

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2018

North Palm Beach Edition - Monthly

healthandwellness.com



FREE



**TESTOSTERONE
IMBALANCE IN MEN
AFFECT MULTIPLE FACTORS
LIKE WEIGHT, FERTILITY,
AND MUSCLE MASS**

**IS PRP THE ANSWER TO
YOUR HAIR LOSS?**

**PAIN RELIEF TREATMENT
FROM THE LEADERS
IN THE INDUSTRY**

**ARE HORMONES
DRIVING YOU MAD?**

**ALONE IT'S JUST
A HEARING AID**



FACT:

YOU CAN LOSE UP TO 50% OF YOUR HAIR BEFORE YOU EVEN NOTICE.

BUT THE GOOD NEWS IS THAT IT'S 100% TREATABLE, AND CAN BE SLOWED OR EVEN REVERSED IF DETECTED EARLY.

Hair loss affects both men and women alike. Let Bauman Medical help you detect and treat hair loss, if necessary. No matter what degree of hair loss you have, we have a treatment option that will work for you.



HAIR RESTORATION FOR MEN AND WOMEN

SCHEDULE YOUR HAIR CHECK TODAY BY CALLING 561 948 6157

SEE BEFORE AND AFTER IMAGES AT BAUMANMEDICAL.COM

1450 S DIXIE HWY | BOCA RATON, FL 33432



ALAN J. BAUMAN, MD, ABHRS, FISHS

#1 Top Rated Hair Restoration Surgeon
—by Aesthetic Everything



MD
BEAUTY LABS
SPA AND WELLNESS CENTER

Daniela Dadurian, M.D.
Medical Director

Board Certified Anti-Aging
and Regenerative Medicine
Board certified Laser Surgery

A LUXURY MEDSPA FEATURING THE
LATEST IN LASER TECHNOLOGIES

- Botox / Juvederm
- Skin Tightening
- Medical Facials
- Smart Lipo
- Tattoo Removal
- Cellulite Reduction
- Weight Loss
- Toe Fungus Removal
- Skin Resurfacing
- Laser Hair Removal
- VI Peel
- Ulthera- Skin Tightening
- Pellet Hormone Therapy
- IV Vitamin Therapy
- SculpSure - Fat Melting
- Endymed
- YLift Non-surgical Facelift
- Vaginal Rejuvenation

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

320 S. Quadrille Blvd
West Palm Beach, FL 33401
561-655-MDBL (6325)
www.mdbeautylabs.com

Bring in this ad to receive **\$100 off***
your first medical service.

* Valid on purchases of \$300 or more



**It's time.
Stop Hurting...
Start Living Today.**



Resolute Pain Solutions' board certified anesthesiologists and pain care specialists use state-of-the-art procedures to relieve pain and get you moving. **We offer same day/next day appointments for:**

- Chronic back pain
- Sciatica
- Neuropathy
- Degenerative disc disease
- Arthritis pain
- Migraines
- Sports injuries
- And much more...

Stop suffering from debilitating pain, visit our website or call to set up your appointment today.

ResoluteMD.com/mag | 855.678.8403

Offices conveniently located in Boca Raton, Jupiter, Stuart, Port St. Lucie, and Okeechobee.

The team of physicians at Resolute include:

Ray Alvarez, MD
Marc Levine, MD
Daniel Battaglia, DO
Jay Kuchera, MD
Sidney Swartz, MD
Steven Stein, DO
Ian Schaja, DO
Stuart Feldman, MD

Resolute.
Pain Solutions™



THE NEW WAY TO TREAT SKIN.

TREATS THE WHOLE BODY

- Removes cellulite and fat deposits
- Removes wrinkles and reduces scars
- Increases collagen and elastin production
- Tightens loose skin after weight loss
- Reduces edema and painful inflammation
- Promotes lymph drainage
- Improves wound healing process
- Shortens and improves recovery after surgery
- Helps with tissue coagulation, before and after liposuction
- Normalizes cell function
- Improves the quality of the skin
- Improves body shape
- Accelerates blood flow
- Relieves muscle tension

CONTACT US
ANYTIME TO
SCHEDULE A
DEMO FOR
YOUR PRACTICE.

NO PAIN. NO DOWNTIME.
JUST EXCELLENT RESULTS.

BELLASHAPEUSA.COM

BELLA SHAPE 614-778-3509 • Omendyuk@aol.com



The Retina Institute of Florida

Providing expert specialized care for over 25 years

- Commitment to Treatment and Diagnosis of Retina, Macula and Vitreous
- Personalized Patient Care
- Several Locations for Patient Convenience
- Advanced Treatment for Macular Disorders
- Advanced Surgical Techniques
- Affiliation with "State-of-the-Art Surgical Center"



Lauren R. Rosecan,

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

Diplomate American Board of Ophthalmology

"A center of excellence for the diagnosis and treatment of retinal, macula and vitreous diseases and disorders."

We Have Emergency Care!

(800) 445-8898

www.theretinainstitutcofflorida.com

LOCATIONS

WEST PALM BEACH

901 North Flagler Drive, 33401
(561) 832-4411 Office
(561) 832-1591 Fax

PALM BEACH GARDENS

11382 Prosperity Farms Rd., #128, 33410
(561) 627-7311 Office
(561) 627-6791 Fax

STUART

618 East Ocean Blvd., #3, 34994
(772) 287-7026 Office
(772) 220-4186 Fax

BOCA RATON

1050 NW 15th Street, #114, 33486
(561) 368-7723 Office
(561) 368-0093 Fax

6 Pain Relief Treatment
From the Leaders in the Industry

7 Choroidal
Neovascular Membranes

8 Focus on Head & Neck Cancers

9 Europe's Coveted
Fat Reducing Procedure:
Wanted by Countless Patients

10 Are Hormones
Driving You Mad?

11 I Want a Dental Implant
But I Will Be Leaving Soon For the
Summer... What Can I Do?

12 Testosterone Imbalance
In Men Affect Multiple Factors Like
Weight, Fertility, and Muscle Mass

13 An Alternative to
Pain Medication

15 Alone It's Just a Hearing Aid

16 Is PRP the Answer to
Your Hair Loss?

18 Feeling Better About How You
Look Can Change Your Mental State:
Look Younger Naturally with an
Established Technique

20 The \$400 Million Dollar Lesson

21 Florida Medical Marijuana
Health Centers: New Locations
to Serve You

22 Your Jaw Pain May Be in
Your Neck

23 The Elderly and Their Safety—
Prevent Falls and Fatalities

24 Revolutionary New Treatment
For Erectile Dysfunction And
Peyronie's Disease

26 Are You Chronically Anxious?
Neurofeedback Helps Chronic
Anxiety without Medication

28 How Breakthrough Technology
Is Solving Most Back Pain –
One Herniated Disc At a Time...

30 Seeking a Second Opinion
About Your Eye Care

31 Spiritual Wellness:
I Have a Wait Problem

CONTACT US

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

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

South Florida's Health & Wellness Magazine can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2018. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.


WellingtonMD

Medicine • Aesthetics • Wellness

**Palm Beach County's Highest Rated
Testosterone Replacement Center**

Brian A. Lipari, MD

Take the first step to a better & healthier you!

**Call 561.268.2880
or visit www.WellingtonMD.com
to book an appointment today!**

Are You Experiencing Symptoms of **Low T?**

- Fatigue
- Irritability or Depressed Mood
- Lack of Endurance
- Inability to Build Muscle
- Trouble Sleeping
- Low Sex Drive
- Erectile Dysfunction
- Decreased Performance

**LOW TESTOSTERONE LEVELS
MAY BE THE CAUSE**

**Start Living a High Performance Lifestyle!
Schedule Your Appointment Today!**

- On-Site lab for immediate test results during your visit
- Personalized treatment plans designed for each individual
- Private Consultation - Physical Exam
All Necessary Lab Tests (\$149.⁰⁰)


WellingtonMD
Medicine • Aesthetics • Wellness

Office: 561.268.2880 | Fax: 561.268.2881

12989 Southern Blvd., Palms West Building 3, Suite 103
Loxahatchee, FL 33470 | www.WellingtonMD.com



Pain Relief Treatment From the Leaders in the Industry

Treating the underlying cause of acute pain and chronic discomfort is essential. Having a comprehensive evaluation to define your level of nerve damage, inflammation, and degenerative disease are critical steps to improving your outcome. An experienced physician will walk you through the best treatment options available depending on your specific circumstances after they determine and streamline your underlying diagnosis.

When pain persists from an illness or accident, it can disrupt the flow of your life. But the good news is there are more ways than ever to effectively deal with your pain: diagnose it, ease it, control it, or end it. This is what Resolute Pain Solutions does for countless patients. They specialize in advanced therapies, innovative modalities and multidisciplinary strategies to customize a comprehensive care plan individually tailored just for you. They practice appropriate and responsible use of pain management medication for patients needing that type of therapy. And they do it all from a 360° holistic care perspective, addressing not only the physical manifestations of pain but also the emotional and psychological toll chronic pain often produces.

Resolute Pain Solutions Treatment Options and Therapies

- BOTOX Therapeutic Injections
- Caudal Epidural Injections
- Celiac Plexus Blocks
- Cervical Epidural Injections
- Epidural Steroid Injections
- Facet Blocks
- Facet Joint Injections
- Intercostal Nerve Blocks
- Lumbar Sympathetic Blocks
- Major Joint Injections
- Medical Management of Pain
- Occipital Nerve Blocks
- Peripheral Nerve Blocks
- Platelet Rich Plasma Therapy
- Regenerative Stem Cell Therapy
- Rhizotomy
- Sacro-iliac Joint Blocks
- Spinal Cord Stimulator
- Stellate Ganglion Block



- Sympathetic Nerve Block
- Thoracic Epidural Nerve Blocks
- Transforaminal Epidural Injection
- Trigger Point Injections

What sets Resolute apart from other pain management providers? Many things do. Most notably, their depth of knowledge in the field of chronic pain and the professional collaboration that comes from being part of a larger family of pain mitigation experts: Resolute Anesthesia and Pain Solutions. The collective skill set they bring to your care, the proven experience behind it, the access to state-of-the-art tools, technologies and modern resources, their commitment to excellence, and their genuine culture of compassion — these all culminate in a level of pain care unprecedented in scope and leadership.

Resolute physicians are anesthesiologists and are field-proven and board-certified by the American Board of Pain Medicine, the American Academy of Pain Management, the American Board of Interventional Pain Physicians, and the American Board of Anesthesiology. Possessing decades of hands-on practice experience across an extensive range of pathologies and modalities, their pain care physicians are supported each day by a highly skilled ancillary clinical team. Together, creating the pain care solution you need is their number one priority.

Resolute Physicians

Ray Alvarez, MD
Marc Levine, MD
Daniel Battaglia, DO
Jay Kuchera, MD

Sidney Swartz, MD
Steven Stein, DO
Ian Schaja, DO
Stuart Feldman, MD

The objective is simple: to control, alleviate or end your pain and to help you regain your quality of life. They are deeply committed, in all they do, to delivering clinical excellence. Every day, their focus is on enhancing patient experiences and improving care outcomes. In this singular mission, as their name implies, they remain—Resolute.

To find out more about how they can help you rise above the pain, call Resolute Pain Solutions at **855-678-8403** or visit us online at **ResolutePainMD.com**

Resolute.

Pain Solutions™

ResolutePainMD.com
855-678-8403

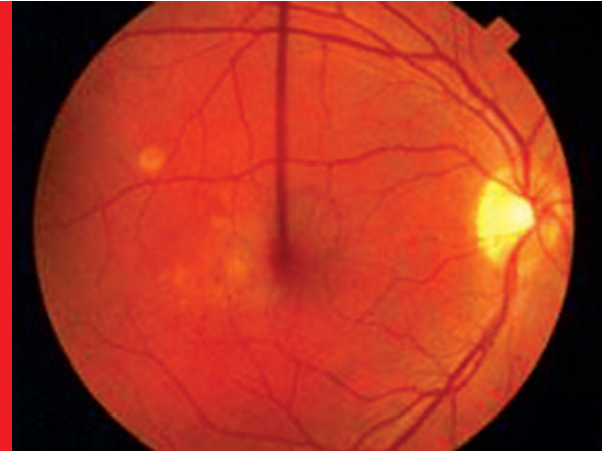


CHOROIDAL NEOVASCULAR MEMBRANES

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

Choroidal Neovascular membranes (CNVM) are new blood vessels that grow beneath the retina and disrupt vision. These blood vessels grow in an area called the choroid, the area between the retina and the sclera (the white part of your eye). The choroid supplies oxygen and nutrients to the eye. CNVM occur when new blood vessels start to grow in the choroid and break through the barrier between the choroid and the retina. When CNVM leak in the retina, they cause vision loss.

