

SOUTH FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

June 2018

North Palm Beach Edition - Monthly



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**AGING COMPLICATIONS-  
MEN HAVE HORMONAL  
IMBALANCES TOO**

**CBD OIL –  
DOES IT REALLY WORK?**

**AN ALTERNATIVE  
TO PAIN MEDICATIONS**

**SMARTGRAFT  
IS NOT YOUR FATHER'S HAIR  
TRANSPLANT**

**SAVING MY TEETH:  
SLOWING DEEP POCKETS AND  
BONE LOSS**



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**LAW OFFICE OF ANDREW CURTIS, ESQ**

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

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- 6** Four-Day Wellness Retreat Invites the “ReNew You” to America’s Happiest, Healthiest City
- 8** SmartGraft is NOT Your Father’s Hair Transplant
- 10** Aging Complications—Men Have Hormonal Imbalances Too
- 11** The Y-Lift
- 12** Do I Have Uveitis?
- 13** Know the ABCS of Skin Cancer
- 14** Reverse-Slope Hearing Loss Your Refrigerator Is Running – Can You Hear It?
- 15** Feeling Better About How You Look Can Change Your Mental State: Look Younger Naturally with an Established Technique
- 16** Can I Ever Get Off Medication for My Anxiety (or Depression)?
- 18** Saving My Teeth: Slowing Deep Pockets and Bone Loss
- 19** Little-Known VA Pension Can Be a Life-Saver
- 21** Confidence
- 22** CBD Oil – Does it Really Work?
- 23** It’s Time to Take Another Look at Spinal Decompression
- 24** An Alternative to Pain Medications
- 25** For Your Convenience: The Return of Medical House Calls
- 26** The Craniocervical Junction and Headache Disorders
- 28** Revolutionary New Treatment For Erectile Dysfunction And Peyronie’s Disease
- 30** How Doctors Choose Surgeons
- 31** Spiritual Wellness: You Deserve a Break Today ...

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## **FOUR-DAY WELLNESS**

RETREAT INVITES THE “RENEW YOU”  
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**L**ocated on Florida’s Paradise Coast, Naples captivates visitors with an irresistible mix of soft, white sand beaches, beautiful scenery, colorful sunsets, thriving arts and culture, outdoor adventure, and world-renowned dining and shopping hotspots. Health, happiness and relaxation seem to come naturally in Naples, a city which has been ranked as the Happiest, Healthiest City in the U.S. for three consecutive years.\* Not surprisingly, it is where countless weary travelers go to refuel, recharge and relax.

This summer, the vacation mecca will be the setting for the inaugural “ReNew You” wellness retreats, four all-inclusive, four-day experiences at the iconic Inn on Fifth & Club Level Suites, a four-diamond boutique hotel in the heart of downtown Naples. These unique retreats offer visitors a healthy array of curated experiences designed to invigorate, enlighten and inspire.

“We have seen increased interest in wellness-inspired travel, with a growing emphasis on mental focus and inner calm,” said Cathy Christopher, Inn on Fifth director of sales and marketing. “Naples and The Inn on Fifth provide an ideal escape for those who want to focus on improving mind, body and soul, and this retreat perfectly packages that experience.”

The ReNew You retreats invite attendees to savor deliciously healthy global cuisine, indulge in soothing spa treatments, relax deeply with meditation and yoga, and enjoy small group sessions with trainers, nutritionists, chefs, coaches and other healthy-living experts in Naples. Each day of the four-day retreat features programming that is educational, fun and inspirational, including walking tours, yoga in the park, poolside lunch-and-learn sessions, personal training in Tai chi, spa treatments and more. Included nightly dinners will showcase international cuisine at some of Naples’ most popular restaurants, with insights from experts in a wide variety of culinary disciplines. There will also be plenty of time to relax, reflect or explore, with the option to end each day with a breathtaking sunset walk on the beach. Each experience takes place in an intimate setting to provide attendees easy access and ample opportunities to engage, ask questions, and learn on a personal level, so they emerge from the retreat renewed and better equipped to live more consciously.

Offered in four separate sessions in August and September, the four-day ReNew You wellness retreats start at just \$985 per person, which includes four-night luxury accommodations at The Inn on Fifth; all retreat activities and programming, including yoga, meditation, tours, presentations and more; 10 meals featuring nutrient-rich, sustainably farmed, and locally sourced ingredients; spa treatments at The Spa on Fifth; healthy in-room snacks; and complimentary access to a private hospitality suite stocked with juices and nourishing treats. For an additional charge, retreat guests may upgrade to the hotel’s uber luxe Club Level Suites.

