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Health & Wellness[®] MAGAZINE

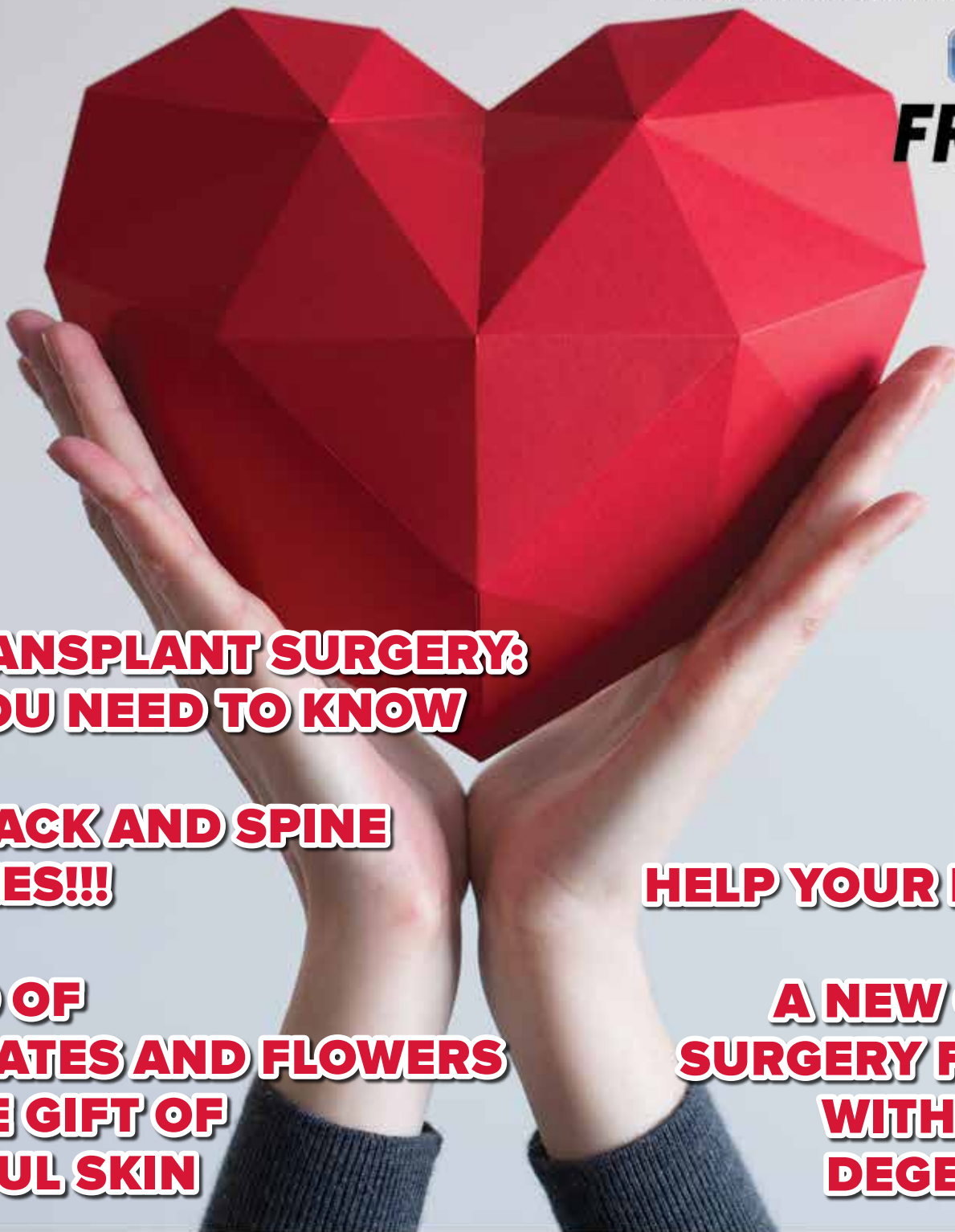
February 2018

South Palm Beach Edition - Monthly

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**HAIR TRANSPLANT SURGERY:
WHAT YOU NEED TO KNOW**

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- LLM in Taxation New York University Law School 1986
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- 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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Little-Known VA PENSION Can Be a LIFE-SAVER

Written By Thomas Gregory – U.S. Navy Veteran



Established in 1952 under Title 38 of the United States Code, Congress created two types of benefits for war Veterans and their survivors within the Department of Veteran Affairs. The first is “compensation for service-related disability or death” and second, “a pension for non-service connected disability or death”. A little-known VA pension, which falls under the non-service connected section of Title 38, is called **Aid & Attendance**. The **Aid & Attendance** Pension pays for a caregiver to assist with activities of daily living such as meal preparation, bathing, dressing/undressing, transportation, light-house keeping, laundry and various others.

If you are a war veteran or surviving spouse of a war veteran 65 years of age or older, who served 90 days or more on active duty, with one of those days occurring during a declared period of war, you may qualify for Aid & Attendance. In addition to the war service requirements, to qualify, you must have the medical need (i.e. assist with activities of daily living) and meet certain financial requirements. In general, Aid & Attendance is intended to pay for homecare or assisted living care and in some rare cases, independent living facilities. This significant monthly benefit can pay as much as \$25,000 per year toward your care. Very few war veterans know about this benefit and even fewer surviving spouses are aware of this help available from the VA.

There are approximately 600,000 war veterans currently living in Florida that are 65 years of age or older. If we include surviving spouses of war veterans, the number is easily in excess of one million. Conservative estimates indicate that at least 25% of these veterans and spouses would qualify for Aid & Attendance Pension, if they only knew it existed. Maybe that's you.



If you are veteran of foreign war or the surviving spouse of a war veteran, and you feel you may qualify, please **call Attorney Andrew Curtis at 561-998-6039** and his staff will review your situation with you and determine if you qualify.

HAIR TRANSPLANT SURGERY: What You Need to Know

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



Thankfully, artificial looking “hair plugs” are a thing of the past. With today’s advanced surgical techniques and a surgeon’s artistic skills, hair transplants consistently produce undetectable natural-looking results.

Hair restoration saw a game-changing revolution with the advent of the no-linear-scar Follicular-Unit Extraction or “FUE” technique, but few could have predicted the impact the procedure would have on the industry. As more professional athletes, celebrities and other high-profile individuals have gone public with their results from minimally invasive hair transplants, FUE has been a key driving force behind the increasing demand for hair transplant procedures in men and women.

FUE is a less-invasive method of harvesting hair follicles and “follicular units” individually, virtually eliminating the antiquated linear or ‘strip’ harvest approach to transplantation. This meticulous process has been made more efficient through robotics, semi-automatic devices and well-trained surgical teams. ARTAS, the first FDA-approved robotic-assisted hair transplant harvesting system recently became available, and advanced clinics are using this machine to assist in the hair

transplant process. Other hand-held surgical devices, like NeoGraft FUE, also help doctors to perform a hair transplant surgery with remarkable precision, less trauma as well as help extract the grafts from the scalp. For many patients, robotic-assisted ARTAS and NeoGraft FUE in combination is used in order to achieve optimal results and maximize the amount of grafts transplanted during a single FUE hair transplant session.