CNVM are associated with many serious eye diseases, most commonly wet age-related macular degeneration. In addition, CNVM are found in patients with histoplasmosis, eye trauma and myopic macular degeneration, an eye disease in patients who are extremely nearsighted.



CHOROIDAL NEOVASCULAR MEMBRANES SYMPTOMS

If you have CNVM, you may experience painless vision loss. You may notice blank spots in your vision, especially your central vision. Your vision may be distorted, so that straight lines appear bent, crooked or irregular.

WHO IS AT RISK FOR CHOROIDAL NEOVASCULAR MEMBRANES?

Because wet age-related macular degeneration accounts for most patients with CNVM, they are most commonly found in people age 50 and older, with the risk growing with age.

However, people with risk factors for different eye diseases or who experience eye trauma may develop CNVM at a younger age.

CHOROIDAL NEOVASCULAR MEMBRANES DIAGNOSIS

If your ophthalmologist suspects you may have CNVM, he or she will take special photographs 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 choroidal neovascular membranes.

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps in detecting abnormal blood vessels.

CHOROIDAL NEOVASCULAR MEMBRANES TREATMENT

Treatment of CNVM may vary depending on the underlying disease. Treatment for CNVM includes anti-VEGF treatment or/and thermal laser treatment. Depending on the progress of your disease, you may receive with one or more of these treatments.

ANTI-VEGF TREATMENT

A common way to treat CNVM targets a specific chemical in your body that causes abnormal blood vessels to grow under the retina. That chemical is called vascular endothelial growth factor, or VEGF. Several new drug treatments (called anti-VEGF drugs) have been developed that can block the trouble-causing VEGF. Blocking VEGF reduces the growth of CNVM, slows their leakage, helps to slow vision loss and in some cases improves vision.

Your ophthalmologist administers the anti-VEGF drug directly to your eye in an outpatient procedure. Before the procedure, your ophthalmologist will clean your eye to prevent infection and will use an anesthetic to numb your eye with a very fine needle. You may receive multiple anti-VEGF injections over the course of many months. Repeat anti-VEGF treatments are often needed for continued benefit.

THERMAL LASER TREATMENT

Another form of treatment for CNVM is with MicroPulse laser therapy. MicroPulse Laser treatment is usually done as an outpatient procedure in the doctor's office.

The MicroPulse laser beam in this procedure is a low-energy, focused beam of light that doesn't produce a

small burn when it hits the area of the retina to be treated. This destroys the abnormal blood vessels, preventing further leakage, bleeding and growth.

Following laser treatment, vision may be more blurred than before treatment, but often it will stabilize within a few hours. Usually the abnormal blood vessels are destroyed by laser treatment. However, patients who receive this laser procedure often need a re-treatment within three to five months.



The Retina Institute of Florida

Lauren R. Rosecan

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

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

Toll Free Phone Number:

1-800-445-8898 561-832-4411

West Palm Beach 901 North Flagler Drive, 33401.

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

Palm Beach Gardens

11382 Prosperity Farms Rd., #128, 33410.

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

Stuart 618 East Ocean Blvd., #3, 34994.

(772) 287-7026 Office. (772) 220-4186 Fax

Boca Raton 1050 NW 15th Street, #114, 33486.

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

FOCUS ON HEAD & NECK CANCERS

Long-term survival of head and neck cancers is increasing. Establishing healthy habits can greatly reduce your risk of developing these and other related cancers.

An estimated 436,060 survivors of head and neck cancer are living in the United States today, according to the American Cancer Society (ACS), and that number continues to grow. Through successful research and clinical trials, as well as early detection, long-term survivorship is possible. Additionally, developing healthy habits will help reduce the risk of these forms of cancer.

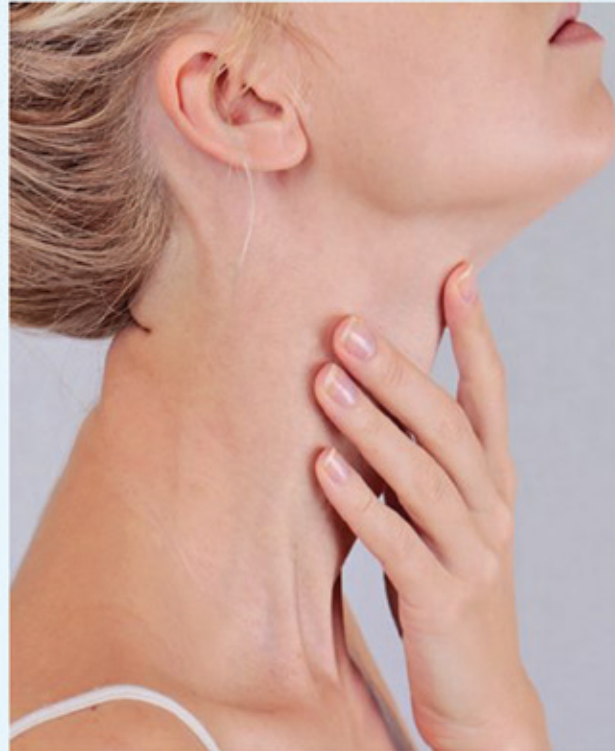
Collectively, head and neck cancers usually begin in the squamous cells that line the moist surfaces inside the head and neck. These include areas inside the mouth, the nose, and the upper throat. In the mouth, or oral cavity, cancer can begin on the lips, in the front two-thirds of the tongue, the gums, the lining inside the cheeks and lips, under the tongue, on the hard palate (bony top of the mouth), and the small area of the gums behind the wisdom teeth. Head and neck cancer also can be found in the pharynx (the tubular structure that starts behind the nose and leads to the esophagus), the larynx (voice box), nasal cavity, sinuses and salivary glands, which produce saliva.

As one might expect, tobacco use and alcohol consumption account for approximately 75% of all head and neck cancer cases. Another important risk factor is human papillomavirus (HPV) infection. As many as 70% of cancers of the pharynx are linked to high-risk strains of HPV. It is important to take steps to avoid tobacco and alcohol and maintain oral health by taking good care of teeth and dentures and visiting the dentist on a regular basis.

EFFECTIVE TREATMENTS ARE AVAILABLE

The treatment plan for head and neck cancers can vary greatly, depending on a number of factors, including location of the tumor, the stage of the cancer, and the patient's age and general health. Treatment can include surgery, radiation therapy, chemotherapy, targeted therapy, or a combination of treatments.

According to the National Cancer Institute, recent research has shown that patients with HPV-positive pharyngeal tumors may need to be treated differently than patients who do not have the HPV infection. Ongoing clinical trials are investigating this; early results indicate that patients with HPV-positive tumors can "have a better prognosis and may do just as well on less intense treatment."



The most important thing to remember is taking control of one's health and reducing risk through changes in diet, exercise and lifestyle choices, such as smoking, can greatly impact survivorship.

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. Many of the newer

cancer drugs recently approved for use in the United States 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.



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

EUROPE'S COVETED FAT REDUCING PROCEDURE: *Wanted by Countless Patients*

Many individuals struggle with losing and sticking to a weight loss plan. With the sheer number of people discouraged with the scale and the stubborn areas of fat that don't seem to budge, the disappointment from carrying around excess pounds can be overwhelming.



Doctors notice the frustration is not only geared towards female patients, but men as well, and all varying ages from young and old alike seem to have some type of body issues. Not only are extra pounds unhealthy, they sometimes hold people back and hinder their self-confidence. When anxiety from being over-weight sets in, the struggle to lose the pounds gets even more difficult.

When Bella Shape (known as Icoone® in Europe) was introduced to the US, practitioners were clamoring to be some of the first clinics to offer this patented technology to their patients for body shaping and skin rejuvenation using the power of light and laser. This innovated combination of FDA cleared techniques provides a gentle yet efficient skin stimulation for improving the appearance of cellulite while reducing body contouring. The Bella Shape can be used for lymphatic drainage, which has a detoxing effect and can relieve pain, edema, and inflammation.

Patients want Bella Shape

Preparing for summer vacation parties, dinners, family get-togethers, and events are always a little easier when clients feel confident about their body. We've all been there, stubborn bulges, dreaded cellulite, and loose skin can make us feel less likely to wear our favorite clothing with self-assurance. Working out and eating right often fall short in our stubborn areas, and as we age, many of us lose the firmness in our face and body that we once had. Now that Bella Shape is available here in the U.S., educated patients are researching where they can get this treatment.

Bella Shape Value

- Remove cellulite and fat deposits
- Remove wrinkles and reduces scars
- Increase collagen and elastin production
- Tighten loose skin after weight loss
- Reduce edema and painful inflammation
- Promote lymph drainage
- Improve wound healing process
- Shorten and improve recovery after surgery
- Experience tissue coagulation, before and after liposuction
- Normalize cell function
- Improve the quality of the skin
- Improve body shape
- Accelerate blood flow
- Relieve muscle tension
- No downtime
- 100% natural cell stimulation

How it Works

The Bella Shape Laser is a comprehensive, non-invasive, body-shaping technology. It works in three very distinct ways. The first is through a motorized massage that gently lifts, suctions and rolls the deep layers of the skin and underlying fat. The second is through the LED light that can permeate through the fat cell membrane. While this fat is penetrated, the continual massaging motions send the fatty deposit and fluid (edema) into the lymphatic system for drainage.



The third component of Bella Shape is the diode laser. It's well documented that diode lasers can penetrate and absorb lipids (fat) by creating a thermal result that melts the fat membranes.

What's even more unique about the Bella Shape Laser is that the rollers are perforated with tiny holes to increase blood flow and nutrient delivery to the skin's layers, allowing collagen and elastin stimulation to rapidly smooth and firm the skin.

For years, Europe has benefited from Bella Shape's revolutionary Cellulite Removal, Fat Reduction, Anti-aging and Wellness treatments, AND now it's finally available in the U.S. With no pain and fast results, isn't it time for patients to get their confidence back?

For physician's, if you're interested in adding Bella Shape to your Services, please contact them at **(614) 778-3509**, or to find out more about Bella Shape, please visit at bellashapeusa.com.



614-778-3509
bellashapeusa@gmail.com
bellashapeusa.com.

Are Hormones Driving You Mad?

by Daniela Dadurian, M.D.



Hormones are literally one of the body's important driving forces. They are chemicals made by glands and act to control certain actions of cells and organs which make them messengers of the body. Hormones play a critical role in several areas of our body. They control many facets of our emotional and physical health. If you have ever suffered from fatigue, mental fog, depression, anxiety, mood swings, hot flashes, night sweats, low libido, tension, headaches, hair loss, acne, weight gain or weight loss then you have been directly impacted by your hormones.

Each hormone in the body is responsible for a different function and the imbalance of those hormones may trigger unwanted responses from your body.

To diagnose a hormonal imbalance a blood test is used to measure the levels of hormones in the body. Some of the most common hormones to measure are FSH, LH, Estradiol, Testosterone levels. There are many ways to treat hormonal imbalances either by using synthetic hormones which include pills, patches and/or shots, or by using Bio-identical Hormones which include pills, creams, troches, and pellets.

Once the hormones are measured, we can accurately assess whether a patient is a candidate for replacement. The most common misconception usually seen from a lab result is that all levels are within normal limits. That does not mean they are optimal. The goal is to optimize hormones in order to achieve the best medical benefits.

Estrogen alone has over 400 functions in our body. It helps to control hot flashes, maintain bone density, maintain memory, reduces the risk of colon cancer, increases serotonin and dopamine (happy hormones). If you have a history of drinking or smoking, these habits can decrease estrogen.