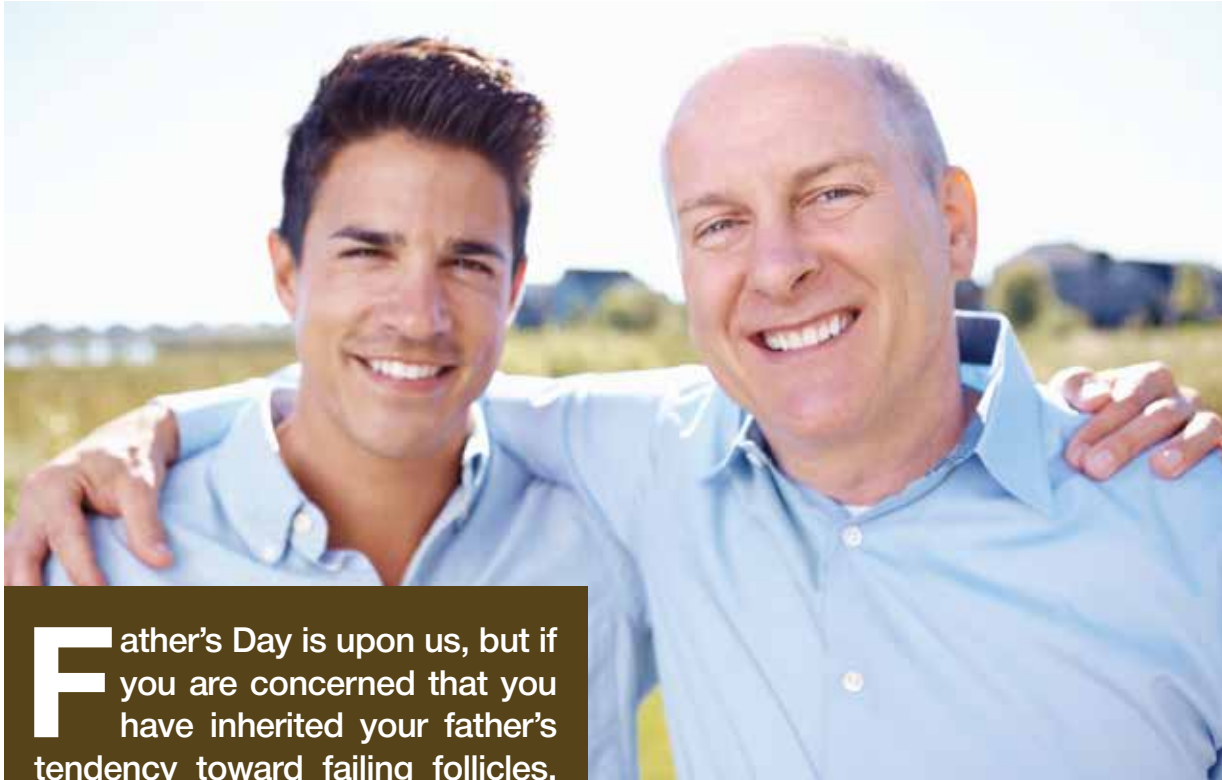
For session dates and more information on the ReNew You wellness retreats, including detailed information on daily itineraries, go to [InnOnFifth.com/wellness](http://InnOnFifth.com/wellness).

*\* Gallup-Sharecare Well-Being Index*



# SmartGraft

## is *NOT* Your Father's Hair Transplant



**F**ather's Day is upon us, but if you are concerned that you have inherited your father's tendency toward failing follicles, the good news is that you don't have to have settle for your dad's "follicular fate" when it comes to hair loss and its treatment.

Unlike the artificial looking "hair plugs" of the past, thanks to new advanced surgical techniques and a surgeon's artistic skills, today's hair transplants consistently produce undetectable, natural-looking results.

### "FUE" Hair Transplant Technology

Techniques for redistributing permanent, living and growing hair from the back of the scalp into thinning or balding areas have been around for decades. However, hair restoration saw a game-changing revolution with the advent of the no-linear-scar Follicular Unit Extraction or "FUE" technique, but few could have predicted the impact the procedure would have on the industry. FUE is a less-invasive method of harvesting hair follicles and "follicular units" individually, virtually eliminating the antiquated linear or "strip-harvest" approach to transplantation. This meticulous process has been made more efficient through robotics, semi-automatic devices and undetectable through careful attention to artistic detail.