FUE is an effective surgical option for patients that allows for a quicker, more comfortable recovery, less post-op activity restrictions, as well as avoiding the telltale linear scar associated with traditional linear or “strip-harvest” hair transplants. Artistic planning and placement of the harvested hair follicles by the physician and his team allows for a completely natural, permanent restoration of living and hair. FUE is also an option for “touch-up” procedures

for patients who have had transplants years ago—and even for many who have been told they didn’t have enough donor hair for another procedure.

NEOGRAFT FUE:

The FDA-approved NeoGraft FUE hand-held device can be used to extract individual hair follicles from the donor area located at the back of the patient’s scalp – which are then implanted into the bald areas of the scalp. This means no scalpels, sutures, or staples are used while harvesting and no long, linear scar. The FUE hair transplant has been available for more than a decade, but prior to NeoGraft, it was too time-consuming and expensive for most patients to utilize. Now that the FUE process can be accurately and efficiently performed, surgeons can perform the “Cadillac” of hair transplants in considerably less time, and at less expense for patients, all with excellent quality of hair regrowth.

KEY BENEFITS OF THE NEOGRAFT FUE:

- Minimally invasive = no ‘telltale’ linear scar where the donor hair is harvested
- No stitches or staples to be removed = shorter, more comfortable recovery
- Less activity restrictions after surgery = quicker return to athletic activity so workouts resume in days, not weeks
- No telltale linear scar = Very short haircuts are possible after surgery
- Excellent hair growth results in experienced hands
- Soft, feathery hairlines can be created for a natural result

ARTAS ROBOTIC SYSTEM:

The FDA-cleared ARTAS robot is an exciting state-of-the-art medical device that assists hair transplant surgeons by helping to safely and effectively extract intact hair follicles for transplantation using the FUE technique. The robot’s precision allows patients to benefit from an unprecedented level of safety; efficacy and comfort during their hair transplant procedure. The innovative ARTAS robotic FUE system uses advanced digital imagery to map and analyze the hair in natural groupings on the scalp. The system features precision robotics—utilizing special cameras and software to detect and analyze follicular units—calculating density, exit-angles, orientation and location and proceed with harvesting based on specific algorithms programmed by the surgeon.

One of the most exciting features of the ARTAS System is the ARTAS Hair Studio, an interactive software program that allows the surgeon to create a digital 3D preview image which will help “paint the picture” for patients to ensure that they have realistic expectations about their results, *before* going into surgery.

KEY BENEFITS OF ARTAS ROBOTIC-ASSISTED FUE HAIR TRANSPLANTS

- Precise accuracy of FUE graft harvesting using image-guided robotics
- Reduced harvesting time and no “human-fatigue” factor

- Computerized selection of FUE grafts to maximize hair yield and minimize donor area usage
- More accurate and efficient harvesting of grafts from the sides of the scalp
- More accurate and efficient harvesting of grafts in patients with atypical hair characteristics and certain ethnic patients
- Can assist in creating recipient sites according to the artistic plan designed by the surgeon.

WHAT TO LOOK FOR

One of the biggest problems with hair transplants is that many unqualified doctors offer this procedure and/or perform procedures infrequently. The risks for hair transplant patients include increased discomfort, surgical complications, infections, scarring, poor density and unnatural looking results. Another problem is that many doctors and large national clinics still mostly (or only) perform the "strip" or "linear" harvest technique instead of advanced, less invasive FUE procedures. When looking for a hair transplant surgeon, make sure you consult with an experienced *minimally-invasive* hair restoration physician—someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and performs FUE hair transplantation on a daily basis.

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistry of the surgeon involved. Patients, therefore, should not choose their surgeon based on the tool they use, but more so on their artistic ability. Do your research, ask questions, look at before-and-after pictures, and don't be afraid to ask for patient testimonials.

To find a qualified hair restoration specialist, start by visiting the American Board of Hair Restoration Surgery or the International Society of Hair Restoration Surgery.

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



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

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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TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and its treatment.
- Look for full-time hair transplant surgeons who are board-certified in hair restoration by American Board of Hair Restoration Surgery, and recommended by the American Hair Loss Association.
- Due to the limited number of board-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and or consult long-distance.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions.
- Ask for a referral from your primary care doctor or dermatologists to a full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

Are There Any New Technologies For Fat Reduction?



It is interesting to watch technology as it continues to evolve. Many of my patients are up to date with what is trending in aesthetic technology. There is a new exciting technology that melts and tightens skin simultaneously without downtime.

COOLSCULPTING® has been a good fat reduction treatment for many of my patients. It is a way to non-invasively destroy fat cells by freezing fat, however it takes about 1 hour per area and depending on the patient, it could take up to 4 to 6 hours in one day! Also, the cost of CoolSculpting® is pretty much equivalent to liposuction.

A newer technology has just been FDA approved for the same application of destroying fat cells non-invasively, but it uses heat. It's called SculpSure™ by Cynosure®. SculpSure™ is a laser device that uses a 1060 nm wavelength to target fat cells and destroy them without any incisions.

Unlike CoolSculpting®, SculpSure™ takes less time, the treatment areas are much larger and there is no downtime. One treatment takes only 25 minutes and there have been no reported side effects.



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- Customized treatment sessions to achieve the look you want

The treatments applicators are placed on the skin and a balance of laser wavelength with cold is projected to the fat layer, making it hot enough to achieve the right temperatures to destroy fat cells, but cold enough to be comfortable. The destroyed cells are disposed of by the body's lymphatic system.

The results are seen in 6-8 weeks and most people require just 1 treatment. Another major advantage and game changer is the skin tightening effects of this laser.

So in summary, SculpSure™ is less expensive, takes less time and tightens skin very effectively. I'm very excited and happy to share this information!



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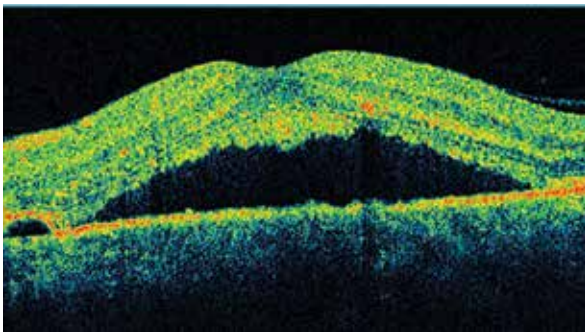
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WHAT IS CENTRAL SEROUS RETINOPATHY?

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



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

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

CENTRAL SEROUS RETINOPATHY SYMPTOMS

If you have central 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

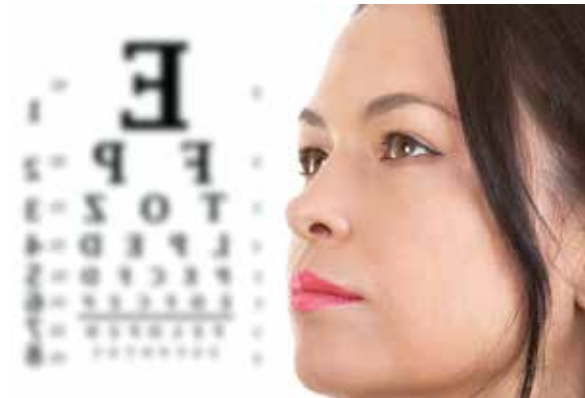
of your eye using fluorescein angiography and optical coherence tomography (OCT).