Testosterone is vital to protecting your heart, bones, brains, joints and breasts. Both men and women need testosterone and lose testosterone every year. The benefits of a truly balanced testosterone level are truly remarkable. It can help to increase energy, decrease anxiety and depression, improve memory, improve focus, increase libido and enhance performance.

Traditional medicine has known only one way to treat hormone imbalance in women and that is prescribing synthetic hormones. However clinical trials show an increase in strokes, heart attacks, breast cancer, blood clots and Alzheimer's disease in women with this type of replacement. Other methods of hormone delivery include:

Patches – are not easily absorbed; need to be changed throughout the week

Creams/Gels – can be difficult to determine if you have applied enough or remembered to apply daily

Injectable Testosterone – tends to have a “roller coaster” effect.

Pellets – are a natural, non synthetic option derived from soy and yams. They are bioidentical which means they have the same molecular structure as human hormones. Once pellets are inserted under the skin, little blood vessels form around the pellets, which ensure a daily even delivery of hormones. In women they last 3-4 months and in men 5-6 months.

Pellet therapy using bioidentical hormones has been by far the most effective in my practice. Patients are happier and healthier. They are finding that they are more energetic, sleeping better, have better focus and clarity. Spouses are thankful for the boost in libido and word travels fast of the many benefits of pellet therapy. For more information, visit www.drdadurian.com or call 561-655-6325.



Medical Director, Daniela Dadurian M.D.

* Board Certified Anti- Aging Medicine

* Board Certified Laser Surgery

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

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



**Complimentary Consultation / Gift Cards
Financing Available**

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discount fee, or reduced fee service, examination or treatment.

320 S. Quadrille Blvd., WPB
West Palm Beach, FL
561-655-6325

340 Royal Poinciana Way, Suite 325D
Palm Beach, FL
561-797-9090

mdbeautylabs.com

For more information or to schedule a complimentary consultation call 561-655-6325 or visit www.drdadurian.com

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



I Want a Dental Implant But I Will Be Leaving Soon For the Summer... What Can I Do?

Many of our “snowbird” patients run into this dilemma during the late winter and early spring. This particular question is one we are asked routinely with good cause. Understanding the steps of dental implant therapy can help simplify the decision process when it comes to timing treatment around your schedule.

THE PROCESS:

Dental implants can be used in many different ways. They can serve to replace a single tooth, multiple teeth or even help restore a smile and chewing function for your whole mouth. The easiest way to understand a basic dental implant is to think about a single tooth. A tooth has 2 parts: the crown (which you see when you smile) and the root (which anchors the tooth in the bone). A dental implant is nothing more than a replacement root.

Once the tooth is extracted, a new root (the implant) can be placed in the empty socket where the old root used to live. The implant is typically hidden under the gum tissue and is not visible. As the area heals, the implant “glues” to the bone. This typically occurs with a high probability of success, but as with any procedure, there are no guarantees. It is also important to remember that medical issues and personal habits, such as smoking, can impact if the dental implant “takes”. The time for this healing and gluing can vary. The range of time is determined by a number of factors based on your individual situation, but often ranges from 12 weeks to 6 months. After successfully gluing to the bone, the implant root is ready to have your dentist fabricate the crown.

THE WAIT:

In a typical treatment, time is needed for the implant or implants to glue to the jaw bone. If the implant and bone have not fused and a crown is attached, it is possible to injure the site and require the implant to be removed and replaced. This can be compared to pouring wet concrete around a pipe and moving the pipe before the concrete sets. On the other hand, waiting slightly longer than necessary for the implant to fuse, does not carry the same risk.

The fact that implants need time to fuse to the bone actually fits very well with the schedules of our snowbird patients. Many of them choose to have their implants placed prior to leaving for the summer. This option allows them to use the summer months to let the area heal while forgetting the treatment has been started. When returning to the area in the fall or winter, the implants are typically fused to the bone and ready to have the dentist fabricate the permanent crowns. This sequencing is similar to baking a cake. The initial work is completed and then forgotten about until the timer is up. Spacing treatment to utilize the summer months as healing time can be an effective way to continue your treatment without delaying the final results.

Every patient’s treatment needs are not the same. A complete examination is necessary to develop a plan that will meet your individual desires. In many cases, the use of the summer months as healing time can help keep your treatment on track without unnecessary delays.

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

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



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

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the **Periolase Dental Laser (LANAP procedure)** to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in **Pinhole Gum Rejuvenation**, which is a scalpel and suture free procedure to treat gum recession with immediate results.

Dr. Cohen uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both **IV and Oral Sedation** procedures. Botox® and Dermal Fillers are also utilized to enhance patients’ cosmetic outcomes.

Dr. Cohen formerly served on the Board of Trustees for the American Academy of Periodontology and the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American College of Maxillofacial Implantology and the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.



PALM BEACH CENTER
PERIODONTICS &
IMPLANT DENTISTRY, P.A.

www.PBCPERIO.com

561-691-0020

TESTOSTERONE IMBALANCE IN MEN

Affect Multiple Factors Like Weight, Fertility, and Muscle Mass



SYMPTOMS OF ANDROPAUSE— LOW TESTOSTERONE

- Moods swings
- Bouts of anger
- Extreme fatigue
- Infertility
- Loss of energy
- Low sex drive
- Belly fat
- Flabby muscles
- Impaired physical agility
- Insomnia
- Soft erections
- Cognitive decline
- Depression
- Loss of ambition

Men who receive testosterone hormone therapy look and feel younger and report a dramatic increase in sex drive. Their quality of life improves due to normalization of testosterone levels which contribute to improved mood, memory, and sleep. Men are able to build stronger leaner muscle and increase bone strength. In some men, fertility issues will improve with the addition of testosterone hormone therapy.

Testosterone Hormone Therapy is used to replace or restore your hormones to optimal, healthy levels. Hormone Replacement Specialists, Endocrinologists, Urologists and Anti-Aging Doctors all agree that men and women age because their hormone levels decline. This creates an imbalance or deficiency that prevents your body from properly maintaining, healing and

repairing itself resulting in the signs and symptoms of aging. Through hormone optimization and the implementation of a healthy lifestyle, one can help prevent and even reverse many of the negative impacts of aging.

COMBINED TREATMENT

Testosterone treatments can help men increase muscle mass and lose weight – especially when combined with HCG therapy and lifestyle changes like a healthy diet and exercise regimen.

Human Chorionic Gonadotropin (hCG), a glycoprotein, is a hormone that supports and aids normal functions in both the male and female reproductive systems. Although pregnant women produce increasing levels of hCG throughout gestation, contrary to popular belief, both men and non-pregnant women produce deficient levels of hCG throughout their lifetime. Under direct physician supervision, your hCG and Testosterone levels will make you look and feel like a new person.

When WellingtonMD incorporates hCG with testosterone therapy, significant results in weight reduction along with mood regulations and improved sexual functioning are appreciated.

WellingtonMD is a state of the art concierge medical facility specializing in testosterone and hormone replacement of men who are looking to improve their overall quality of life.

To find out more about WellingtonMD, please contact us at (561) 268-2880.

Testosterone is produced primarily by specialized cells of the testicles known as Leydig cells and is controlled by the hypothalamic-pituitary-testicular axis.

Along with sex drive, testosterone controls a variety of factors that often go overlooked by the majority of individuals and their physicians.

In men, testosterone regulates several functions many which of include weight management, bone density, fat distribution, red blood cell production, muscle strength and size, as well as sex drive. Testosterone levels also contribute to the development of mature sperm, therefore, low testosterone levels may be a reason of male infertility issues.

Low testosterone is becoming more and more common and men have become more involved in improving their quality of life.

The logo for WellingtonMD features a stylized 'W' and 'M' intertwined. Below the logo, the text reads 'WellingtonMD' in a large, serif font, followed by 'Medicine • Aesthetics • Wellness' in a smaller, sans-serif font. The contact information is listed below: '12989 Southern Blvd., Suite 103', 'Loxahatchee, FL 33470', '(561) 268-2880', and 'www.wellingtonmd.com'.

WellingtonMD
Medicine • Aesthetics • Wellness
12989 Southern Blvd., Suite 103
Loxahatchee, FL 33470
(561) 268-2880
www.wellingtonmd.com

An Alternative to Pain Medications



Chronic pain affects many people in the United States. It's diagnosed when a person has experienced pain for at least three months or longer. Many individuals suffer for your years in silence before they seek medical help, but unfortunately, the standard of care for chronic pain is to mask it with drugs or injections.

With the epidemic of people becoming addicted to pain relievers like oxycontin and other narcotics, educating the public on proven alternative methods that actually heal the body to reduce pain instead of “numbing it” is helping many people to overcome their painful conditions.

COMMON CAUSES OF CHRONIC PAIN

- Injury & Trauma**
- Disease & Infections**
- Fibromyalgia**
- Spinal compression**
- Arthritis**
- Neuropathy (Nerve Damage)**

Neuropathy is associated with many of the above-listed types of pain, as it's common for nerve damage to have occurred in individuals with diabetes, chemotherapy treatment, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a build-up of toxins, and vascular disease.

In the United States alone, neuropathy affects nearly 20 million people. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and unsuccessful.

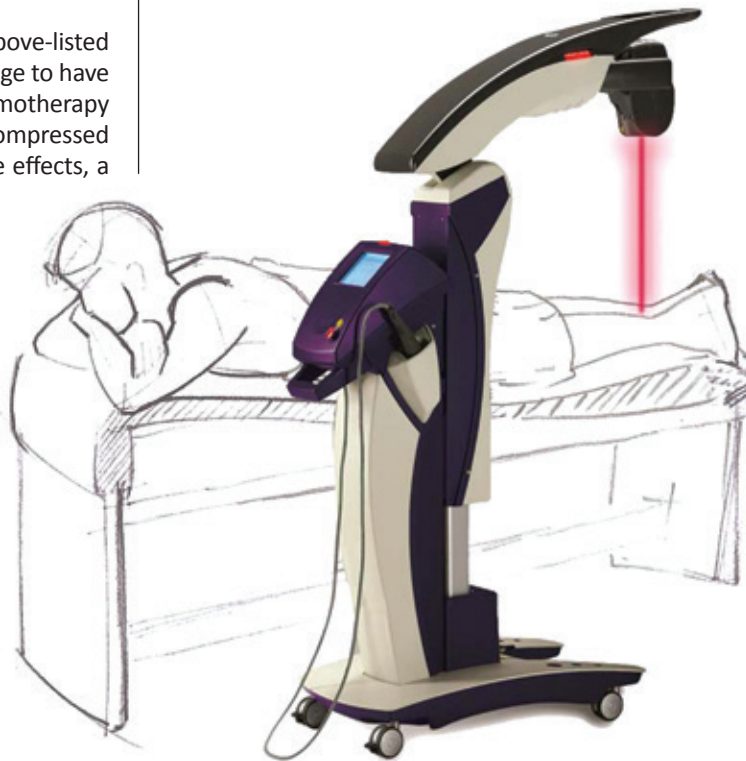
SYMPTOMS OF NEUROPATHY MOST OFTEN INCLUDE THE FOLLOWING SENSATIONS

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling

- Impingements
- Electrical vibrating sensations
- Falling & stumbling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

HOW LASER THERAPY WORKS

As mentioned, the most common treatment for pain and nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body.



Over the past decade, Laser Therapy has proven effective in treating and reducing chronic pain and neuropathic issues.

Laser Therapy uses no thermal or heating effect; it creates microcirculation around the soft tissue and nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light beam.

The laser therapy is quick, painless and highly effective. With the laser light's infiltration, an increase in ATP (Energy) along with an increase in mitochondrial cell function takes place. This increase produces the healing and stimulation of damaged tissues and nerves to begin through the circulatory response.

ADVANTAGES OF LASER THERAPY

- Decreases inflammation
- Stimulates tendon healing
- Incites nerve healing
- Helps wounds to heal more quickly
- Decreases numbness
- Decreases tingling
- Improves circulation
- Increases oxygen-rich blood
- Improves microvessel flow
- Relieves back and spinal inflammation
- Remove toxins

It's often beneficial to co-treat severe cases of chronic and neuropathic pain, so along with the laser therapy, synergistic approaches are regularly sought after by patients to improve mobility, functionality and alleviate pain quicker than average.