### What is SmartGraft®?

SmartGraft is a breakthrough mechanical device for FUE hair transplant hair follicle graft harvesting designed to improve the speed, accuracy and results of minimally-invasive hair transplant surgery.

### How Does a SmartGraft Hair Transplant work?

There are three main steps that occur during any SmartGraft hair transplant procedure: FUE donor hair follicle harvesting, recipient site creation and hair implantation.

- Donor Hair Follicle Harvesting Using the FUE Technique – Hair follicles that are resistant to hereditary hair loss, located on the sides and back of the scalp, are selected and extracted as individual follicular units using the SmartGraft device. The FUE technique of harvesting allows for substantial restoration of hair, without leaving a telltale linear scar behind to hinder your hairstyle.
- Recipient Site Creation – Based on the plan artistically designed with your input; the exact location, angle and direction of each and every transplanted follicle is determined by the recipient sites meticulously created by your hair transplant surgeon. The creation of recipient sites is the critical step to determine the naturalness of the final outcome of the SmartGraft procedure.

- Hair Implantation – Each and every graft is inspected, counted and sorted prior to its gentle and careful implantation into the recipient sites.

### Benefits of a SmartGraft transplant

SmartGraft is a mechanical, minimally-invasive surgical hair transplant instrument that works like an extension of the surgeon's hand allowing the removal of individual follicular units (naturally-occurring groups of 1, 2, 3 or 4 hair follicles) from the Donor Area for eventual transplantation to thinning or balding areas.

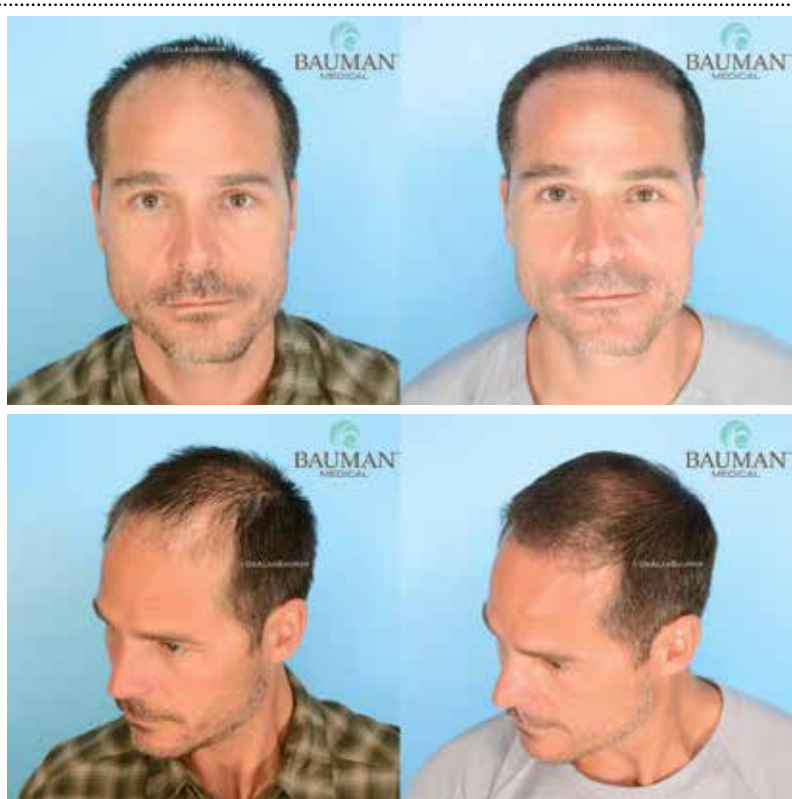
### Benefits of a SmartGraft procedures include:

- Improves speed, accuracy and results of the minimally-invasive hair transplant surgery.
- Advancements over previous mechanical hand-held harvesting tools include a completely closed, climate-controlled graft extraction, graft hydration and storage system.
- The SmartGraft system includes a programmable touch-screen, microprocessor-controlled device that allows the surgeon to select and monitor graft storage temperature as well as "graft shower" hydration intervals so the fragile FUE grafts spend less time exposed to handling and other potentially harmful environmental factors.
- During FUE harvesting, there is no scalpel incision, no large deep wound to heal, no stitches or staples involved. After your SmartGraft procedure, there is less discomfort, less activity restriction and lower risk of complications compared to traditional linear harvesting, and absolutely NO telltale linear scar to hide.
- Ergonomic handpiece w/ LED "headlights" offers exceptional control and visibility with a high degree of graft-harvest accuracy.
- Pneumatic graft collection gently lifts the grafts from the scalp and transfers them into the closed graft storage system without the need for forceps or other tools.
- Onboard timer in the microprocessor control panel displays the total operative time.
- Onboard counter displays the number of times the device has been used to extract a graft.

