats and sun protective clothing*
- *Wear sunglasses for eye protection*

SKIN CANCER DETECTION:

Even when we are doing our best to protect our skin, it is still recommended to have a yearly skin exam by a Board Certified Dermatologist. In her office, Dr. Norton thoroughly checks the body, examining

BRILLIANT Dermatology & Aesthetics

all the way from the scalp to in between the toes. She utilizes a dermatoscope, a polarized magnifying glass, which amplifies skin structures so that she can identify skin cancers earlier. Skin cancer affects people of all ages, colors and races, although those with light skin or who burn easily, those who have a history of prolonged sun exposure, as well as those who have a family history of certain skin cancers are at an increased risk. Skin cancer can be easily treatable in most cases when caught early. You can be proactive by performing your own skin checks, all the way from the head to the toes. This will help you get to know your own skin and become more aware of any abnormal changes that may be occurring. Your birthday is a great time to check your birthday suit! Things to look for are:

- *Rough, scaly areas*
- *Bleeding areas or spots that are not healing*
- *Changing or growing moles*
- *Any "ugly" duckling spot that stands out on the body*

The skin is the largest organ of the body. Our skin regulates our temperature, allows us the ability to touch and feel, and protects us from outside harm. Let's do our part to help it out! Contact Dr. Norton today for your comprehensive skin cancer exam and any of your dermatologic needs.

Elissa Schwartzfarb Norton M.D. is a native of Boca Raton, where she was born, raised, and graduated as Valedictorian from Spanish River High School. She completed her undergraduate education at the prestigious Massachusetts Institute of Technology, where she was honored with the Asinari Award for Outstanding Undergraduate Research. She continued performing graduate level research at Harvard University and the Dana Farber Cancer Institute before returning to South Florida to complete her medical education. She received a merit-based scholarship to attend the University of Miami School of Medicine, where she graduated at the top of her class, and was inducted into the elite Alpha Omega Alpha Medical Honor Society. Dr. Norton remained at the University of Miami for her Internship in Internal Medicine and Residency in the Department of Dermatology and Cutaneous Surgery. She has received numerous awards including the Women's Dermatologic Society Mentorship award, American Society for Dermatologic Surgery Preceptorship award, scholarships to attend annual meetings of top dermatology societies, and the award for Outstanding Contribution to Medical Student Teaching. Dr. Norton has numerous publications in peer-reviewed medical journals and has presented her research at regional and national dermatology conferences. Dr. Norton enjoys all aspects of dermatology including medical dermatology for all ages, cutaneous surgery, and aesthetic dermatology. Her passion for skin health and her personalized approach to patient care have made her a favorite in South Florida.

Elissa S. Norton, MD
BRILLIANT DERMATOLOGY & AESTHETICS
 5162 Linton Boulevard, Suite 203, Delray Beach, FL 33484
 P: (561) 877-DERM (3376), F: (877) 992-1153
www.brilliantdermatology.com

Would You Invest \$37

to Find Out if there's a Way to Get You Pain-Free and Healthy Again?

even if you've been frustrated before...

Dear friend,

Almost 35 years ago at the age of 5, I started having headaches, which later turned in to migraines. My parents took me to specialists after specialists. They ordered CAT scans, MRI's and performed several tests. I was put on powerful medication, which offered little to no relief.

There were days that I couldn't get out of bed, due to debilitating migraines. I had to be in a dark quiet room, praying to God that the pounding in my head would stop. Like so many people suffering with migraines, I settle into the idea that this was something I was going to live with for the rest of my life.

God had other plans... I found a NUCCA doctor that helped me. This doctor did a unique exam and was focused on looking for the cause of the migraine. He took some special 3D x-rays and performed a complete nervous system evaluation. I later received my first adjustment. The adjustment was so gentle that it left me very skeptical at first. I felt no difference for the first few weeks, my migraines actually increased. This NUCCA doctor did such an amazing job explaining the process that I kept going to see him. Am I glad I did! Within 3 months, my migraines started going away. I had more energy, clearer thinking and felt like I literally got my life back. This made such a profound difference in my life that I decided to dedicate my life to help others experience the same quality of life that I was giving through NUCCA care. And that's how it happened

Let me tell you what happened to my wife Taina. When we met, she had crippling back pain. Being a nurse, she is on her feet all day. She had such horrible back pain that it was a real challenge getting out of bed. She also suffered with dysmenorrhea since 13 y/o. She had seen many specialists concerning her painful menses and was on muscle relaxers for her back pain.



After getting under NUCCA care, the back pain improved immediately, and now nearly 10 years later, no more dysmenorrhea. That seems like a small thing, but it makes a huge difference to her.