SYNERGISTIC TREATMENT

- Decompression
- Electrical nerve stimulation
- Manual stretching
- Massage therapy
- Natural supplementation to regenerate the myelin sheath
- Therapeutic ultrasound

Treating the underlying cause of your pain is essential. Having a comprehensive evaluation to define your level of discomfort and conditions are critical steps to eliminating your pain naturally and improving your long-term outcomes.

ADVANCED SPINE & JOINT INSTITUTE

10233 Okeechobee Blvd, Suite B-6
West Palm Beach, FL 33411
561-721-0492
advancedspineandjoint.com

A new dimension
in hearing care

Made for
iPod iPhone iPad



Introducing new
technology from
AGX® Hearing



Join us for our
Better Hearing Event • April 24–26

ATTEND OUR EVENT AND RECEIVE:

- Complimentary hearing or tinnitus consultation and free hearing screening
- Free clean and check of your existing hearing devices, even if purchased elsewhere
- In-office demonstration of the latest technology

Space is limited — call today to schedule an appointment!



Audiology & Hearing Aids
of the Palm Beaches, Inc.
Your home for hearing healthcare

561.536.5557
4266 Northlake Blvd • Palm Beach Gardens
HearingCareFL.com **AUDIGY**
CERTIFIED



**Invest In Yourself,
Invest In Your Health**
www.mengsacupuncture.com

**Dr. Mengs 180°
Weight Loss Program**

**Lose 8-15 lbs
in 18 days!**

Meng's Acupuncture Medical Center
Over 18 years of experience as a doctor of Chinese medicine

Spring Wellness and Cleansing

- Pain Management
- Digestive Disorders
- Weight Loss
- Whole Body Detox
- Reduce Stress
- Immune System Boost
- Vertigo
- Facial Rejuvenation and More!
- Allergies



Gina Meng, A.P., D.O.M.

Schedule Your
**FREE
CONSULTATION**

561-656-0717

4060 PGA Blvd., Suite 202
Palm Beach Gardens

If you are serious about losing weight, **Don't wait!**

acupuncturecenterpalmbeach.com



**ADVANCED SPINE
&
JOINT INSTITUTE**

- MLS Laser Therapy
- Osteoarthritis Program -
Knee Pain Relief
- Physical Therapy

10233 Okeechobee Blvd, Suite B-6
West Palm Beach, FL 33411
561-721-0492
advancedspineandjoint.com



**PALM BEACH CENTER for
PERIODONTICS &
IMPLANT DENTISTRY, P.A.**

- Implants • Laser Therapy
- Tissue Grafting
- Bone Regeneration
- IV & Oral Sedation
- 3D CT Scans



Lee R. Cohen, D.D.S., M.S., M.S.
Dual Board Certified, Periodontics and Implant Dentistry
NYU, Emory and University of Florida Trained
Clinical Associate Professor, Shands Hospital (UF)
State Certified, IV & Oral Sedation
LANAP (Laser Periodontal Therapy) Certified
Past President, Florida Association of Periodontists

561-691-0020
4520 Donald Ross Road, Suite 110
Palm Beach Gardens, FL 33418



www.pbcperio.com



WHEN WOULD NOW BE A GOOD TIME TO OBTAIN WISDOM?

"Wisdom Is The Principal Thing Therefore Get Wisdom" Proverbs 4:7

- Biblical Counseling** to help YOU restore YOUR faith.
- Performance Coaching** to help YOU set a new standard both personally and professionally.
- Business Coaching** that will **10X YOUR** business with ongoing accountability, measurability, and collaboration.
- Life Coaching** so YOU can immediately **breakthrough YOUR** pain from abuse, addiction, alcohol, drugs or depression.

Call Now For Your Free 30-minute Power Session 561.309.1334

Interested in becoming a Sales Representative?

Necessary Skills and Experience:

- Above average computer skills
- Business to business sales experience
- Self managed and disciplined
- Ability to work independently
- Commission sales experience
- Genuine interest in our industry

**Advertising
sales
experience
is preferred!**

If interested or have questions,
feel free to contact

Sybil Berryman at 239-250-4104

Health & Wellness



ALONE IT'S JUST A HEARING AID

By: Dana Luzon Coveney, Au.D, FAAA
Board Certified Doctor of Audiology
Contributions by: Linda Logan, M.A.

As an audiologist, I see many patients who have been to other clinics in the area and their hearing aids are not fitting properly or are not adjusted correctly to meet their listening needs. When it comes to hearing aids, it's not about the actual device; it's about the care you receive from a trained professional who can match that device to your everyday needs. **According to leading consumer research, two-thirds of hearing aids are improperly fit.** Why? Because hearing devices by themselves are not a solution. The ability and expertise of your doctor to integrate your devices into your lifestyle is essential to achieving better hearing.



As an Audigy Certified professional, I believe in training programs to keep up to date with the latest in technology, and have the expertise to help the technology meet your individual listening lifestyle. Through exclusive Diagnostic and Fitting tools like e-Patient and the AGX fitting system, we provide you with a level of care no one else can match.

Bringing a companion to your consultation and fitting appointments allows the family member to be involved in the process, and allows your audiologist to hear their concerns for your hearing care. During these appointments, a lot of information is given, and it helps to have a second set of ears listening in to absorb it. We also can show your loved one through a hearing loss simulator, what a person with your specific hearing loss experiences on a daily basis. During the new hearing aid fitting appointment, we can use the companion's voice, mapped out on the computer, to make sure your prescription is able to hear and understand them specifically using a program called Live Speech Mapping (LSM).

Live Speech Mapping allows for a very accurate fit, based on the patient's ear canal characteristics as well as their hearing loss. The process of LSM is simple and painless for the patient. Use of LSM also allows the patient and their loved one to see each pitch as the hearing aid is adjusted. It also helps the Audiologist explain and demonstrate how each adjustment can enhance or detract from the patient's ability to hear speech. This can be done with recorded speech signals or even the voice of the loved one!

LSM is an exciting breakthrough in hearing aid fitting technology. Using LSM truly separates the practices that are committed to total patient satisfaction from all the rest. Be aware, not all clinics use LSM. In most cases, the manufacturer's "best fit" is a far cry from the most accurate fit. The only way to know for sure what a patient is hearing is to measure. If you are experiencing difficulties with your current devices or have never had a hearing test before, call Audiology & Hearing Aids of the Palm Beaches today to experience better hearing firsthand!



**Dana Luzon Coveney, Au. D. , FAAA,
Doctor of Audiology**

Originally from Southern NJ, Dana Luzon received her undergraduate degree in Speech Pathology and Audiology from the Richard Stockton College of NJ, and continued on to receive her Doctorate of Audiology at Salus University's residential program. Her varied clinical experiences throughout her doctoral studies include: VA hospitals, rehabilitation clinics, ENT and private practice settings. Her professional interests include: audiologic rehabilitation and progressive tinnitus devices. Her interests in the field outside of the clinic include: Humanitarian Audiology, and Audiology Awareness. Dr. Luzon currently lives in West Palm Beach, FL.



Audiology & Hearing Aids

of the Palm Beaches, Inc.
Your home for hearing healthcare

561. 627. 3552

4266 Northlake Blvd.

Palm Beach Gardens, FL 33410

HearingCareFL.com

Is PRP the Answer to YOUR HAIR LOSS?

By Dr. Alan J. Bauman, MD, ABHRS Board-Certified Hair Restoration Physician



Over the past few years, interest in PRP, or platelet-rich plasma therapy for hair regrowth has exploded as more physicians and patients become familiar with the cutting-edge treatment, which has proven itself as a viable way to stimulate scalp follicles to improve, enhance and regrow hair. In addition to its considerable potential for new growth stimulation, PRP is also proving to be a valuable tool in terms of helping to accelerate wound healing after hair transplantation.

PRP is a natural, side-effect free regenerative treatment which has been widely used in many areas of medicine, including nerve damage, cardiac muscle injury, bone and ligament repair/regeneration, sports medicine, oral surgery and plastic surgery. While the medical community has been studying the applicability of platelet-rich plasma therapy for decades, only recently have hair restoration physicians really begun to look into its potential for hair loss patients. What initially began as a way to repair damaged nerves, tissues and bones is now seen as a way to stimulate this same type of cellular growth cosmetically, and in the case of androgenetic alopecia, as a way to restart weakened or dying hair follicles and produce new natural growth.

So what exactly is PRP and is it the answer to your hair loss?

How Does PRP Work?

PRP is a treatment derived from your own blood platelets to enhance hair growth as a stand-alone treatment or to improve the recovery and results of hair transplant surgery. Following a simple blood-draw, the patient's blood is spun in a special centrifuge with specific kits designed to separate and concentrate 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. In some cases Extracellular Matrix or ECM may be added to the PRP. Even more advanced procedures can enrich the PRP such as using the patient's own adipose (fat) derived stem cells or signaling cells.

The comfortable, outpatient procedure takes less than one hour to perform and patients may resume all activities, including workouts, shampooing, etc. immediately afterwards as there is no recovery phase. Mild soreness is rare and redness of the scalp, if any, resolves in less than a day and improved hair growth can be measured in a matter of weeks.

Who is a Candidate?

PRP has been found to be most effective on two types of hair loss patients: patients who have thinning areas where weak quality hair exists on the scalp primarily due to male or female pattern hair loss and patients with small round bare patches of Alopecia Areata. People with certain blood disorders or on certain medications may NOT be good candidates for PRP. The first step is to schedule a consultation with a qualified, experienced and properly credentialed hair restoration physician who will be able to diagnose your situation, identify hair loss risk factors and discuss the best treatment plan to address your specific hair restoration goals.

Can PRP Cure Baldness?

As with all hair loss treatments, PRP is most effective when started early, before the hair follicles have been completely obliterated or miniaturized beyond repair. 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 ECM 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.



Actual Bauman patients before and 12 months after PRP

Are There Risks to PRP Therapy?

Since PRP is derived from your body's own blood, this procedure possesses little to no risk of adverse reactions. After your procedure, your scalp will feel numb and appear pink for a few hours. Temporary swelling in the forehead or eye area is rare and takes a day or two to resolve. The main risks of PRP have less to do with side effects and more with what the doctor and/or staff may be doing and using in terms of outdated techniques or equipment resulting in a painful or an ineffective procedure. To reduce your risk of complications, seek out a physician with extensive experience specifically with PRP for the scalp, because techniques for hair growth are different when compared to other areas of the body.

Tips for Achieving Optimal Results

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 SmartGraft, NeoGraft or ARTAS robotic-assisted transplants.

To find out if you are a candidate for PRP, request a consultation with a board-certified hair restoration physician. Private in-person or virtual consultations over Skype or FaceTime may be scheduled with Dr. Bauman by visiting www.baumanmedical.com or by calling toll-free **844-GET-HAIR** or **1-561-394-0024**.

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 was recently named one of



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

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.

Hair Loss Study Candidates Needed!

While Bauman Medical has no active hair loss studies at this time we may in the future.

If you are interested in being added to our database, please visit www.844GETHAIR.COM



BAUMAN[™]
MEDICAL

Hair Restoration for Men and Women
www.BaumanMedical.com
(561) 948-6157

Hair Loss Treatment Round Up

When it comes to finding out why you are losing hair and what can be done to effectively enhance, protect and restore hair growth, seek advice from an ABHRS-certified and IAHRS-accepted hair restoration physician who's practice is limited to the diagnosis, tracking and treatment of hair loss at the earliest possible time.

- ARTAS Robotic-Assisted FUE Hair Transplant
- SmartGraft FUE Hair Transplant
- NeoGraft FUE Hair Transplant
- CNC 3D-Printed Hair Systems
- Platelet Rich Plasma (PRP) Therapy
- Compounded 82M Minoxidil
- Low Level Laser Therapy
- Nutritionals & Nutraceuticals
- Genetic Testing
- HairCheck Hair Measurements
- Scalp Makeovers

Feeling Better About How You Look Can Change Your Mental State:

LOOK YOUNGER NATURALLY *with an Established Technique*

In psychology, there have been numerous studies on the social and psychological effects that appearance has on many individuals. If we're feeling insecure, social withdrawal or having difficulty looking someone in the eyes and maintaining confidence can unfortunately be diminished.