### What to Look For

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





Bauman patient, Brian, seen “Before” and 12 months “After” his SmartGraft FUE Hair Transplant procedure by Dr. Alan J. Bauman. Front View & Side View



1: (NOT a Bauman patient.) Old-style linear or “strip-harvest” hair transplant leaves a telltale linear scar.  
2: FUE techniques allow for the harvesting of grafts as small as a single hair follicle directly from the donor area, leaving absolutely NO linear scar to hide.

specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and performs FUE hair transplantation on a daily basis.

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

don't be afraid to ask for patient testimonials. To find a qualified hair restoration specialist, start by visiting the American Board of Hair Restoration Surgery (ABHRS), International Alliance of Hair Restoration Surgeons (IAHRS) or the International Society of Hair Restoration Surgery (ISHRS).

For more information on what kind of results you might achieve with a SmartGraft FUE hair transplant, please visit [www.baumanmedical.com](http://www.baumanmedical.com) or call **844-GET-HAIR** or **+1-561-394-0024**.

## Tips on Finding a Hair Restoration Physician

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

## 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](http://www.844GETHAIR.COM)

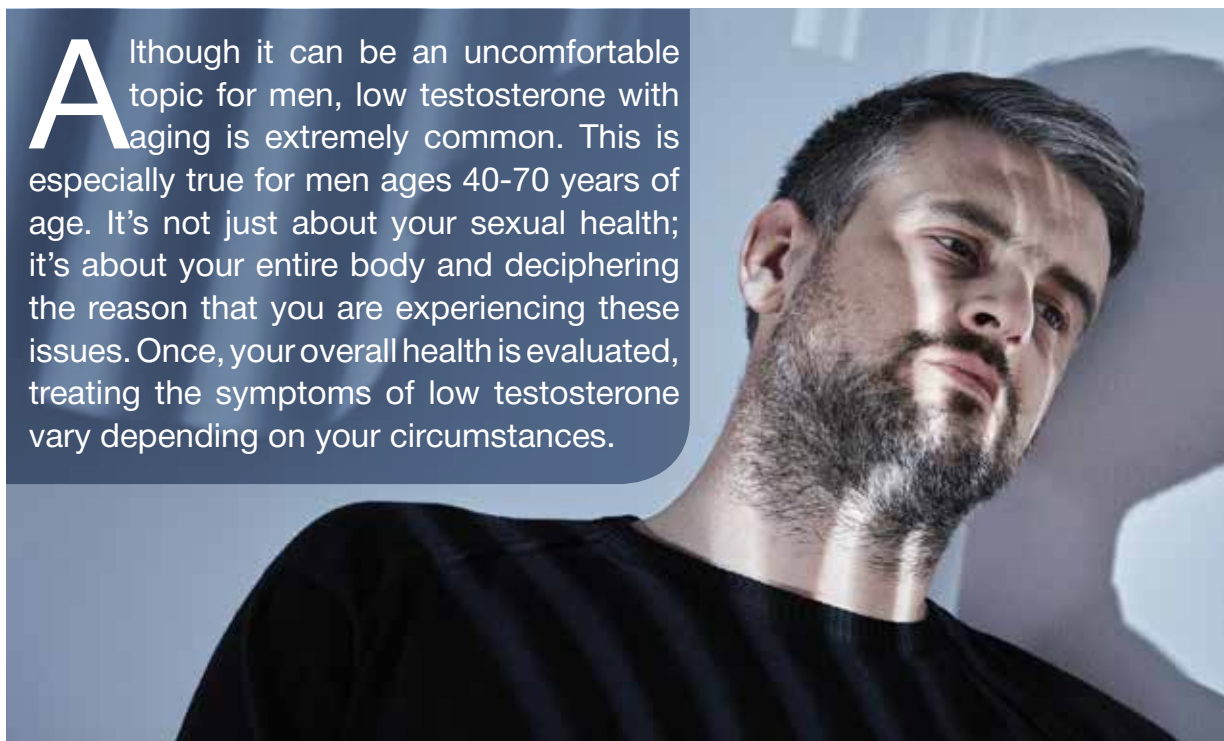


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# AGING COMPLICATIONS— Men Have Hormonal Imbalances Too

**A**lthough it can be an uncomfortable topic for men, low testosterone with aging is extremely common. This is especially true for men ages 40-70 years of age. It's not just about your sexual health; it's about your entire body and deciphering the reason that you are experiencing these issues. Once, your overall health is evaluated, treating the symptoms of low testosterone vary depending on your circumstances.