My boys, Matthieu & Miles were both adjusted within minutes after birth. Neither one of them was in pain; I simply adjusted them to keep them healthy... as with all the children I care for in my office.

You see, it's not normal for kids to have ear infections, asthma, allergies, headaches or a number of other illnesses we clear up in our office everyday.

For the last 4 years, people from Boca Raton and the surrounding area have come to see me with

their headaches and migraine problems. They also come to me with their:

- Tinnitus (ringing in the ears)
- Chronic pain
- Neck pain
- Shoulder/Arm Pain
- Whiplash from car accidents
- Backaches
- Numbness in limbs
- Athletic injuries

Just to name a few

Here's what some of my patients had to say:

"My headaches, migraines and dizziness have been crippling and debilitating. I no longer enjoyed life and missed running around and playing with



my wife and children...This technique is the most amazing thing I have ever experienced after being told by doctors that I was going to have to deal with the pain for the rest of my life” – (Bob)

“No more neck or hand pain!” – (Mary)

“For the last 5 years I have suffered with neck pain, headaches, and numbness in arms and hands, all the result of an auto accident. I have seen my family doctor, orthopedist, neurologist, and pain management – all without success. After only three visits with Dr. Jean-Pierre my pain was reduced and I stopped taking medication. I am now 100% symptom free. The treatments are completely painless and I look forward to waking up in the morning. Dr. Jean-Pierre saved my life.”
– (Doug G.)

I’m blessed that people often thank me for helping them with their health problems, but I can’t really take the credit. I’ve never healed anyone of anything. What I do is perform a specific and gentle Atlas adjustment to remove nerve pressure, and the body responds by **healing itself**. Of course, all people respond differently to care, but we get terrific results. It’s as simple as that!

Chiropractic is probably the most misunderstood health care profession there is. It is about working with, and enhancing the body’s natural healing abilities. Chiropractors find and remove interference in the nerve system, which allows the body to respond better. As misunderstood

as it is, the studies speak for themselves, like the Virginia study that showed that over 95% of patients who saw a chiropractor were satisfied with their results. That’s just incredible!

With Obama Care in place everyone is now insured, but we have found that their benefits are greatly reduced with ridiculously high deductibles. That’s where chiropractic comes in. A seven-year study compared costs of people seeing medical providers vs. alternative providers (like chiropractors). Overall the patients seeing alternative providers had 60% less hospitalizations, 59% less days in the hospital, 62% less outpatient surgeries, and 85% less costs for prescription drugs.

Special offer – Nothing compares to a life free of nagging symptoms masked and sometimes complicated under the expensive haze of medication. Be one of the first 20 people to call and schedule a new patient exam (by October 31st, 2017) you’ll receive that entire exam for \$37. That’s with x-rays, postural analysis, paraspinal thermal imaging, and there’s no hidden fees. But again, there’s only 20 of these slots, so don’t miss out (by law, this offer excludes Medicare/Medicaid beneficiaries).

Great care at a great fee – Surely you can see the value in my offer in light of my credentials. I’m a graduate from Barry University with a degree in Sports Medicine. I received my Doctor of Chiropractic Degree from Logan University. I’ve been

taking care of seniors to day old babies in NY and Boca Raton since 2007. I just have this special offer to help more people who need care.

Our office is both friendly and warm and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **UPPER CERVICAL INSTITUTE OF FL** and it is at 7301A West Palmetto Park Road Suite 304B, Boca Raton, FL 33433. Our phone number is **561-409-3594**. Call me today for an appointment. We can help you. Thank you and God Bless.



Dr. Gregory Jean-Pierre, D.C., ATC
Chiropractor for the Entire Family

P.S. When accompanied by the first, I am also offering the second family member this same examination for only \$17.

P.P.S. Can you imagine not having to wait at a doctor’s office? Well, your time is as valuable as mine. That’s why we have a no-wait policy. You will be seen within minutes of your appointment.

*P.P.P.S. I want to be clear that no one (including me) can ever guarantee a cure for any condition. Of course, all people respond differently to care.

SPECIAL EVENT!

THURSDAY
OCTOBER 26, 2017

7PM-9PM

MUVICO PARISIAN 20
CityPlace
545 Hibiscus St.
West Palm Beach, FL

Film screening with expert
Q & A PANEL

GET TICKETS at TUGG.COM

Pink & Blue

Colors of Hereditary Cancer

"STOP BEING IGNORANT, **SAVE LIVES.**
YOU **MUST SEE** THIS FILM."

*Dr. Kristi Funk, MD - Co-Founder of
Pink Lotus Breast Center, Angelina Jolie's surgeon*

"A MOVIE THAT IS GOOD FOR YOU,
INTERESTING AS IT IS ENLIGHTENING."