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

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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 as 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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Instead of Chocolates and Flowers Give the Gift of **Beautiful Skin**

This month is the perfect time to give gifts that show you love your special Valentine by treating them (or yourself) to glowing, gorgeous skin. After the holidays and the stress, our skin may look dull and lifeless, or perhaps you're dealing with an ongoing issue like age spots, blue veins, or broken capillaries.

Brilliant Dermatology offers trusted experience in all phases of dermatology, including an advanced YAG laser that performs multipurpose procedures for many of our skin care needs.

1064 nm ND: YAG Laser

Don't let the strange laser name dissuade you; this laser is sought out by the highest-level dermatologist and savvy clientele alike. So, just what is the 1064 nm ND: YAG Laser? This long-pulsed laser utilizes a pure crystal that allows the YAG laser to emit a high-energy light wavelength, which creates heat that is highly-controlled. Once the crystal is emitting energy and distributing heat, it can treat various disorders on the face and body.

Treatable Conditions

- Broken capillaries around nose
- Spider veins
- Rosacea
- Cherry angiomas
- Freckles
- Hyperpigmentation
- Venous lakes on lips (blue bumps)
- Blue veins on legs and face
- Removes unwanted hair



The Procedure

The built-in cooling device allows your skin to stay cool during the treatment. You will be required to wear protective eye goggles the entire length of your procedure. A topical anesthetic will be applied to your skin to aid in your comfort. Once the handheld laser is applied to your skin's surface, you will feel a series of light snapping sensations. The procedure can take just a few short minutes depending on the area and condition being treated. For the next several days to weeks, you will be required to diligently protect your skin from the sun's harmful rays, as well as follow at home instructions directed by your dermatologist.

If you want to enhance the health and appearance of your skin, visit the cosmetic dermatology experts at Brilliant Dermatology & Aesthetics. Please call **561-877-3376**, or visit **brilliantdermatology.com** for more information.

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for every aspect of your skin

Elissa Schwartzfarb Norton MD, FAAD, is a native of Boca Raton, where she was born, raised. 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 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.



She enjoys all aspects of dermatology including medical dermatology for all ages, cutaneous surgery, and aesthetic dermatology. By combining her passion for skin health and her attention to every visit, she provides top care to her patients. In her free time, Dr. Norton enjoys spending time with her husband, two young sons, and extended local family in Delray Beach.

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IS NEUROFEEDBACK “BRAIN TRAINING” RIGHT FOR ME?

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.

HOW DOES A “BEEP” OR SOUND TRAIN MY BRAIN TO WORK BETTER?

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave activity is able to affect the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through

a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

WHY TRAIN YOUR BRAIN?

Mental clarity improves when you operate a calmer, more efficient brain. As you learn to slow down “inner chatter” or activate a “sleepy” brain, you become more effective at responding to stress and adapt more readily to different situations, both psychologically and physically. Parenting becomes less exhausting, appointments are more easily kept, decision-making improves, and mood swings and depression often lift.

Neurofeedback has also been shown to be of remarkable value with school-age children who experience focus and learning problems. Through brain training, children can learn to better concentrate on schoolwork, increase their frustration tolerance level, and are less prone to be overwhelmed with sensory overload while seated in a noisy classroom. With their thoughts more organized, they can focus more clearly on what others say to them and can begin to develop friendships and learn effectively.

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

**HOW DO I KNOW
IF NEUROFEEDBACK WILL WORK FOR ME?**

Through our thirteen plus years of experience with neurofeedback, we have reached the point of having very high expectations for success in training. When such success is not forthcoming, or if the gains cannot hold, then there is usually a reason for that which needs to be pursued. In the normal course of events, neurofeedback ought to work with everybody. That is to say, nearly everyone should make gains that they themselves would judge to be worthwhile. Our brains are made for learning and skill-acquisition. On the other hand, we are working with many individuals and families whose expectations have been lowered by their past experience. And they need to see progress before they will share our optimism. We understand that. If your intention is to be a healthy, happy, functioning person; you may not “feel” that Neurofeedback is working. The measurement of improved learning in the brain is in the functioning or end result, not the intentions.

Our office works diligently with you to set and achieve realistic goals and gains with Neurofeedback. We are also open to investigating causes or changes in treatment if those goals are not being met.

You should expect miracles with Neurofeedback treatment. However, what appears miraculous is really nothing more than the incredible capacity of our brains to recover function when given a chance.

**WHAT IS A QEEG (Quantitative EEG)
OR BRAIN MAP AND DO I NEED ONE?**

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 his eyes open for 5 minutes and with his eyes closed for 10 minutes. This recording is then sent to Advanced Psychological Services in North Carolina



to 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 “normal” database of peers. 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.

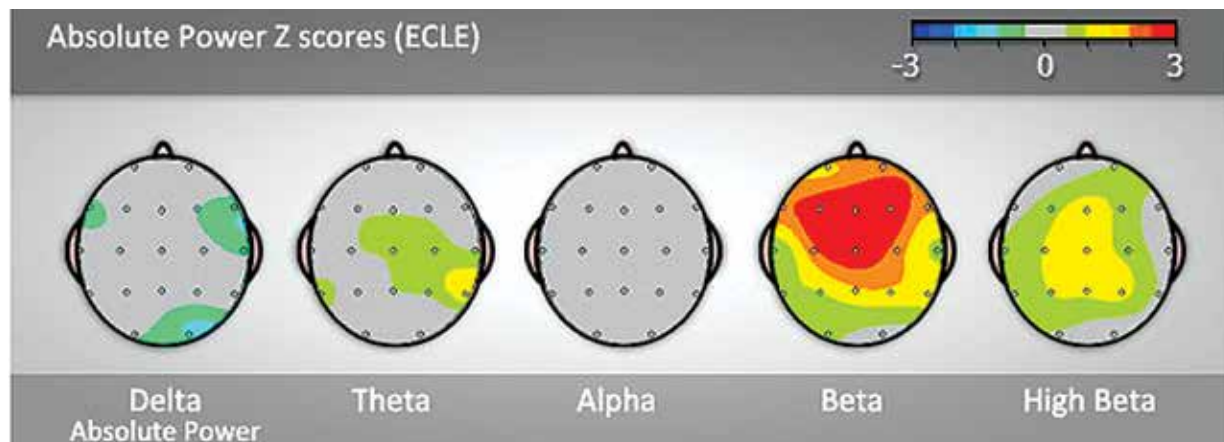
HOW DO I GET STARTED?

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



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Acupuncture, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.



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www.BocaBrainCenter.com**



GAINSWave is a Revolutionary New Therapy

that Treats Erectile Dysfunction (ED)

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.