## COMMON COMORBIDITIES ASSOCIATED LOW TESTOSTERONE

- Hormonal imbalance
- Vascular disease
- Diabetes
- Heart disease
- High cholesterol
- Prostate cancer
- Physiological effects

## MEN HAVE HORMONAL CHANGES TOO

The underlying health condition that so many doctors fail to treat is hormonal imbalance or low testosterone. An experienced physician like those at WellingtonMD will take a synergistic approach to getting your body healthy, as well as adjusting your hormone levels. Treating low testosterone is the first step, and often the only measure that many men need to regulate their hormones.

New blood testing methods are available to test for low testosterone levels, and in an effort to make better diagnosis; there is increased interest in men's aging among medical researchers. In fact, so much attention is being focused on andropause that significant efforts are underway to quickly share emerging scientific information with physicians worldwide. It's critical to see a medical professional if you are experiencing symptoms.

## SYMPTOMS OF ANDROPAUSE— LOW TESTOSTERONE

- Moods swings
- Bouts of anger
- Extreme fatigue
- 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. Patients report a dramatic increase in sex drive. Their quality of life improves due to simply increasing low testosterone levels to improve mood, memory, and sleep. Men are able to build stronger leaner muscle and increase bone strength, which helps treat osteoporosis.

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 a healthy lifestyle, a person can help prevent and even reverse many of the negative impacts of aging, which is why many Age Management Physicians offer holistic treatment programs that incorporate natural hormone therapies with anti-aging supplements, exercise, weight loss, and stress management programs.

## COMBINED TREATMENT

Testosterone treatments can help men increase muscle mass and lose weight – especially when combined with Human Chorionic Gonadotropin (HCG therapy) and lifestyle changes like a healthy diet and plenty of exercise.

Human Chorionic Gonadotropin (hCG) is a hormone that supports and aids normal functions in both the male and female's reproductive systems. hCG in its pure form is what's known as a glycoprotein. 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 the WellingtonMD physicians add hCG to testosterone therapy for their male patients suffering from hormonal imbalance, they see rapid results in weight reduction along with mood regulations and improved sexual functioning.

To find out more about WellingtonMD, please contact them at **(561) 268-2880** or visit our website at **www.WellingtonMD.com**. We are conveniently located on the Palms West Campus.

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# THE Y-LIFT



The aging process is unique to every person. Some people age gracefully as the saying goes, and others simply age. Whichever way that may look for an individual, it is important to realize the many factors that contribute to the aging process. Usually the first signs of aging appear on our skin and face. This can be due to environmental factors such as excessive sunbathing or smoking. Medication usage or illness can also play a role in the aging process along with malnutrition, excessive weight loss or weight gain. So as all of these factors may take their toll on the body, aging usually appears in the face due to volume loss or loss of collagen under the skin. The overall face tends to look loose and saggy in appearance, with a much less defined jawline. Jowls may appear and cheeks can give the impression of being sunken in. All of a sudden, lines from the corner of the nose down to the mouth start to form and this is the beginning of the tell-tale signs of aging. So for most people, the fight against aging continues and thoughts of the inevitable facelift arise. However, many times invasive surgeries like a facelift can be postponed or even avoided using a new injection technique known as the Y-Lift.

used in this technique include Juvederm, Voluma, Vollure and Volbella. All of these fillers have specific indications of where they are best used in the face and can last up to 24 months. Due to the nature of the product, it promotes collagen production, thereby allowing the product to last even longer than indicated in some cases.

So if the Y-Lift uses products that have already been used, what makes it so different? It is different mainly because instead of using a needle, a cannula is used. By using a cannula, you have less entry points into the face and therefore less chance for bruising. The other key difference is that the product is being injected deep on top of the bone. This is important to know for a couple of reasons. First, when the product is injected into that area of the face, it is not being delivered through tissue and blood vessels, therefore minimizing discomfort. Second, when the product is injected under the muscle, you are not able to feel it from the outer surface of the skin, allowing for a more natural result and minimal chance of any lumps or bumps at all.