*Sandy Kenyon - WABC-TV Entertainment
Reporter/Movie Critic*

"THIS FILM HAS THE **POWER TO**
GLOBALLY **EDUCATE** PEOPLE."

Mary Ann Skweres - BTL NEWS

"AN **EMOTIONAL AND**
INFORMATIVE JOURNEY."

Robert Goldrich - SHOOT ONLINE



Film screening of the award winning
documentary

Pink & Blue:

Colors of Hereditary Cancer
followed by expert Q & A panel
moderated by WPTV news anchor
and reporter Jon Shainman

PANEL

John Rimmer M.D., P.A.,
Board Certified in General Surgery,
Member of the American Society
of Breast Surgeons

David Lickstein M.D., FACS,
Board Certified by the American Board
of Plastic Surgery,
Member of the American Society
of Plastic Surgeons

Constance Murphy ARNP,
Genetic Counselor

Amy Byer Shainman,
Executive Producer, Advocate,
BRCA 1 gene mutation carrier



2017 National Hereditary Breast & Ovarian Cancer Week

**HBOC Week
September 24 - October 1**

**Previvor Day
September 27**

Pink & Blue: Colors of Hereditary Cancer is an emotional journey that takes us through the lives of women – and men — who are dealing with genetic mutations (BRCA 1 and 2) and their related hereditary cancers.

“No two cancer journeys are the same. Everyone takes a different path when it comes to making decisions,” says filmmaker Alan Blassberg. The documentary takes a profound look into the BRCA world examining what it is and how this gene mutation puts both women and men at risk for developing numerous cancers. Blassberg tells the story of how cancer ripped his family apart and what he must face as a BRCA 2 positive male. The film highlights the message that men carry this mutation half the time and that this lack of information is deadly.

He says, “Most men don’t realize that hereditary breast cancer is not only a woman’s disease. In fact, men are more likely to die from it because they are unaware of their risk and they don’t have genetic counseling or genetic testing. Throughout the film we capture what men with breast cancer and the BRCA gene mutation deal with in such a pink world.”

Dr. Kristi Funk, M.D, Angelina Jolie’s breast surgeon and co-founder of Pink Lotus Breast Center speaks passionately about the need for awareness, and thus the prevention. The film includes additional pre-eminent specialists on hereditary cancer including Dr. Armando Giuliano, Dr. Susan Domchek, as well as cancer survivors plus those who ultimately do not survive – all featured are hoping to help save the lives of others.

Angelina Jolie put the term B-R-C-A and prophylactic (preventative) surgeries on the map with her initial op-ed piece in the New York Times back in 2013. This film will define what carrying a BRCA mutation means. Patients grapple with tough decisions like whether or not to have preventative surgeries (mastectomy or oophorectomy) to reduce their cancer risk. “Decisions surrounding cancer risk are deeply personal and what is right for one person may not be right for another. The film provides education and knowledge to empower men and women, along with their doctors, to make their own best healthcare decisions,” said Amy Byer Shainman, Executive Producer of Pink & Blue: Colors of Hereditary Cancer.

GET TICKETS ONLINE at: TUGG.COM

DIRECT LINK: <https://www.tugg.com/events/pink-blue-colors-of-hereditary-cancer-4v52>

Produced and Directed By Alan M. Blassberg

Executive Producer Amy Byer Shainman

Co-Producer Marc Romeo

Co-Producer Daniel Lawrence Abrams

Initial funding for the film was raised through a Kickstarter campaign.

Connect with the Pink and Blue: Colors of Hereditary Cancer Film

Website: pinkandbluemovie.com

Facebook: [facebook.com/pinkandbluemovie](https://www.facebook.com/pinkandbluemovie)

Twitter: [@pinkandbluedoc](https://twitter.com/pinkandbluedoc)

UNDERSTANDING DRY EYE AND BLEPHARITIS

Dry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women ≥ 50 years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having "dry eye", experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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