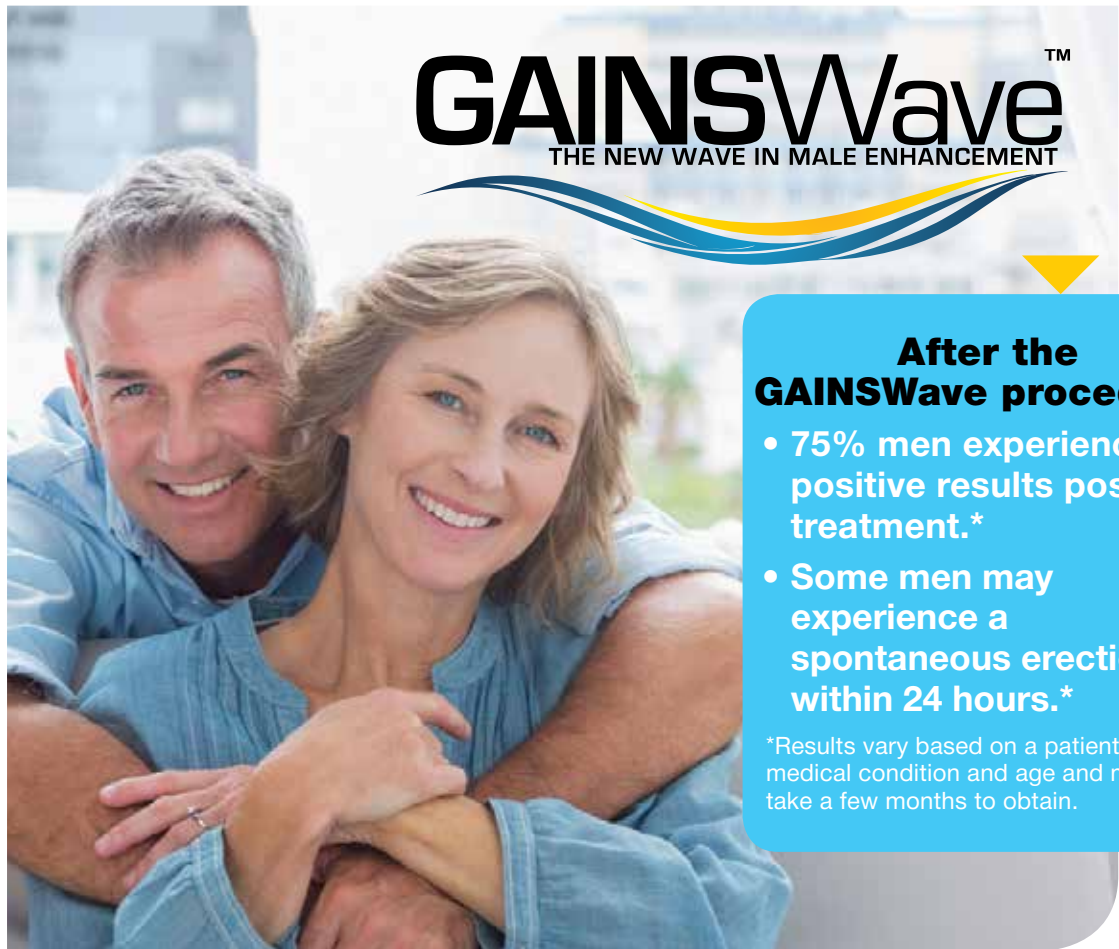
WHY MEDICATE WHEN YOU CAN CURE?

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



After the GAINSWave procedure:

- 75% men experience positive results post treatment.*
- Some men may experience a spontaneous erection within 24 hours.*

*Results vary based on a patient's medical condition and age and may take a few months to obtain.

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.

Contact Dr. Erickson for a private consultation today, **561-807-9132**.

Tricounty Center for Integrative Medicine

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Delray Beach, FL 33445

Phone: 561-807-9132

EDfixMD.com

75% of men with ED who have received the GAINSWave procedure saw a reversal of their condition, and gave up taking oral ED medications. Nearly 75% of men receiving GAINSWave have reported positive results and improved sexual performance. The majority of patients with ED reported an improvement of their condition and gave up taking oral ED medications.

TRICOUNTY CENTER for Integrative Medicine

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THE NEW WAVE IN MALE ENHANCEMENT

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*A Breakthrough
Solution for Men
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& Optimal Sexual
Performance*



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tccimfl@gmail.com
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QUALIFICATIONS



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- Anorexia • Anxiety Disorders • Arthritis • Asthma • Autism • Back Pain
- Bladder Cancer • Brain Cancer • Breast Cancer • Cerebral Palsy
- Chronic Pain • Chronic Stress • Colon Cancer • Crohn's Disease
- Depression • Diabetes • Disc Degeneration • Epilepsy & Seizures
- Fibromyalgia • Glaucoma • Heart Disease • HIV / AIDS
- Huntington Disease • Leukemia • Liver Disease • Lung Cancer
- Lupus • Migraine • Multiple Sclerosis • Muscular Dystrophy
- Nausea & Vomiting • Neuropathic Pain • Obsessive Compulsive Disorder
- Osteoporosis • Painful Bladder Syndrome • Pancreatic Cancer
- Parkinson's Disease • Prostate Cancer • PTSD
- Restless Leg Syndrome • Sleep Disorders • Stroke
- Substance Abuse • Traumatic Brain Injury

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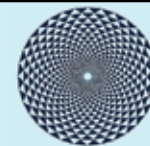
Can't Concentrate? Can't Focus? Can't Remember? Too Tired or Too Hyper? Interferes with School, Work, Sleep, Relationships? Affects Grades or Work Performance?



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MEDICAL MARIJUANA –

The Truth About How It Affects Florida

It's everywhere. Conversations are popping up, it's in the news, you're reading about it online, in the paper and your friends seem to have drawn their own conclusions about medical marijuana (MM), but what is the truth? How does it work? Is it just a fad? What do you really NEED to know?

The truth is, marijuana began as a standard medicinal treatment. It dates back thousands of years to the Egyptians, Greeks, and the Chinese empire. Surprising to many, even just as recent as the 1930's, the U.S. was adding it to specific pharmaceuticals to treat and cure disease. So why is it just now making a comeback?

There are theories that the Federal government shut down the regulated herbal medicine for monetary reasons, but despite what you hear or chose to believe, the truth is medical marijuana is on the rise, and that's because of the valid health outcomes that patients themselves are seeing first hand.

Patients with seizures, cancer, chronic pain, and anxiety, just to name a few, are reporting incredible healing through MM. When they've finally had enough of western medicine, and it's ability to ONLY treat their "symptoms" and not their disorder, that's when patients are grasping onto alternative treatment options. For those that have found help through MM, their words are unequivocal—IT 100% WORKS!

With the ever-changing regulations, laws, and curious citizens, there are fundamental informative rules of purchasing and consuming medical marijuana that all Florida residents should know. But first, the definition of what "medical marijuana" actually is will be helpful information to differentiate street drugs from those that are deemed for medicinal purposes.

Medical Marijuana

There are different species and hybrids of the marijuana plant. With strict guidelines, the State of Florida highly regulates how their crops are grown for medical treatment. For instance, some of the plants have much less THC (tetrahydrocannabinol) in them than others. THC is the mind-altering, euphoric component of marijuana that gives the "high" feeling, typically associated with marijuana. However, new laws were put in place that allows recommendations of elevated levels of THC for certain patients with aggressive disorders.

The natural marijuana plant contains both CBD and THC. CBD or cannabinoids can treat many different

forms of diseases and disorders with low THC. Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD (cannabinoids) and TCH (tetrahydrocannabinol) through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and TCH, creating a multitude of beneficial reactions in the body.

The Process

At Florida Medical Marijuana Health Center, they make the process as easy for you as possible. With a highly-experienced physician on staff, they walk you through the protocols to make sure you are receiving the best care and attention.