A study called, *Beauty in Mind: The Effects of Physical Attractiveness on Psychological Well-Being and Distress*, concluded that being confident, influential and more outgoing, were common attributes associated in individuals that were aesthetically appealing. Obviously, being attractive isn't the end all be all of happiness, but feeling good about the way we look definitely plays a role in a positive outlook.

SAY NO TO CHEMICALS

Instead of filling your face with synthetic injections like Botox or fillers, there are proven natural methods to give your face a fresh new look, along with tightening the underlying muscles. For countless individuals, cosmetic acupuncture is the solution.

SKIN REJUVENATION WITH ACUPUNCTURE

Acupuncture has of course been around for centuries, providing the Yin and Yang properties to release the flow of Qi (energy, pronounced chee) to pathways and vital organs for peak health and wellness. When the tiny flexible needles are placed strategically in the dermal layer of the face or neck area (depending on your concerns), the stimulation brings notable contour along with brightness and a youthful glow.

You will first have an advanced evaluation to see which channels are blocked in your body that may be exacerbating facial wrinkles, age spots, acne, laxity, dark circles or other areas of concern. Many times the symptoms that show signs of aging on the face are brought on by blocked energy and inflammatory responses in our internal organs. The acupuncture needles will be placed strategically in specific areas on your face and neck in need of rejuvenation.

Living in a culture that's so focused on healthy living through diet and exercise, it's hard to imagine why so many individuals are willing to fill their faces with painful synthetic injections full of toxins. The ideal solution and natural alternative is to utilize the micro-circulation technique through increasing the Qi and Xue (energy and blood-flow), which creates the

youthful luminosity that most people want to achieve. As the flow of energy improves, a greater amount of vitality and blood are circulated into the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin and muscle tone.

COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS

In 6000 BC, acupuncture originated in China. Instead of needles, at that time they utilized tiny hair-thin bones. Cosmetic Acupuncture for skin rejuvenating purposes has been the treatment of choice for thousands of years in China. As early as the Sung Dynasty (960 AD – 1270 AD), acupuncture was performed on the Empress and Emperor's concubines. For centuries, the Chinese have known that beauty radiates from the inside out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance.

Several years ago, a study was conducted in the International Journal of Clinical Acupuncture, which reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The results included: the skin becoming more delicate and fair, improvement of the elasticity of facial muscles and leveling of wrinkles, a bright complexion, and overall rejuvenation.

Trusting your delicate face in the hands of a practitioner can be intimidating, that's why when you chose to have cosmetic acupuncture, it's imperative to see an experienced licensed Acupuncture Physician and Doctor of Oriental Medicine.

For over 20 years, Dr. Yanhong Meng has been practicing acupuncture. She is a licensed Acupuncture Physician and Doctor of Oriental Medicine. Dr. Meng graduated from Shan Dong Traditional Chinese Medicine University in 1996. In 1996, Dr. Meng began practicing at the Shan Dong Lai Wu Traditional Chinese Medicine Hospital, and for three years



worked under the direct guidance of Dr. Gu Dao Xia, the inventor of Acupuncture Point Nutritional Injection Therapy.

Dr. Meng attended Shen Yang Western University from 1999-2001, where she deepened her knowledge of Traditional Chinese Medicine (TCM) Theory and Practical application in conjunction with Western Medicine. In 2002, Dr. Meng completed a rigorous clinical rotation at the Beijing Traditional Chinese Medicine University.

Also, from 2002-2004, Dr. Meng operated a TCM Clinic in Dublin, Ireland. After moving to the United States, Dr. Meng graduated with honors from The Atlantic Institute of Oriental Medicine in 2007, where she received her Masters in Oriental Medicine. Since 2007 she has owned and operated Meng's Acupuncture Medical Center in Palm Beach Gardens, Florida.

If you want to look younger and feel more confident, please call **(561) 656-0717**.



Dr. Meng, MD (China), AP, received her medical degree from the prestigious Shandong University in China and has also completed several advanced training courses in oriental medicine from well-respected TCM hospitals in China. She has over 18 years of experience as a doctor of Chinese medicine. She has owned and operated Meng's Acupuncture Medical Center since 2007.

**LOSE WEIGHT, REDUCE STRESS,
ACHIEVE OPTIMUM HEALTH**

Call Today for Details and Schedule Your **FREE**
Consultation Appointment

561-656-0717

4060 PGA Blvd., Suite 202,
Palm Beach Gardens

Does Your Child Suffer from Anxiety?

NEUROFEEDBACK Helps Anxiety in Children Without Medication

Center for Brain has helped hundreds of children with anxiety feel better and do better.

Neurofeedback is one of the *most powerful* technologies in the world for reducing anxiety.

Center for Brain is one of the *most prestigious* neurofeedback practices in the U.S.

Call NOW for your FREE CONSULTATION
561 • 744 • 7616
 Center for Brain
 "The Neurofeedback Experts"

 Jupiter, Florida
CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

Read more about neurofeedback's impact on depression and Center for Brain on Page 26

REVOLUTIONARY NEW CURE FOR

- Erectile Dysfunction in as little as 3 weeks
- No Pills, Needles, or Surgery
- 100% Safe

RECLAIM YOUR VITALITY

RejuvaWAVE®
 only available at **Simply Men's Health**


Call TODAY, Get your life back tomorrow
561-316-8942


 Florida Medical Marijuana Health Center
 www.FLAMJCenter.com

CBD
 (Cannabinoids)



PROVEN BENEFITS


- Relieves Pain and Inflammation
- Reduces Anxiety
- Helps to Fight Cancer
- Promotes Cardiovascular Health
- Relieves Nausea
- Helps Treat Seizures
- Helps To Relieve Neurological Disorders


TOPICAL CBD Will help:


- Rashes
- Burns
- Acne
- Eczema
- Psoriasis
- Skin Cancer

WORKS GREAT ON: • Sore Muscles • Sore Joints
 • Arthritis • Headaches • Pets too

Log on to find the locations nearest to you FLAMJCENTER.COM


GOLDMAN EYE
 DAVID A. GOLDMAN, M.D.
561-630-7120
 www.goldmaneye.com





- CATARACT SURGERY
- FULL EYE EXAMINATIONS
- CORNEAL TRANSPLANTATION
- DRY EYE MANAGEMENT
- LASER VISION CORRECTION
- REPAIR OF CATARACT SURGERY COMPLICATIONS

3502 Kyoto Gardens Dr. Suite B, Palm Beach Gardens, FL 33410

Professional Care Coordinators LLC
 A Homemaker and Companion Service


 Professional Care Coordinators provide trained and experienced caregivers to fit your needs. Our staff will give you extra attention whether you are at home, in an assisted living facility or at a skilled nursing facility. We offer many services that will make your day less stressful so you can focus on what's really important to you.

- COMPANIONSHIP
- MEALS
- GROOMING
- ERRANDS
- ORGANIZATION




 2300 Palm Beach Lakes Blvd Suite 215E, West Palm Beach, FL 33409. **561-557-4192**
professionalcarecoordinators.com Registration #234662

When the SPINE SHIFTS...



is this you?




 Call for a Free Consultation. It's a Conversation, Not a Commitment.
561.247.0044
 420 STATE ROAD 7
 ROYAL PALM BEACH, FL 33411

- Arm Pain
- Assymetr
- Bone Spurs
- Carpal Tunnel (Wrist)
- Canal Stenosis
- Decreased Motion
- Degenerated Joints
- Digestive Disorders
- Disc Herniations
- Dizziness (Vertigo)
- Dowager's Hump
- Fatigue
- Fibromy Algia
- Golfer's Elbow
- Headaches
- Hearing Issues
- Itchiness
- Low Back Pain
- Mid Back pain
- Migraine Headaches
- Muscle Spasm
- Muscle Tensions
- Muscular Imbalance
- Neck Pain
- Numbness / Tingling
- Pinched Nerve
- Poor Posture
- Rotator Cuff Issues

END BACK PAIN NOW!
 SPINAL DECOMPRESSION CAN HELP YOU
 non-surgical, pain-free option

American Med Care
 Dr. Brian Reimer, D. C.

Call Today for a Comprehensive Consultation!
561-967-6655

3200 Forest Hill BLVD • West Palm Beach, FL 33406
treatingyourbackpain.com



South Florida Health & Wellness Magazine



On the Web
 On Facebook
 On Twitter
 In Your Inbox

Providing information that will promote living a healthy, well-balanced lifestyle.



South Florida Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 42,000 copies are distributed every month at hospitals, doctors' offices, health and wellness centers, shopping plazas, grocery stores and many other locations.



“Coach Marc is “The Real Deal” – Evander Holyfield

The \$400 Million Dollar Lesson

“5X Heavyweight Champion Evander Holyfield’s home is up for auction this Friday at 2:00pm.”
How is that even possible I pondered?

My heart was breaking as I stared at Huffington Posts online article that Wednesday afternoon. What could I do? How could I help my sports hero Evander Holyfield? At the time, I was the founder and CEO of Crown Financial one of the largest Christian Debt Relief companies in America. After careful consideration, I penned a 4-page handwritten letter to Evander, sharing the details of an encounter and random breakfast that I was privileged to enjoy with the late Whitney Houston back in the summer of 1996 in Aventura Florida. At the end of the 4-page Whitney story, I encouraged Evander that most of humanity faces very similar challenges in life, albeit finance, family, fitness, friendships and even faith. I invited “The Champ”

into a new possibility to overcome his obstacles with my assistance and a week later I was sitting in the lobby of The W Hotel in downtown Atlanta have breakfast with “The Real Deal” and my new client Evander Holyfield.

Over the years I have helped Evander re-invent his career outside of the ring endorsing companies, and sharing his story as a celebrity speaker. Evander is as healthy today as when he beat Mike Tyson for the heavyweight title back in 1996. The \$400 million dollars that he earned and spent during his boxing career doesn’t really bother him today. “I am grateful for all that I have experienced and the things that I have been through”, a motto that has helped Evander’s ongoing success both financially and physically. Evander says that “setbacks pave the way for comebacks and increase the measure of faith that God has put in each one of us.”

Often times when working with clients I hear them say things like; I’m not smart enough, I’m not good enough, I’m not strong enough, I’m not successful enough, I’m not handsome enough, I’m not pretty enough, I’m fat, I’m ugly, I’m a failure, I’ll never be successful, I’ll never lose the weight, I just can’t do it! Now, if you want to be right about these things you can, but are you inspired to be the best version of yourself with this kind of Self-Talk? Are these the kind of affirmations that are going to increase your faith? Are you going to trust yourself at a greater level by reminding yourself about all of your past failures? The answer is NO! Now, I don’t know your exact situation or the pain that you carry, but one thing I do know is that your past doesn’t define you, it prepares you for a bigger brighter future then you have ever dreamed possible. **Here is the key that I taught Evander, and that I will now share with you. Be GRATEFUL for all that you have been through in the past, be GRATEFUL for where your life has brought you today, and get clear about what you want to create in your future, make a plan and go for it!**

WHAT DOES THE BIBLE SAY ABOUT GRATITUDE?

This is the day that the Lord has made; let us rejoice and be glad in it. (Psalm 118:24)

Give thanks to the Lord, for he is good, for his steadfast love endures forever. (Psalm 136:1)

Therefore, let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe. (Hebrews 12:28)

Continue steadfastly in prayer, being watchful in it with thanksgiving. (Colossians 4:2)

But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the Lord!” (Jonah 2:9)

Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ. (Ephesians 5:20)

Allow yesterdays curse to become today’s blessing! Be GRATEFUL!