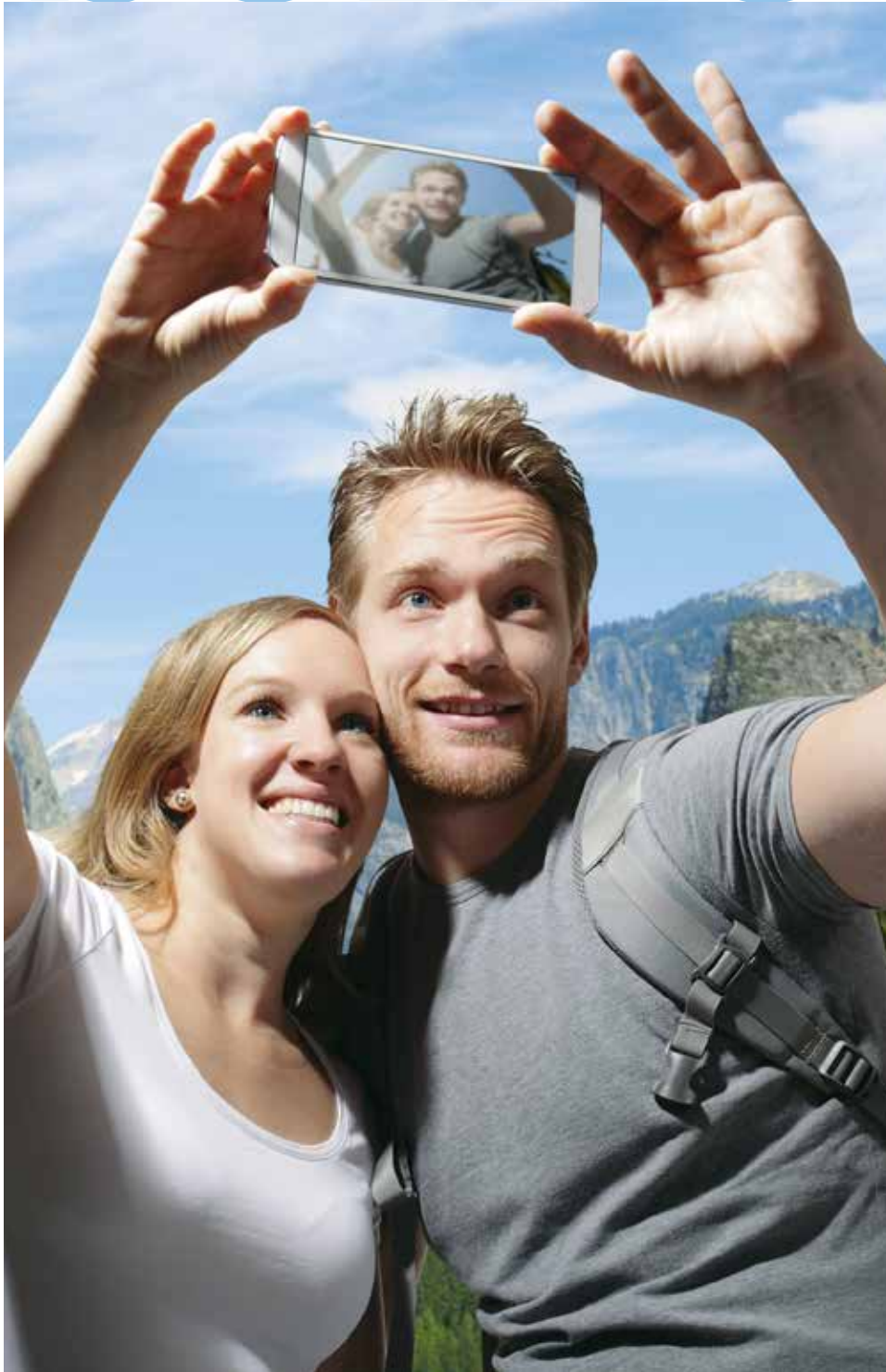
Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He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

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

Dr. Goldman speaks English and Spanish.


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selfie



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

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

And probably more than you even realize.

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

We are God’s selfie.

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

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

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

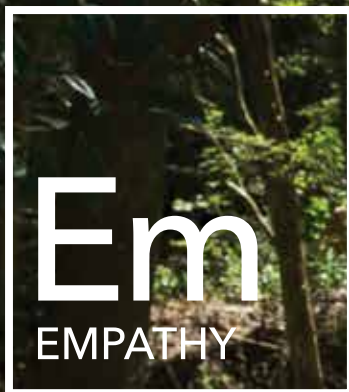
But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

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

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

You are God’s selfie.

Brent Myers



Empathy. A powerful element in fighting cancer.

Jeanie Harris has been the caregiver. As a Registered Nurse and an Oncology Certified Nurse with Florida Cancer Specialists, she has spent her career educating, delivering medication, empathizing and holding the hands of her patients. So when Jeanie found a lump in her breast, she knew Florida Cancer Specialists was the place where she would get science-driven care and the personal attention she needed to fight cancer. Now with the experience of being a cancer survivor, she connects with her patients on a deeper level, and she has a fresh perspective on how special each patient feels at Florida Cancer Specialists. In October and all year, we honor all of those who have fought this awful disease and all of those caregivers who help them in the fight.

"I always knew Florida Cancer Specialists had quality caregivers, but being a patient gave me a fresh perspective."

Jeanie Harris

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