Florida Medical Marijuana Health Center

- 10-15 minute examination by a doctor
- If you have a qualifying condition, you will be entered into the state system and given a patient number
- They will supply you with all state required forms and instruct you on the application process
- Once the application is submitted to the state, you will receive an email in about 3 to 4 weeks with your card number.
- Once your card number is obtained, you can purchase, possess, and use the medical marijuana according to your prescription.
- Your actual card will be received about a week later in the mail.

Qualifying Medical Conditions

Currently, there are 12 medical conditions explicitly defined in the Florida medical marijuana initiative. However, the Florida marijuana law also states that any medical condition in which the medical marijuana doctor believes that the medical use of marijuana would likely outweigh the potential health risks for a patient may be used as criteria when certifying a patient for the Florida medical marijuana program. The medical conditions specifically defined in Florida's medical marijuana law are:



- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Crohn's disease
- Chronic muscle spasms
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Parkinson's disease
- Multiple sclerosis
- Any other medical condition that the doctor approves

How MM is Regulated and Dispensed

There are highly-regulated medical marijuana dispensaries, which are the only place you can purchase marijuana legally. Marijuana is still listed as a Schedule I narcotic by the US federal government and therefore cannot be sold in pharmacies since pharmacies are regulated by the federal government's DEA. Before a patient can legally purchase medical marijuana in Florida, the specialized marijuana physician will enter a recommended dosage amount into the registry.

To get help today, please call (561) 223-0743 to schedule your consultation and experience the healing effects of medical marijuana.



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RejuvaEnhancement® a Groundbreaking New Treatment for Peyronie's Disease and Penile Enlargement

PEYRONIE'S DISEASE

Peyronie's disease is defined as relating to symptoms. Peyronies is a build up of scar tissue in the penis that causes a curvature or bend in the erected penis. This disorder typically causes a great deal of pain during intercourse.

GO BEYOND MEDICATION – TREAT THE ROOT CAUSE

Simply Men's Health is a leader in men's health and a pioneer in the field of regenerative medicine. They were the first to introduce Acoustic Pressure Wave therapy in South Florida, and now Simply Men's Health is revolutionizing the field of men's health by introducing the state-of-the-art procedure called, RejuvaEnhancement®. This method helps to reverse the inevitable aging process and treat Peyronie's disease and restore penis size.

WHAT ARE REGENERATIVE MEDICINE AND THE REJUVAENHANCEMENT® PROCEDURE?

Regenerative medicine, rather than treating symptoms, shifts the body into a healing and restoration state by providing the body with stem cells (the building blocks), growth factors and platelets that stimulate the body's natural healing process.

THE POWER OF STEM CELLS?

Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system and can replace damaged or worn out tissue. Pluripotent stem cells, derived from amniotic/placental tissue have essentially unlimited potential to become any type of cell in the body. Adult stem derived from either bone marrow or fat cells are limited to the type of cell they can develop into.

SIMPLY MEN'S HEALTH REJUVAENHANCEMENT® PROCEDURE

The RejuvaEnhancement® procedure combines growth factors and stem cells from your own blood with live, cryogenically-preserved, pluripotent stem cells and growth factors derived from human placentas and amniotic. The amniotic allograft contains over 75 growth factors; cytokines, collagen and stem cell activators, which call the bodies, own stem cells. In addition, the cryogenically preserved allograft contains LIVE PLURIPOTENT stem cells and fibroblasts, which promotes cell repair and tissue regeneration to help restore your sexual vitality.

IS IT SAFE?

Yes. This cryogenically preserved amniotic tissue has a "100-year history" with no reported recipient rejections since the amniotic tissue

RejuvaEnhancement® Amniotic Stem Cells

- REPAIR
- REGENERATE
- RESTORE

RejuvaEnhancement®
only available at
Simply Men's Health

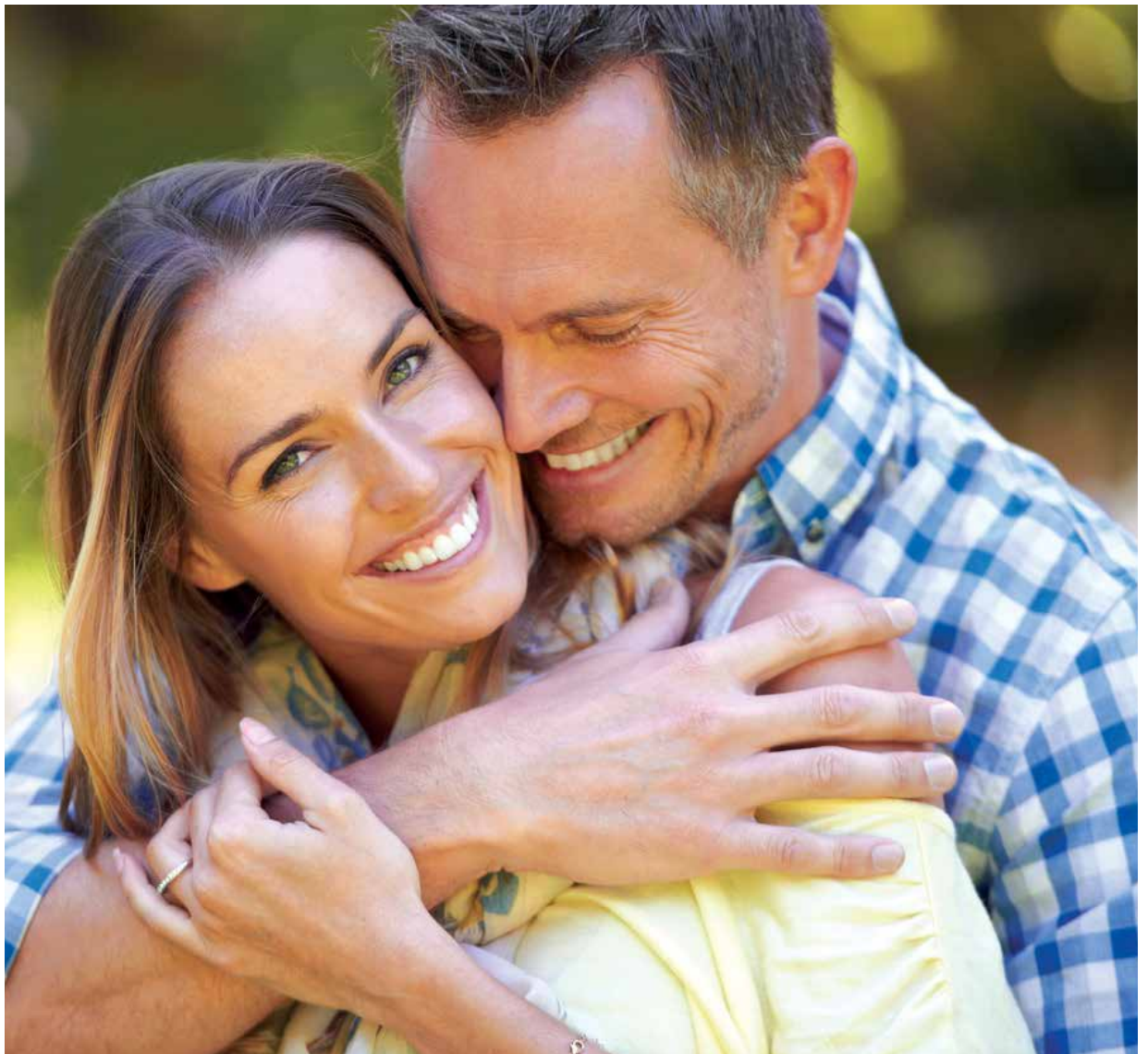
- 100% SAFE
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- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

is immunoprivileged and does not express HLA type antibodies.