To schedule **YOUR FREE** 30-Minute Power Session and to eliminate whatever challenge is blocking **YOUR ATTITUDE** Of GRATITUDE and **YOUR PATH TO GREATER SUCCESS** call Marc Feinberg at **561.309.1334**

FLORIDA MEDICAL MARIJUANA HEALTH CENTERS: NEW LOCATIONS to Serve You

Patients with seizures, cancer, chronic pain, and anxiety, just to name a few, are reporting incredible healing through Medical marijuana (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!**

That's why Florida Medical Marijuana Health Centers is proud to have added two new locations to serve the community. Now with three conveniently located offices, you can rest assured that your MM and CBD needs are going to be met by the best practitioners.

FLORIDA MEDICAL MARIJUANA HEALTH CENTER:



**700 W Boynton Beach Blvd.
Boynton Beach, FL 33426
561-223-0743**



**6266 S Congress Ave.
Lantana FL, 33462
561-429-2105**



**450 Northlake Blvd. #7
Lake Park FL, 33403
561-328-8384**

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.



Florida Medical Marijuana Health Centers
Flamjcenter.com
561-223-0743
Flamjcenter@gmail.com
<https://www.facebook.com/flamjcenter/>

Your Jaw Pain May Be in Your Neck

by Dr. Jonathan Chung



One of the most common and troublesome problems that I'm noticing in my practice is a condition known as Temporomandibular joint dysfunction, or TMD for short. In fact, many of you may have heard someone talk about their TMJ or having TMD, but didn't quite know what it was.

TMD involves the joint that connects your jaw to your head. Proper movement of this joint is critical to proper function. Some of the symptoms caused by TMD include:

- Sharp/stabbing jaw pain
- Inability to open the jaw properly
- Headaches
- Neck pain
- Painful clicking
- Teeth grinding
- Clenching
- and much more

It has rapidly become one of the more common reasons for visits to a neurologist and pain clinics, because of the dramatic impact on your quality of life. Many times, this condition is treated with medications like neurontin or anti-depressants. In some cases, muscle relaxers or injections to the joint.

WHAT DOES THIS HAVE TO DO WITH THE NECK?

A search of PubMed will show numerous references for increased incidence of TMD in conjunction with a whiplash injury, or head/neck trauma. A review showed that people with whiplash/head injury actually have more severe pain and more pronounced dysfunction of the joint.

Another review showed that just treating the jaw in these whiplash related cases showed poorer outcomes suggesting that the cause of the problem may be outside the joint itself. The whiplash associated cases showed just a 48% improvement compared to the non-whiplash cases which improved 75% of the time. That leaves a huge amount of people who are still in pain and suffering because the primary insult to the body was not addressed properly.

TMD USUALLY COMES IN 2 VARIETIES.

1. Muscular dysfunction – the muscles of the jaw (pterygoids, masseter, temporalis) become hypertonic and dysfunctional creating pain ful musculature and sloppy movement.

2. Articular dysfunction – the joint itself can have problems. Dislodging of the disc, arthritic degeneration, and inflammation can irritate the very sensitive nerve endings that cover the joint.

Not much can be done about arthritic breakdown of a joint. However, this is a less common cause of TMD. The most common causes of TMD stem from muscular imbalance and dislodging of the articular disc. In a way, these two problems are intimately related. When you have bad jaw muscles moving the jaw abnormally, then it leaves more room for the articular disc to shift out of place.

So what can make these jaw muscles dysfunctional? To know that, we have to know what controls the muscle. Every muscle in your body is controlled by a nerve. Whether it be a big bulky bicep, an achy sore back muscle, or the strong pumping of a heart muscle, nerves signal how they fire.

For the jaw muscles, a special nerve called the **Trigeminal Nerve** emanates from the skull and provides nerve supply for the face, jaw muscles, teeth, brain, and other important structures.

The trigeminal nerve is one of twelve specialized nerves called Cranial Nerves. The unique thing about Cranial Nerves is that they do not exit out of the spine. They actually begin come out of the brain and the brainstem, and exit out of the skull. Therefore, a problem with one of the cranial nerves is usually indicative of a problem at the brain stem.

ATLAS DISPLACEMENT, WHIPLASH, AND THE BRAIN STEM

One of the reasons that my office gets referrals from dentists and neurologists for TMJ patients is because of how Atlas Displacement Complex impacts the health and function of the brain stem. While the top of the neck doesn't apply direct pressure to the brain stem, the movement and function of the neck has large implications for this important piece of anatomy.

When someone has an episode of whiplash, there can be substantial damage and injury to the neck, but the more concerning portion is what happens to the nervous system. A phenomenon known as **Central Sensitization** occurs. This problem happens when the brain stem fires inappropriately. When this happens, even the slightest touch or movement can trigger a pain sensation in the brain.

This is why many doctors can find no physical damage to the body, but people will suffer with chronic pain issues like fibromyalgia. People recognize this quickly when the pain is stemming from the neck, shoulders or back, but the reality is that this same thing is happening in the jaw muscles.

To get to the root of someone's problems, we have to evaluate this critical, but under studied part of the nervous system. How does an Upper Cervical Chiropractor address this?

1. Restore healthy positioning to the neck – create a state of Normal Structure in the neck so that the proper signals get to the brain.

2. Increase circulation through the brain – proper alignment ensures that blood flow to and from the brain stem properly. Proper blood flow means better nerve firing.

3. Restore healthy biomechanics to the jaw – Once the neck alignment is restored, most of the time the jaw will reset on it's own. However, sometimes gentle jaw adjustments may be necessary. This can be done with the help of a skilled specialist called a Neuromuscular Dentist.

But don't take our word for it. Here are what some of our patients have said on Google Business.

DR. JONATHAN CHUNG is a Doctor of Chiropractic who focuses on Structural Correction and is primarily concerned with Structural Shifts of the spine. He graduated from the University of Central Florida with a B.S. in Microbiology and Molecular Biology. Dr. Chung then went on and received his doctorate from Life University's College of Chiropractic. Dr. Chung is certified in pediatrics from the International Chiropractic Pediatric Association, and is a Structural Chiropractic Researcher who has been published in scientific peer-reviewed journals. Read more from Dr. Chung at chiropractorwellington.com/blog



KEYSTONE
CHIROPRACTIC

561.247.0044

420 STATE ROAD 7, ROYAL PALM BEACH, FL 33411

The Elderly and Their Safety— Prevent Falls and Fatalities



If you've ever received the harrowing phone call from a friend or relative, "Your mom is in the hospital; she fell down the stairs" or, "your dad tripped over the curb and hit his head on the pavement," then you are aware of the dangers seniors face every day living on their own.

Did you know that adults over 65 average at least one fall per year? Let us help you spot potential hazards with our free home safety assessment. According to the CDC & Prevention (Center for Disease Control), every 11 seconds an older adult falls; and even more disheartening, every 19 minutes, one of them dies in the emergency room from complications of their fall.

How You Can Help Your Aging Parent or Spouse

- Get them a monitoring device
- Have a person check in on them every day
- Call multiple times per day
- Install hand railings
- Get them a walker or cane
- Make sure they don't go up and down stairs alone

One of the biggest issues that most of us are aware of is that we're never certain that the elderly loved one in our life is safe. We worry constantly, think of the worst case scenario, and question whether we're doing enough.

Why is it that seniors are plagued with falls?

Many factors can contribute to falling and tripping, but with the elderly six issues are the main offenders.

- **Medications** may cause drowsiness and dizziness
- **Balance** can be off due to inner ear crystals (common to aging)

- **Gait Issues** (cognitive decline can cause shuffling; joint pain causes stiffness, etc.)
- **Vision Loss** can cause peripheral blindness, clouded vision, and perception limitations
- **Environment:** tripping over area rugs, cords, uneven tiles, slipping in the bath, poor lighting, etc.)
- **Chronic Conditions:** disease can lead to limited range of motion, vestibular disorders and fatigue

Taking the initial steps to preventing falls and keeping them safe is easy. We simply need to get them the additional help they deserve. That's where home care fills in the gap.

Homemaker and companion services offer support within the privacy of your home. Most individuals would rather live out the remainder of their lives in their homes, as opposed to a facility. Professional Care Coordinators is the piece of the puzzle that pulls the picture altogether. For example, one of the first things your coordinator does is assess the home environment and recommend removing any obstacles such as rugs and cords. They are also there when you're not able to be and they caringly offer a friendly face to help the aging individual make it safely through their day.

IT'S CRITICAL FOR THE WEAK AND FRAIL TO HAVE REGULAR CAREGIVER SUPPORT ON A DAILY BASIS.

Professional Care Coordinators is locally owned and composed of compassionate people who are deeply committed to helping our cherished seniors in our community age gracefully, safely and comfortably at home without compromising their dignity or independence.

If you live alone, have a spouse that travels, or an elderly parent that needs care while you're away, you could benefit from Professional Care Coordinators services. There are many services available for these specific situations.

In the elderly in particular, the stress of falling, breaking bones, or suffering long-term damages can be daunting, and if it's coupled with being unable to care for themselves, the loneliness and depression will consume them, slowing down the healing process.

Professional Care Coordinators LLC is a homemaker and companion service that is owned and operated by registered nurses. They have over 25 years of experience caring for people at the most vulnerable times of their lives. Their expertise ranges from newborn to end of life care, and they are registered and insured. Level II background screenings are completed for all caregivers. They cover Palm Beach County, Indian River County, Martin County, Okeechobee County, and St. Lucie County. Your wellbeing and safety is their top priority.

What services do Professional Care Coordinators offer?

- Meal preparation
- Medication reminders
- Shopping assistance
- Transportation to Doctors appointments
- Run errands
- Stand by assist with bathing and personal care needs

If you or a loved one could benefit from Professional Care Coordinators, please contact them today at **561-557-4192**. Visit their website at professionalcarecoordinators.com.



Professional Care Coordinators Office
2300 Palm Beach Lakes Blvd. Suite 215E,
West Palm Beach, Florida 33409
561-557-4192
professionalcarecoordinators.com

Registration #234662

Revolutionary New Treatment For Erectile Dysfunction And Peyronie's Disease



SIMPLY MEN'S HEALTH is the leader in Men's Sexual Health and a pioneer in the field of regenerative medicine. Simply Men's Health was the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men's sexual health by introducing the state-of-the-art RejuvaEnhancement® Procedure to help reverse the inevitable aging process and treat ED and Peyronie's Disease. Peyronies 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

INSTEAD OF MEDICATING — CURE WITH REJUVAWAVE®

Customary treatment for ED is prescription medications or injections that cause an erection. However, Simply Men's Health has revolutionized this standard of care by introducing the only ED Treatment that CURES erectile dysfunction. The RejuvaWAVE® is revolutionary, non-invasive, and heals the underlying causes of ED. RejuvaWAVE® uses FDA-cleared, scientifically proven technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation, and to stimulate tissue regeneration, which creates new blood vessels in treated areas. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. Our treatment is about regenerative medicine; helping men return to their younger healthier selves, and enabling a spontaneous, active sex life.



RejuvaWAVE® only available at Simply Men's Health

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

IS REJUVAWAVE® SAFE?

Yes. RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used worldwide. RejuvaWAVE® uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, anti-aging

treatments and wound healing. RejuvaWAVE® has virtually no risk and no side effects. Although acoustic pressure wave technology has been used for over 15 years to treat ED in Europe, it is relatively new to the United States for Erectile Dysfunction. As the leader in men's sexual health, Simply Men's Health introduced this technology in the spring of 2015, and the results have been nothing short of amazing.

GO BEYOND MEDICATION –TREAT THE ROOT CAUSE OF YOUR ERECTILE DYSFUNCTION

It's natural for men to experience a decline in sexual performance as they age; this typically happens between the ages of 50 to 60 years old. For many years, this, unfortunately, was just accepted as an untreatable fact of life. Then came the "little blue pill" Viagra. For those men who could tolerate the headaches, stuffy nose and other side effects, the pills were a temporary "Band-Aid" that allowed men to continue performing in the bedroom, albeit robbing them of spontaneity. With time, these pills are known to become less and less effective, and eventually stop working altogether, because they do not address the underlying causes of ED and sexual dysfunction. Simply Men's Health believes in treating and curing the underlying issue with regenerative medicine.

WHAT IS REGENERATIVE MEDICINE AND REJUVAWAVE® AND REJUVAENHANCEMENT® PROCEDURE?