The Y-Lift is an incredible new way to inject hyaluronic acid filler that doctors have already been using to inject for years. Hyaluronic acid fillers are taking over the beauty industry for many important reasons. Hyaluronic acid is derived from a naturally occurring sugar molecule that is already in our bodies. Due to the substance already being present in our system, one is very unlikely to be allergic to it. Hyaluronic acid is also a water binding molecule so it adds moisture to the skin. As the most coveted filler type of all, it can easily be dissolved in the event of an unwanted outcome and in most cases results in little to no swelling and/or bruising. The Allergan Brand Collection of fillers that are most commonly



The Y-Lift delivers results in under an hour with no surgery and no downtime. It has been named "The 30-minute Miracle Facelift" by Dr. Oz and has been featured in journals across the globe such as Beauty World News, Forbes Magazine, Elle Magazine, Harper's Bazaar, Marie Claire and many more.

The best way to discover if you or someone you know is a candidate for the Y-Lift is to have a complimentary consultation with your trusted provider. Each face is unique and prices are determined based on the anatomy of each individual. To schedule your first consultation call **561-655-6325** or visit [www.mdbeautylabs.com](http://www.mdbeautylabs.com).



**Medical Director, Daniela Dadurian M.D.**  
 \* Board Certified Anti- Aging Medicine  
 \* Board Certified Laser Surgery

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

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# DO I HAVE UVEITIS?

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



**U**veitis is inflammation of the uvea, which is made up of the iris, ciliary body and choroid. Together, these form the middle layer of the eye between the retina and the sclera (white of the eye).

The eye is shaped like a tennis ball, with three different layers of tissue surrounding the central gel-filled cavity, which is called the vitreous. The innermost layer is the retina, which senses light and helps to send images to your brain. The outermost layer is the sclera, the strong white wall of the eye. The middle layer between the sclera and retina is called the uvea.

The uvea contains many blood vessels — the veins, arteries and capillaries — that carry blood to and from the eye. Because the uvea nourishes many important parts of the eye (such as the retina), inflammation of the uvea can damage your sight.

There are several types of uveitis, defined by the part of the eye where it occurs.

- **Iritis** affects the front of your eye. Also called anterior uveitis, this is the most common type of uveitis. Iritis usually develops suddenly and may last six to eight weeks. Some types of anterior uveitis can be chronic or recurrent.
- If the uvea is inflamed in the middle or intermediate region of the eye, it is called **pars planitis** (or **intermediate uveitis**). Episodes of pars planitis can last between a few weeks to years. The disease goes through cycles of getting better, then worse.
- **Posterior** uveitis affects the back parts of your eye. Posterior uveitis can develop slowly and often lasts for many years.
- **Panuveitis** occurs when all layers of the uvea are inflamed.

## UVEITIS CAUSES

The specific cause of uveitis often remains unknown. In some cases, however, it can be associated with other disease or infection in the body.

### *Uveitis may be associated with:*

- A virus, such as shingles, mumps or herpes simplex;
- Systemic inflammatory diseases;
- A result of injury to the eye; or
- Rarely, a fungus, such as histoplasmosis or a parasite, such as toxoplasmosis.

If you smoke, stop. Studies have shown that smoking contributes to the likelihood of developing uveitis.

## UVEITIS SYMPTOMS

Uveitis may develop suddenly with eye redness and pain, or with a painless blurring of your vision. In addition to red eye and eye pain, other symptoms of uveitis may include light sensitivity, blurred vision, decreased vision and floaters. There may also be a whitish area (called a hypopyon) obscuring the lower part of the iris.

A case of simple "red eye" may in fact be a serious problem such as uveitis. If your eye becomes red or painful, you should be examined and treated by an ophthalmologist.

## UVEITIS DIAGNOSIS

A careful eye examination by an ophthalmologist is extremely important when symptoms occur. Inflammation inside the eye can permanently affect sight or even lead to blindness if it is not treated.

Your ophthalmologist will examine the inside of your eye. He or she may order blood tests, skin tests or X-rays to help make the diagnosis.

Since uveitis can be associated with disease in other parts of the body, your ophthalmologist will want to know about your overall health. He or she may want to consult with your primary care

physician or other medical specialists. However, in approximately 40 to 60 percent of cases, no associated disease can be identified.

## UVEITIS TREATMENT

Uveitis is a serious eye condition that may scar the eye. It needs to be treated as soon as possible. Eyedrops, especially corticosteroids and pupil dilators, can reduce inflammation and pain. For more severe inflammation, oral medication or injections may be necessary.

### *If left untreated, uveitis may lead to:*

- **Glaucoma** (increased pressure in the eye);
- **Cataract** (clouding of the eye's natural lens);
- **Neovascularization** (growth of new, abnormal blood vessels); or
- Damage to the retina, including **retinal detachment**, damage to the optic nerve or both.