The amniotic tissue is obtained only from live, healthy births. **NO EMBRYONIC TISSUES OR NO TISSUE FROM ABORTED FETUSES ARE EVER USED.** The amniotic tissue is obtained through aseptic recovery techniques during a planned Caesarian section of full-term deliveries from a healthy woman aged 18-35 who have been prescreened according to the FDA and American Association of Tissue Banks guidelines for infectious disease and have under extensive testing and screening.

HOW TO GET STARTED?

At Simply Men's Health, we respect your time and privacy. You receive individualized care with our experienced staff of physicians. We pinpoint the exact cause of your issues and create a customized treatment plan. With the advent of Regenerative medicine, penile issues and the inevitable part of aging are no longer an issue. Simply Men's Health's innovative approach of regenerative medicine can restore you to a healthier, younger you! They also treat men's hair loss, allowing people to regrow their own hair with their exclusive RejuvaHair® Amniotic Stem Cell therapy.



WHAT OUR PATIENTS ARE SAYING?

"I've been coming to Simply Men's Health for several months, but I never told my girlfriend. After my second treatment, my girlfriend remarked that my penis was getting bigger."

Anthony Z.

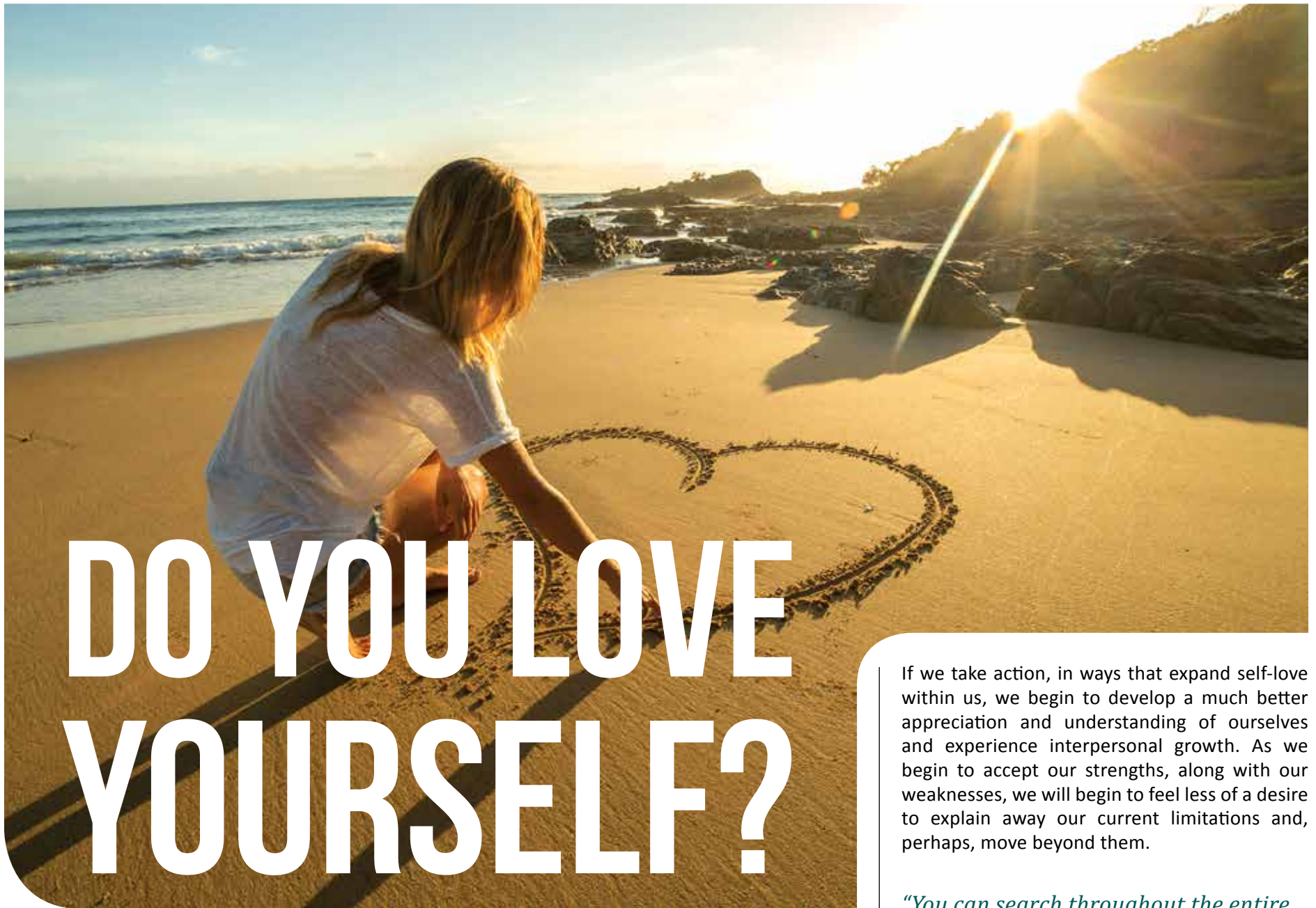
"I am in my 70's and have diabetes, high cholesterol and had my prostate cancer and my prostate removed several years ago. I had tried everything. After my very first treatment, my penis size increased in both length and girth. Now after about six months, the results have been amazing. The RejuvaEnhancement® procedure is remarkable. I feel like Superman."

E.M.



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



DO YOU LOVE YOURSELF?

DEFINING SELF LOVE

Self-love seems to have become a buzzword recently, and a topic broadly discussed amongst health and wellness experts/practitioners, bloggers, as well as normal conversations. Although it is a topic that's brought up all over the place right now, most people do not truly, or fully, comprehend what it means. So, what is self-love then?

The best way to define self-love is a dynamic state of appreciation for, and acceptance of oneself.

"Self-love requires you to be honest about your current choices and thought patterns and undertake new practices that reflect self-worth."

~Caroline Kirk

This state is based on actions that support the personal growth and development of the individual physically, emotionally, and spiritually. Self-love is not a state of feeling good. So, although a make-over sounds nice, or a shopping spree can make us feel good, and may be gratifying, they are not actions that actually help us develop and mature. The reason self-love means something different for each person is that we all may take different actions to encourage and support personal growth.

If we take action, in ways that expand self-love within us, we begin to develop a much better appreciation and understanding of ourselves and experience interpersonal growth. As we begin to accept our strengths, along with our weaknesses, we will begin to feel less of a desire to explain away our current limitations and, perhaps, move beyond them.

"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere.

You yourself, as much as anybody in the entire universe deserve your love and affection." ~ Buddha

Taking daily actions to build your self-love will allow you to develop a greater sense of inherent self-worth, develop greater self-confidence, be your true authentic self, and prioritize your own truth. The more love you have for yourself, the better prepared you will be able to deal with life's demands in an effective and healthy manner. Furthermore, you will start to attract circumstances and people into your life that further support your wellbeing.