Regenerative medicine, rather than treating symptoms, shifts the body into a healing and restoration state. RejuvaWAVE® stimulates your body's own healing response and creates new blood vessels in the area treated. The RejuvaEnhancement® Procedure magnifies the effects of the RejuvaWAVE®.

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 body's 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. These stem cells and growth factors work synergistically together with RejuvaWAVE® to restore patients to their younger healthier selves, rather than relying on oral medications or injections as a temporary fix for each sexual activity. Also, this procedure can increase both the length and the girth of the penis by up to one inch.



**RejuvaEnhancement®
Amniotic Stem Cells**

- REPAIR
- REGENERATE
- RESTORE

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, which can replace damaged or worn out tissue. Pluripotent stem cells, derived from amniotic/placental tissue have virtually 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.

IS THE REJUVAENHANCEMENT® AMNIOTIC STEM CELL PROCEDURE SAFE?

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



WHAT OUR PATIENTS ARE SAYING:

***Testimonial:** “I’m a 70-year-old widow and have had ED for over twenty years. Unexpectedly, I met a wonderful lady and when we wanted to take our relationship to the next level, I couldn’t perform. I came to Simply Men’s Health and after several months I started to notice improvements... and after about six months ED is no longer a problem. I have sex regularly without any pills or needles.” – Joseph M.*

***Testimonial:** “I’m in my sixties, and I had always had a very active sex life, but over the last years even the pills had stopped working. When I first came to Simply Men’s Health, I was skeptical, but they were extremely caring and professional, and after several months of treatment I’ve got my life back... Just as they promised, no needles, no pills and no surgery and I’m performing as I did when I was much younger.” – Steve F.*

***Testimonial:** “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, and I thought my sex life was over. I have been coming to Simply Men’s health for about six months, and the results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. The RejuvaWAVE The RejuvaEnhancement procedures are remarkable. I feel like Superman.” – E.M.*

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 sexual health and create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. Simply Men’s Health’s innovative approach of regenerative medicine can restore your sexual confidence and allow you to enjoy a Spontaneous and Active Sex life again!



**Call TODAY,
Get your life back tomorrow
561-316-8942**

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

Are you **Chronically Anxious?**

Neurofeedback Helps Chronic Anxiety without Medication

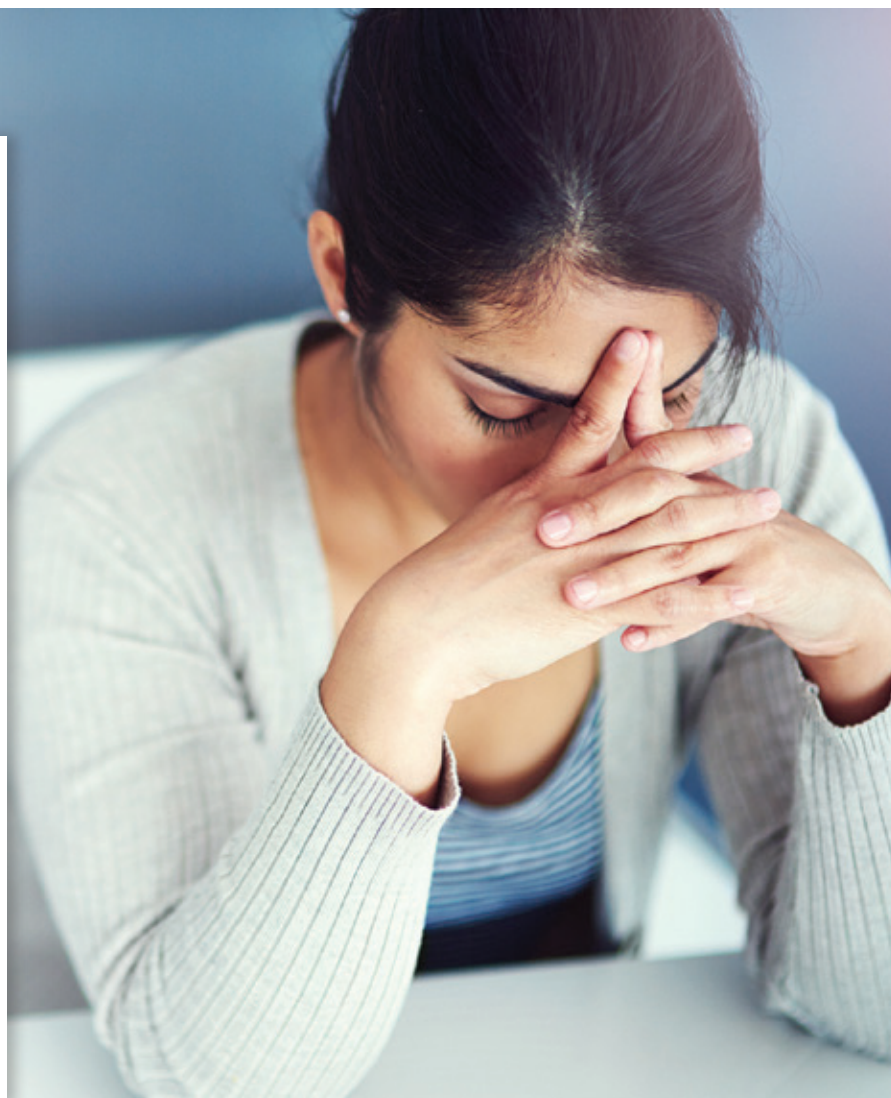
By Mike Cohen, Director
Center for Brain

TAKE A MOMENT TO ANSWER THESE QUESTIONS:

- Do you feel fearful?
- Do feelings of fear “come out of nowhere?”
- Do you worry excessively?
- Do your worries result in physical discomfort such as sweating, irritability or difficulty making decisions?
- Do you have trouble concentrating, even on important matters?
- Do you have difficulty falling asleep or staying asleep?
- Do you have panic attacks?
- Do your symptoms make it hard to carry out day-to-day activities?

If you said “yes” to two or more of these questions you probably have anxiety – and you also probably already know it, especially if you’ve been plagued by these symptoms for six months or more.

Maybe you’ve tried medications and they didn’t help much, or you don’t want to take drugs.



For someone like you there is a solution called **neurofeedback** – and it doesn’t involve drugs.

Why can’t I talk myself out of my anxiety?

People who don’t understand anxiety may tell you to calm down and not let things bother you. You may even tell yourself that, but if it were that easy you’d already be doing it!

Anxiety and fear are a normal state of mind when there’s a true threat or danger. For most people, when the danger has passed, the mind goes back into a calm state.

People prone to anxiety have often suffered trauma either as a child and adult which wasn’t dealt with through therapy or other means. This impacts their feelings of safety. The brains of people subject to chronic anxiety get “stuck on high alert,” making it difficult to go about daily life. No amount of logic changes how you feel. How can you concentrate, trust people or have normal interactions when your brain is telling you that your life or well-being may be at risk?

What is neurofeedback?

Neurofeedback is one of the most powerful technologies in the world for reducing anxiety and panic attacks. It helps the brain get “unstuck” from high gear and operate the way it should when going about day-to-day living.

Neurofeedback takes advantage of “neuroplasticity,” the brain’s ability to change itself. It teaches the brain another way to respond to stimuli like everyday triggers. A computer

analyzes the brainwaves, then “talks back” to the brain using customized sounds and images. This feedback encourages positive brain activity such as relaxation, focus and attention and discourages the type of brain activity which causes anxiety. With repeated training, the brain learns to slip more easily back into a state of calm.

Do I have to do neurofeedback indefinitely?

No. The number of sessions varies depending on the individual, but 25-30 sessions are sufficient for many people to have retrained their brain for long-term improvement.

Does neurofeedback do the same thing that medication does?

In some ways, yes, but in one important way, no. Both neurofeedback and medication calm the brain. The difference is that medication doesn't have any permanent impact on brain function. Once the medication wears off, you're right back where you started.

Neurofeedback, on the other hand, teaches the brain a different way to handle the stimuli of life, reducing its tendency to overreact to the situations encountered in day-to-day life. Many of our clients have been able to reduce or eliminate anxiety medications.



About Center for Brain
 Center for Brain is staffed by a team of compassionate professionals whose mission is to enhance the lives of people suffering from a variety of conditions that can be significantly improved with the help of neurofeedback and other brain technologies.

Learn more about neurofeedback at our free informational seminar
Wednesday, April 18, 6-8 p.m.
 Call **561-744-7616** for details or visit **www.centerforbrain.com**

CLIENT SUCCESS STORIES

Cecily, 52, had suffered from anxiety and depression since her late 20s following a serious car accident. Medications helped at first but eventually did not. Doctors ran out of ways to help her, and her anxiety surged.

Cecily became increasingly fearful. She stopped participating in normal activities and felt completely overwhelmed. An intensive and comprehensive intervention of neurofeedback and other therapies at Center for Brain, along with an adjustment of her hormones, and acupuncture, broke her cycle of anxiety and depression. Today she is sleeping without medication and living a calm and peaceful life.

Brett, 24, had become so paralyzed by panic attacks that he had been unable to work or drive for two years. He was on heavy-duty mood stabilizers, an antipsychotic medication and other drugs. The medications helped somewhat but not enough for him to function.

After one month of neurofeedback sessions 3-4 times per week his panic attacks and extreme anxiety diminished, and he was able to drive again. Now that he knows how to calm himself he reports feeling “completely normal.”

Melissa, 47, had anxiety so severe that she was unable to drive, couldn't pay attention to anything and was afraid to leave her house. She took numerous medications for anxiety and sleep but did not improve. By the time Melissa came to Center for Brain, she had been suffering extreme anxiety for a solid year with very little relief.

After a month of neurofeedback, Melissa began feeling much calmer and was sleeping better. She started leaving the house and was even able to get and keep a job. Following three months of treatment Melissa appeared in our office bright, cheerful, and engaging, without any anxiety symptoms.



Michael Cohen, Director
 Center for Brain

Mike Cohen is a leading expert in brain biofeedback. For over 20 years he's worked with clients, taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate into their practices new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.



CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

Center for Brain
is located at:
Welltower Center
550 Heritage Drive, Suite 140
Jupiter, FL 33458
561.744.7616
www.CenterforBrain.com

Have you been seriously considering getting help for your anxiety?
DON'T SUFFER ONE MORE DAY!
Call now for your free consultation. 561-744-7616

How BREAKTHROUGH TECHNOLOGY Is SOLVING MOST BACK PAIN – One Herniated Disc At A Time...



Technology has drastically changed the world. You have to admit – nothing has had a greater impact on how you live each and every day of your life. For example... Think back only 22 years with me. The year is 1996. I don't know about you...but... I didn't even know what the Internet was then, but back then I had no idea it would revolutionize the way most of us communicate, gather information... and... even shop....

ALL AT THE SPEED OF LIGHT!

Well... maybe not the speed of light. I guess that all depends on how fast your connection is. Which reminds me... Do you remember what computers were like just 10 years ago? I remember paying \$4,000 for a laptop that was the size of a brief case! By today's standards, this thing was an absolute piece of junk but I thought it was the best thing since sliced bread.

Now a days, for only a few hundred dollars, you can get something that blows away my \$4000 dinosaur! Computers literally get better and better almost every single day. And so do the things we can use them for. One example is something I'm sure you've heard of –Lasik laser eye surgery. And I'm sure you also know that Lasik single handedly revolutionized sight restoration.

Not too long ago, if you had poor eyesight, your only option was to wear contacts or cumbersome glasses. Now thousands and thousands of people are throwing away their spectacles for good. But what you may not know is: during the procedure, a computer controls the amount of laser energy that is delivered to your eye. More precisely – an ultra high-speed computer.

WHAT LASIK DID FOR VISION THE DRX9000™ IS DOING FOR BACK PAIN...

Now let's take a look at back pain from herniated and bulging discs. Until very recently, if you had a herniated or bulging disc... your options were extremely limited. If you are like most disc sufferers – you probably tried everything under the sun without any lasting results... Things like: Physical therapy, grueling exercises, back supporters, special beds. And “regular” Chiropractic care. You either had to learn to live with the pain and a steady diet of toxic pain pills... or... risk surgery. Which... if you asked me... is no option all... But all that changed when a team of engineers from Axiom Worldwide used the most advanced technology available to create the DRX9000™.