These complications may also need treatment with eye drops, conventional surgery or laser surgery. If you have a "red eye" that does not clear up quickly, contact your ophthalmologist.



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.*

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# KNOW THE ABCS OF SKIN CANCER

**M**ore than 3.3 million people are treated annually for non-melanoma skin cancer and over 76,000 new cases of invasive melanoma will be diagnosed this year. In the last 30 years, more people have had skin cancers than all other types of cancer combined. In fact, one in five Americans is likely to develop skin cancer.

While skin cancer is the most common form of cancer and is generally highly treatable, it should still be taken seriously. You should seek a medical evaluation if you notice a suspicious lesion or mark anywhere on your skin. The good news is that, in addition to being the most common type of cancer, skin cancer is also the most preventable cancer. Research indicates that protecting your skin before you turn 18 can reduce your risk of some types of skin cancer by as much as 78 percent.

## There are three main types of skin cancer – basal cell, squamous cell and melanoma.

Basal cell skin cancer is the most prevalent and least dangerous type of skin cancer. It generally appears on the head, neck or upper torso and grows slowly. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless but if you notice them changing, see a doctor.

While not as dangerous as melanoma, squamous cell skin cancer can spread to other parts of the body over several months. It usually appears as a thickened, red, scaly spot that may bleed easily, crust or ulcerate. It is generally found on those areas of the skin that are most often exposed to the sun.

## Risks and Warning Signs of Skin Cancer

Most moles, brown spots and other growths on the skin are usually harmless. However, it is a good idea to have an annual skin check by a professional healthcare provider. Older adults, people who are fair-skinned or those who have a lot of moles are generally at greater risk, so it is important to know your skin well and recognize any changes that you see on your body.



*In Florida, there are lots of opportunities to spend time in the sun. However, it's important to take precautions that protect your skin against cancer.*

*Here are some easy ways to recognize if a mole or other skin lesion may be cancerous. Just remember the ABCs of skin cancer:*

**A**symmetry: one half of the mole doesn't match the other

**B**order: is irregular

**C**olor: is not uniform

**D**iameter: greater than 6 mm  
(about the size of a pencil eraser)

**E**volving: size, shape or color changes

With all types of cancer, including skin cancer, early detection and diagnosis can make a big difference in outcomes. If you suspect that you may have skin cancer, consult with your physician immediately. Most skin cancers are easily treated and often cured. For the more serious types, such as melanoma, the earlier the cancer is discovered and treatment begins, the better the outcome.

## World-Class Cancer Treatment Close to Home

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

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location. They deliver the most advanced and personalized care in your local community.



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For more information, visit [FLCancer.com](http://FLCancer.com)

# REVERSE-SLOPE HEARING LOSS

## Your Refrigerator Is Running – CAN YOU HEAR IT?

Presented by Dana Luzon Coveney, Au.D, FAAA

**Y**ou're probably familiar with the many telltale, well-known signs of hearing loss — asking people to repeat themselves frequently, turning up the TV to uncomfortable levels for others in the room, or leaning into a conversation on one side to use your “good ear.”

You're probably familiar with the many telltale, well-known signs of hearing loss — asking people to repeat themselves frequently, turning up the TV to uncomfortable levels for others in the room, or leaning into a conversation on one side to use your “good ear.”

But what if speech is clear to you and you never turn up the TV — but you can't hear whether the car you're standing next to is running? This is an actual type of hearing loss, called reverse-slope hearing loss (RSHL), and people with this type often don't realize they have a hearing impairment.

In this type of hearing loss, the low frequencies are affected far more than the higher ones. This gives the audiogram the opposite shape — the graph starts in the lower-left-hand corner and slopes upward steeply. Because it affects mainly the lower frequencies, it is also known as low-frequency hearing loss.

RSHL is rare: It affects only 3,000 people in the U.S. and Canada. Put differently, for every 12,000 cases of hearing loss, only one person has RSHL. Like ski-slope hearing loss, there are different degrees of RSHL.

### CAUSES OF REVERSE-SLOPE HEARING LOSS

Many people don't suspect they have RSHL unless someone in their family already has it, which underscores one of the main sources of RSHL: genetics. Wolfram syndrome, Mondini dysplasia, and inheritance through a dominant gene have all been identified as sources of RSHL.

Certain diseases have been implicated as well, mainly those affecting the hair cells, which are responsible for sending sound information from the inner ear to the brain. Examples include sudden hearing loss, Ménière's disease, and viral infection.