5 STEPS TO TURN SELF-LOVE INTO A HABIT:

- **Be Mindful and Live with Intention:** As you practice mindfulness, you begin to learn and create a greater understanding of your own wants and needs, as well as what you are thinking and feeling. This allows you to act on what is in your best interest, not what others want or are expecting from you. Gaining greater clarity within yourself allows you to live with intention. Whatever your intentions may be, you will be able to make choices that support them.
- **Be Kind to Yourself:** We are often harder on ourselves than we are other people around us. Strive for progress, not perfection. We are all human after all, and we will make mistakes. You can take responsibility for your actions without beating yourself up. Forgive yourself and let go of comparisons. As long as you are learning and growing, there is no such thing as failure.

- **Practice Self-Care:** This is one that can be different for everyone. As you take better care of yourself, physically and mentally, you love yourself more. Nourish yourself daily with small, simple acts of self-care (quality sleep, nutrition, exercise, meditation, intimacy, spirituality, healthy social interactions... or maybe a facemask or just a nice relaxing bubble bath at the end of the day). Do something for you, that makes you feel good, every single day!
- **Set Boundaries and Protect Yourself:** Learning to set limits and boundaries can sometimes feel like stepping off into the unknown, however it is always well worth the effort. You will love and respect yourself more as you eliminate those things that deplete or harm you in any way. If there are people in in your life that take away your feelings of self-worth and self-love, find healthy ways to protect yourself from them.

- **Ask for Help:** There is nothing wrong with reaching out for some assistance from time to time. We work with people on this journey of love and acceptance every day. If you find yourself struggling, or just don't know how, or where, to start, we are here to help you on your own personal journey to self-love, happiness and health!

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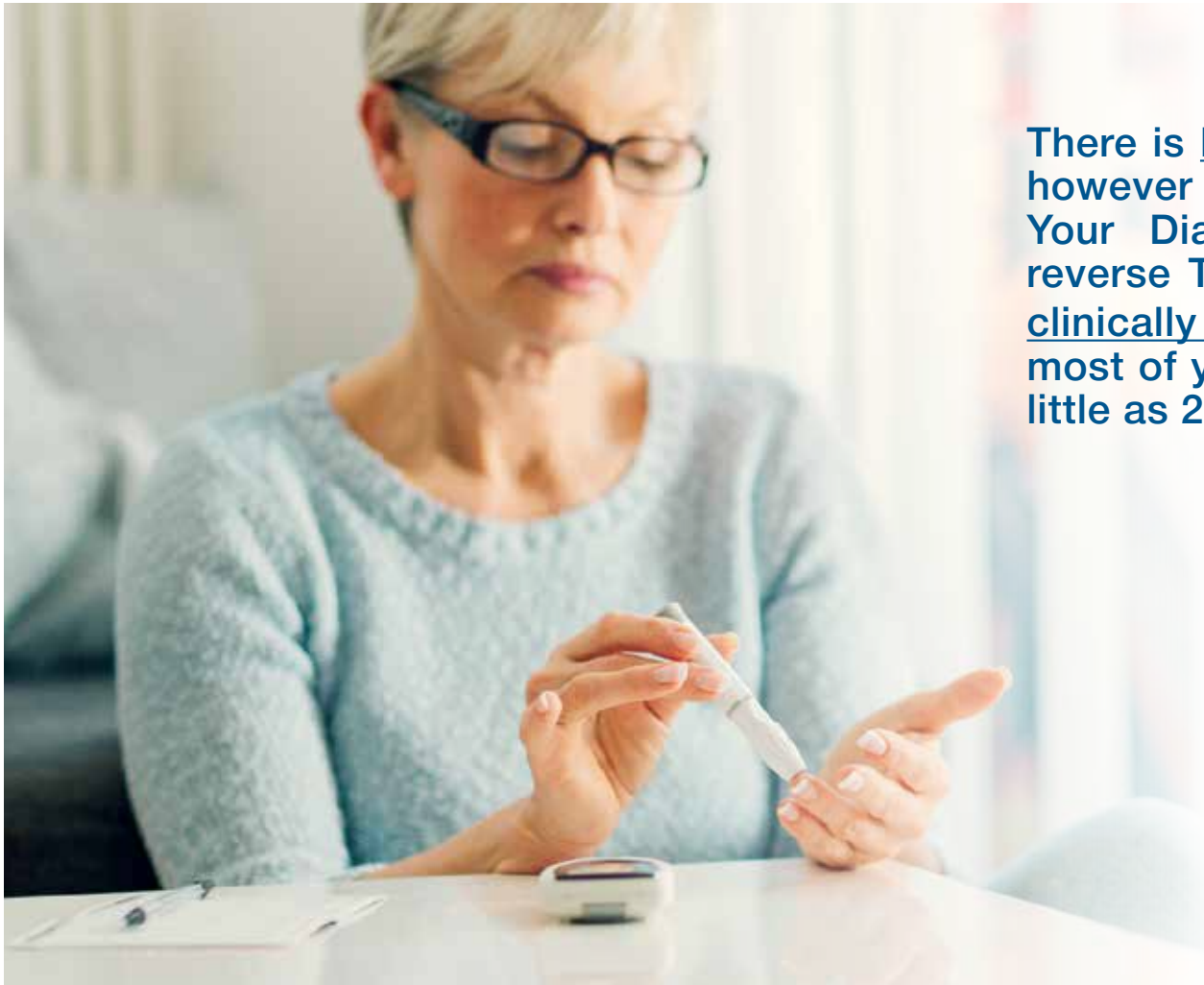


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There is No Cure for Type 2 Diabetes – however it can be reversed! The ‘Help Your Diabetes’ (HYD®) Program will reverse Type 2 Diabetes and have you clinically non-diabetic and off all or most of your harmful medications in as little as 2 to 6 months!

If you are one of more than 27 million Americans with Type 2 Diabetes or one of 86 million Americans diagnosed as Pre-Diabetic then **the HYD® program** is for YOU!

Type 2 Diabetes is a growing problem that is not going away! Sedentary lifestyle, lack of regular exercise, diet loaded with convenient fast food, sugary drinks and a new generation of couch potatoes who spend increasingly more time on the smartphone means that now more than ever, Type 2 Diabetes is on the rise.



Dr. J. Murray Hockings

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 (ADA). 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 people off harmful medications – which only serve to manage symptoms and cannot reverse them.

Medical Schools train student doctors how to manage Type 2 Diabetes – but not how it can be reversed! They prescribe often costly medications aimed at lowering one's **A1C**. As the symptoms worsen they refer patients to a **Specialist** who may prescribe additional or different medications – increasing the dosage and/or varying the drugs over time.

Drugs prescribed to treat Type 2 Diabetes just manage the symptoms by lowering A1C and blood sugar, but can do little to prevent this horrific disease from progressing and in many cases leading to neuropathy, loss of eyesight, amputation of limbs or to kidney failure; which necessitates harmful dialysis for the rest of their life.

Pharmaceutical manufacturers must by law, disclose the potential dangerous side effects of all medications prescribed to treat **Type 2 Diabetes**. Their drug's long-term effect is potentially AS dangerous to the patient as is the disease itself! Diabetes drugs are also very expensive for the patient, earning pharmaceutical manufacturers hundreds of billions of dollars annually!