Just as Lasik allowed visually impaired people to see clearly again... the DRX9000™ eliminates the pain and suffering resulting from herniated and bulging discs. In many cases, almost instantly... And just like Lasik – the cutting edge technology is the secret.

The DRX9000™ was designed by a specialized team of engineers at Axiom Worldwide – the leaders in non-surgical spinal decompression

system available today. And just like Lasik – one of the most important reasons for the incredible results achieved by the DRX9000™ with herniated disc patients, is its cutting edge computer system.

SCIENCE COMBINED WITH CUTTING EDGE TECHNOLOGY

The state of the art computer system found in the DRX9000™ is so fast it actually communicates with your body an unbelievable 17 times per second!

What does this mean for you!

Here's what: When you have a herniated disc, it means that you actually have a tear in the outer layer of your discs. This outer layer is what keeps the soft, jelly-like disc material inside the disc itself. It's sort of like the tires on your car. They have tough outer layer (the rubber) that keeps the air in tire. If the rubber is damaged – the air can leak out.

So – when you have a tear to the outer layer of your disc... the inner disc material begins to leak out. That “leakage” is the herniation.

As a quick aside – there are basically two way you can get a herniated disc:

One: A sudden trauma. This can be car accident, slip and fall... or... from sports. Sudden forces are applied to your back and spine that stretch the disc beyond its normal range of motion. Like a rubber band, your disc can only stretch so far before something gives. So... the outer layer tears and the inner disc material leaks out.

Two: Long term wear and tear. Because there is no major trauma and you cannot think of any one thing that could cause such pain, this is the cause most people are unaware of.

Basically... you wake up one day in pain. Or – you bend over to put on your sock and end up in agonizing pain. Or go to get in or out of your car and your back “seizes up” on you.

In other words – the pain starts for no apparent reason. But there is a reason. And that reason is a lot of small... seemingly insignificant... stresses on your back and discs. Like what?

Like:

- Poor posture
- Sitting too long at work or in front of the computer
- Repetitive lifting with improper form – even lifting light objects

And these little things become more accentuated as you become older and less active... your body becomes less flexible and your discs begin to break down from less and less stress... until they get to the point of no return and you end up with a herniation and a lot of pain.

It is no wonder it's estimated between 80% and 90% of the population experiences back pain at some time in their life. Now that you know what a herniated disc is and what can cause them... let's get back to the technology and science that can fix your herniated disc...

When the soft, inner material of your disc leaks out – it can put pressure or “pinch” the delicate spinal nerves that pass closely by. When this happens... you can get tingling, burning, numbness or pain that goes into your buttock, down your leg or into your foot (or feet) and toes. Or anywhere in between. This is often called Sciatica... referring to the pain running down your leg.

No matter what name it is given – many times it is caused by that herniated disc putting pressure on a nerve.

HERNIATED DISC SOLUTION...

The old fashion way to attempt to correct a herniated disc was traction. Weights and pulleys were used in an attempt to separate the bones of the spine. The hope was this separation would allow the herniated disc material to go back into place. But studies have shown traction to be ineffective at correcting a herniated disc. We will get to the reason why... which is also why the DRX9000™ works so well... in a moment.

To understand how the DRX9000™ works so well... let me first explain why traction does NOT work. Traction does not work because when you try to forcefully stretch the spine when it is already injured – it causes pain. This pain causes spasm, an involuntary muscle spasm that is the body's attempt to protect that area from further injury. This spasm reaction negates the effects of the traction. And... it can also be extremely painful. In the past, after traction and everything else failed, many herniated disc sufferers only had one other option. Surgery.

Surgery does not attempt to repair the herniated disc. Instead, the disc material is simply cut out. Surgery has several major draw backs...

The first is the risk involved with any surgery. And this risk is very serious when it is Spinal surgery. The second drawback is the results, which are not always good. Many patients do not get any relief from surgery and some get worse... and many who go get relief find the pain returning later. Which often leads to more surgeries.

FAILED BACK SURGERY SYNDROME

There is actually a term in the medical literature called, “failed back surgery syndrome.” And no one wants that... Most herniated disc sufferers had no other choice – especially when the pain was so bad. That is, until now...

TECHNOLOGY TO THE RESCUE...

So how does the DRX9000™ work so well when traction failed? The answer lies in modern technology... Remember that amazing computer system we talked about earlier that is in the DRX9000™? The one that communicates with the body 17 times per second? Well... that is the secret...

When the DRX9000™ begins to traction your spine – it does it so gently – you usually don't feel a thing. This happens over and over until enough separation in your spine is achieved to create a negative pressure. It is theorized that this negative pressure is what's responsible for sucking your herniated disc material back into place.

The process using the DRX9000™ has been proven to reduce pain by:

- Enlarging the disc space to help bring back more normal motion
- Reducing herniations
- Strengthening the ligaments that support your spinal structure
- Reversing the high intradiscal pressure by separating gently separating the spinal bones and creating a negative intradiscal pressure

The best is: because of the advanced technology – the treatments are painless.

WHO IS A CANDIDATE FOR DRX9000™ TREATMENT?

The DRX9000™ works with some of the most severe cases of back pain including:

- Back Pain
- Sciatica
- Herniated and/or bulging discs (single or multiple)
- Ruptured discs
- Degenerative disc disease
- Facet syndromes



And just like not everyone with bad eyesight is a candidate for Lasik eye surgery... not everyone with back pain qualifies for treatment on the DRX9000™. It's sad... but... we have to turn people away every week.

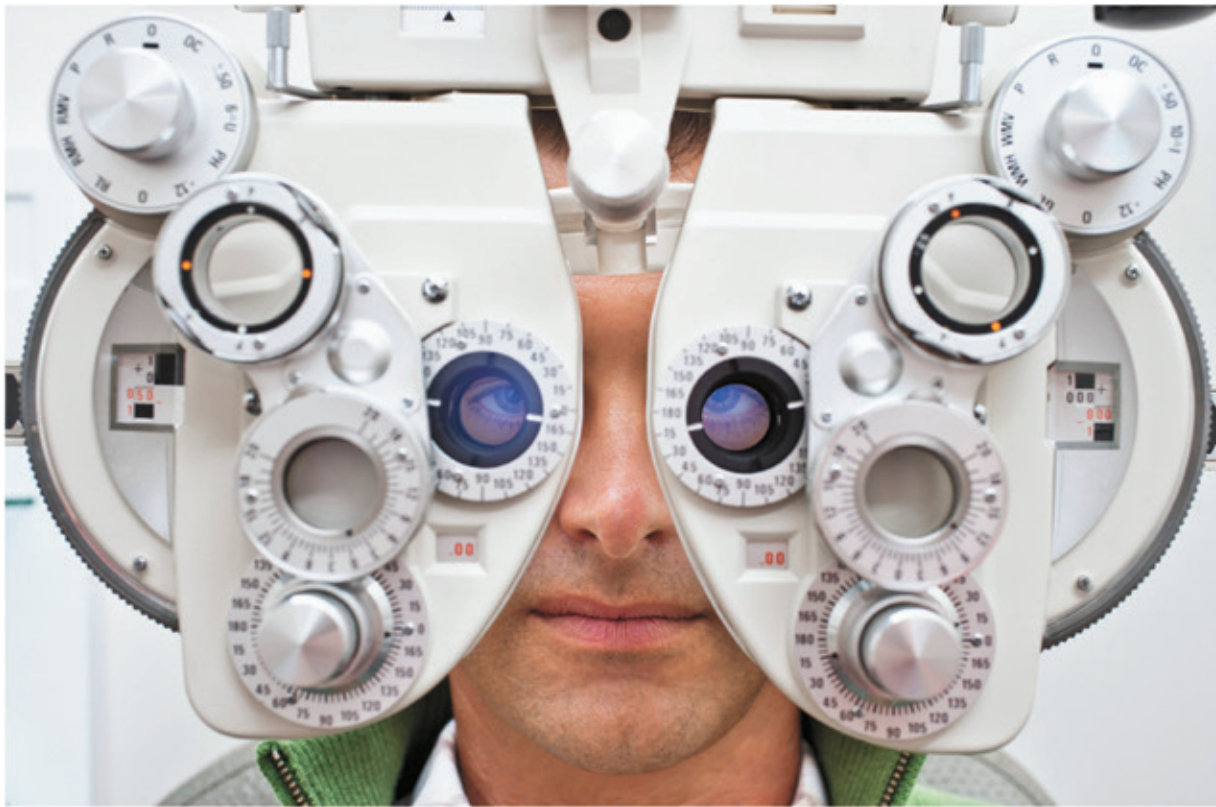
The most common patient we see that gets tremendous results has an MRI that shows a herniated or bulging disc and either has low back pain... Or... pain, burning and/or numbness going into their legs and/or feet. And many times they have both the back pain and the leg symptoms. But the only way to know for sure if the DRX9000™ can help you is to be evaluated by Dr. Reimer.

So, if you would like to find out if the DRX9000™ can help you get out of pain for good – don't hesitate to give us a call and we will schedule you for the first available evaluation opening.

If you would like to see if the most advanced treatment for herniated and bulging disc pain will work for you like it has already worked for thousands of pain sufferers around the country... give us a call at **561-967-6655** right now.



561-967-6655
3200 Forest Hill BLVD
West Palm Beach, FL 33406
treatingyourbackpain.com



SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

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

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

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

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



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

I Have A Wait Problem

Brent Myers

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

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

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

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

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

Waiting is expected by God.

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

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

God uses waiting to build our character.

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

Waiting is rewarded by God.

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

Waiting is the fruit of our faith.

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

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



CHRIST 
FELLOWSHIP

hello@cftoday.org

gochristfellowship.com

561-799-7600

PALM BEACH GARDENS:

5343 Northlake Blvd.

Palm Beach Gardens, FL 33418

JUPITER:

500 Military Trail

Jupiter, FL 33458

CITYPLACE:

600 S. Rosemary Ave.

West Palm Beach, FL 33401

ROYAL PALM:

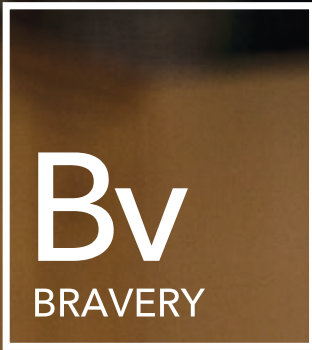
9905 Southern Blvd.

Royal Palm Beach, FL 33411

BOYNTON BEACH:

801 N Congress Ave.

Boynton Beach, FL 33426



Bravery. A powerful element in fighting cancer.

When Pamela Klein discovered she had a rare form of lung cancer, being around for her family was all that mattered. After learning the survival rates for her specific cancer, she knew more had to be done. Pamela's doctor referred her to Florida Cancer Specialists where she was put on a targeted therapy trial. In 2016, 84% of the cancer drugs approved for use in the U.S. were studied in clinical trials at Florida Cancer Specialists prior to approval. Within months of her treatment, Pamela's health dramatically improved, proving when hope and science join forces, great outcomes happen.

"My doctors at Florida Cancer Specialists and the clinical trials they offer are the reason I'm here today."

-Patient & Lung Cancer Survivor

Where Hope is Powered by Science™

FindHopeHere.com

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute

World-Class Medicine. Hometown Care.

Proud to serve patients at our four Palm Beach County locations.

Elizabeth A. Byron, MD

Todd A. Gersten, MD

Howard M. Goodman, MD

Robert J. Green, MD

James N. Harris, MD

Antonella Leary, MD

Elisabeth A. McKeen, MD, FACP

Carisa Pearce, MD

Shachar Peles, MD

Marilyn M. Raymond, MD

Neal E. Rothschild, MD

Napoleon Santos, DO

Augustin J. Schwartz, III, MD

Avram J. Smukler, MD

Daniel L. Spitz, MD, FACP

Sumithra Vattigunta-Gopal, MD, FACP

Gerald Zemel, MD