LIST OF BENEFITS OF THE HELP YOUR DIABETES PROGRAM

- Before and After Lab Analysis
- Proprietary Nutritional Supplements to take
- Exercise Recommendations or work with our In-House Diabetes Certified Personal Trainer
- Unlimited One on One Phone or Email Support 7 Days a Week to Monitor your Progress
- Facebook Group to Share Success Stories, Swap Recipes, Etc.
- Group Phone Support Calls 3 Days a Week
- Weekly training videos to keep you on track
- A monthly HYD newsletter
- Enjoy/Avoid List of Foods
- Proprietary Weekly Meal Plans
- Over 200 Recipes
- Grocery Shopping List
- Exclusive Membership in the HYD Website

Noticeable improvement in as little as one week! HYD® patients can reverse their Type 2 Diabetes safely, lose excess weight, need far less or no medications, regain energy and enjoy improved quality and vitality in their daily life.

Dr. Kenneth Power, M.D. a family doctor in Maumee, Ohio, with 18 years of experience, has recommended the Help Your Diabetes® program to 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 sugar's improved, usually within just the first couple of weeks. Their health's improving, their blood sugars are dropping, and I feel comfortable just after the first several weeks with getting them off at least half of their medication by then."

Help Your Diabetes® Official Celebrity 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**. [Note: set copy alongside the image of Corbin Bernsen)



Corbin Bernsen

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MORE PEOPLE LIVING WITH CANCER

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in many different parts of the body, but, in reality, cancer is not just one disease. The term “cancer” is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones and over 60 different organs of the human body.

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

DAMAGE TO DNA CAN RESULT IN CANCER

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

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

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today, millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words,



even though no cure has been found yet, the disease is something that can be managed and people can live with cancer for many years.

Early detection and diagnosis, as well as advances, such as immunotherapy and targeted treatments, most of which are available in pill form, are making it possible to live with cancer and continue to have a good quality of life. Some of these newer treatments have actually produced virtual cures for many types of cancer.

WORLD-CLASS CANCER CARE CLOSE TO HOME

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

CLINICAL TRIALS LEAD TO TOMORROW’S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other

oncology practice in Florida. In 2016, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

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

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For more information, visit FLCancer.com

PRE & POST NATAL MASSAGE FOR COUPLES

Massage Therapy Can Create a Healthy Home for Your Family



When it comes time to bring another human being into the world, we must consider the mothers' health a top priority, as well as her partner. Massage therapy provides a multitude of benefits for everyone involved, mom, baby & partner. It is ideal to get started at the beginning of the pregnancy all the way through birth and post-partum. Along with you, having your partner receive massages will help to put the entire family in a healthy state physically and emotionally, which creates a happy home atmosphere. We can all use a little peace and therapeutic touch in our lives.

THE BENEFITS OF PRENATAL MASSAGE FOR MOM

First off, prenatal massage has tons of benefits for moms, which means the baby receives all of the natural chemical benefits too! It reduces lower back & foot pain, inflammation, stress, cortisol levels, depression, and anxiety. It also increases dopamine, serotonin, oxytocin, and relaxin. Those are basically all of your feel good hormones. Relaxin helps to create ease in hip mobility & flexibility by allowing your muscles, ligaments and tendons to stretch according to the needs of your pregnancy. You want your body to work with the changes that are happening to you physically for a healthy pregnancy, labor outcome, and for the newborn's well-being.

BENEFITS FOR HER PARTNER

Of course, there is a lot of focus on the mom and baby during pregnancy, but we can't forget the partner. Pregnancy is a family affair. We need to remember that this is a life-altering situation for the partner too. This means there will be stresses and concerns that cause the partner to be irritable, anxious or perhaps even feel as though they have taken second place in your relationship; and the baby hasn't even arrived yet. Couples massages help to diminish some of these stresses by incorporating a peaceful evening at home, for at least a few hours per month together. This gives you dedicated bonding time on a healthy level throughout the pregnancy that not only brings you closer, but it also sets the stage for a healthy home environment for the baby in womb & out.

THE VITAL BABY CONNECTION

Having your massage therapist there for your family after your beautiful baby has arrived creates much needed emotional transitioning support for your household. This also provides the baby with an opportunity to receive the benefits of therapeutic touch outside of the womb for the first time. The amazing part is that the baby is already familiar with your therapist due to the "in womb connection" made during moms massage sessions. Infant massage creates much needed bonding with the partner and provides a more restful night sleep for everyone. This is why it is recommended to take the infant massage workshops to learn how to provide massage properly for baby.

POSTPARTUM & THE FAMILY

The effects of postpartum will vary with each person individually and again, it is not just the mom going through the changes. Mom will want to take advantage of the relaxin in her body to assist in abdomen restoration through massage and other techniques. The family will experience emotional changes as they care for their newborn. These new sensitivities, fears, and realizations can create a somatic release through massage therapy. These releases can create a clearing for parents to step into their new roles in life with confidence guided by a loving connection with one another.

By now, you can see the significant benefits of having regularly scheduled massage therapy. It just simply has a way of putting you in a space of rest, care, love and honor for your mind, body, and spirit in a world that doesn't always readily provide it for you. Take the time your family needs to stay healthy with therapeutic massage and experience the wealth of health.

MASSAGE MYTH BUSTER:

Q: It is not safe to get a massage in your first trimester.

A: FALSE

It is perfectly safe and conducive to a healthy pregnancy to receive massage therapy as soon as possible by a LMT specialized in prenatal massage. A trained and licensed therapist will know how to provide a massage that is efficient and safe.

Q: A "good" massage will always hurt.

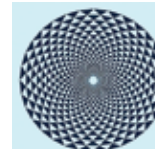
A: FALSE

A good massage will put your body into a parasympathetic state which means it will be relaxed enough to assist the therapist naturally in the massage. When a massage hurts it put your body into a sympathetic state, fight or flight, and begins to release stress hormones, which is exactly why we need regular massages in the first place. Speak up if a massage ever causes you pain and your therapist will happily adjust the pressure accordingly. *Sports and other massages designed for structural repair are a different story.

ABOUT MIND BODY SPIRIT HEALING CENTER

At Mind Body Spirit Healing Center they provide the bodywork that works best for your specific needs. They treat each client individually, meaning no two clients get the same massage because no two bodies are alike. It takes a few sessions to explore what your muscles respond positively to, and customize your sessions for the best therapeutic results. As your body changes, so do your treatment. They are honored to provide you with these amazing therapeutic modalities.

**To find out more about
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A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



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

By David A. Goldman, M.D.

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

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

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

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

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

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

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

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

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

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





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

What a message for the world to hear!

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

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

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

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

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

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

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

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

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

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

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

Brent Myers

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Optimism. A powerful element in fighting cancer.

When Desert Storm veteran Lynette Bell’s follicular lymphoma went into remission, she chased her dreams to Florida and pursued a career in photography. However, during a routine doctor’s visit here, she learned her cancer had returned. Fortunately, she had access to Phase 1 Clinical Trials at Florida Cancer Specialists, where 84% of the cancer drugs approved in 2016 for use in the U.S. were studied prior to approval. Today, Lynette’s cancer has surrendered, proving when hope and science join forces, great outcomes can happen.

“My team at Florida Cancer Specialists cared for my individual situation with the clinical trial I needed.”

Lynette Bell

-Lynette Bell, Veteran, Patient & Survivor

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