The third most common source of RSHL is anything that causes a change in the pressure of the endolymph, a fluid in the inner ear.

### SYMPTOMS OF REVERSE-SLOPE HEARING LOSS

Difficulty understanding speech on the phone. The aspects of speech that give it clarity (the consonants) are in the higher frequencies, the treble side of sound, but the aspects of speech that give it volume (the vowels) are in the lower frequencies, the bass side. Because RSHL involves the lower frequencies, speech loses its volume but retains its clarity. Face-to-face conversation, therefore, is not usually a problem. But the phone mainly delivers the low and middle frequencies, so it can pose a problem for RSHL.

Ease understanding women and children but not men. Again, because RSHL affects the lower frequencies, those with RSHL more clearly understand higher-frequency speech — that of women and children — than lower-frequency speech, such as that of men. Inability to hear low-frequency environmental sounds. Thunder and a refrigerator humming are examples of low-frequency environmental sounds.

### DIAGNOSING REVERSE-SLOPING HEARING LOSS

Key to diagnosis is a well-educated patient. Because this condition is rare, many in the hearing care field simply haven't encountered it. RSHL has a distinct set of characteristics that an audiologist will look for but is not limited to:

- Unusually good speech
- Sensitivity to high-frequency environmental sounds
- Pure-tone hearing losses
- Inability to adjust to standard ski-slope hearing technology settings

### TREATING REVERSE-SLOPE HEARING LOSS

Those with RSHL tend to have high expectations of hearing aids, which can lead to frustration. An audiologist who hopes to successfully fit an aid for RSHL has to build the settings from the ground up, for several reasons.

Hearing aid settings are meant for high-frequency hearing loss. As previously mentioned, only 3,000 people in the U.S. and Canada have RSHL; many millions have high-frequency hearing loss. It makes sense that the industry would weigh toward the type of hearing loss with the highest incidence but still allow audiologists to customize individual aids for rare types of hearing loss. RSHLs require different amounts of amplification across a different range of frequencies. People with RSHL have already successfully adapted to their speech needs. Having been born with this condition, many with RSHL develop the ability to navigate speech easily.

Treating RSHL requires taking time to really listen to the patient, and then build the settings to what they find comfortable, audible, and helpful.

### WHY IS IT IMPORTANT

#### TO TREAT REVERSE-SLOPE HEARING LOSS?

You may well be thinking, “Those symptoms don't sound so bad — why bother putting myself through all the frustration of getting diagnosed and fitted?”



The key reason is safety. Much of what you lose with RSHL is environmental sound. If you can't hear a car coming, you can't avoid it. If someone some distance from you is trying to warn you away from something, you might not hear it, because volume is a product of the lower frequencies.

Another reason is enjoyment. There are many aspects and nuances in music that you might be missing out on if you have RSHL, because you're missing the low-frequency sounds — for example, much of what is below middle C.



*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.

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# 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.

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# Can I Ever Get Off Medication for my Anxiety (or Depression)?

Michael Cohen,  
Director and Chief of Neurotechnology



**O**ne of the most frequent questions I hear from people seeking help for anxiety or depression is: **Can I ever get off my medication?**

Some have tried stopping medications and struggled badly. Often they're resigned to taking drugs, even though those drugs may not work very well or may have unpleasant side effects. They've been led to believe by their doctors that they are probably going to be on medication for the rest of their lives.

Why did their doctors give them such discouraging news? Because medication is what doctors have been taught about in school – it's what's in their toolbox. Why don't they mention neurofeedback (non-drug biofeedback for the brain)? Because they likely know very little - or nothing at all - about it.

The fact is, it's possible to reduce your reliance on medications. Approximately 75 percent of our clients who want off their meds are able to significantly reduce or eliminate them altogether when they are conscientious about completing neurofeedback sessions and taking certain brain-boosting supplements.

## 3 Cases – Coming off Medications

1. A recent client suffered from depression for 40 years. She had been treated by top psychiatrists and psychologists for decades and was taking several medications. Despite all that, she wasn't functioning well. She was overwhelmed by the smallest life challenges and resisted even leaving her house.

After 12 neurofeedback sessions in a month, a regimen of specific supplements and some home brain exercises, she reported feeling dramatically better. At that point her psychiatrist reduced her medications by more than 50 percent.

2. Another client, age 35, had up to five panic attacks a day. To cope, she took Xanax, as well as a low-dose of anti-depressant medication. She came to us because she wanted to get pregnant but was worried what those medications might do to a developing fetus. She was looking for an alternative way to manage her anxiety. After 12 neurofeedback sessions, her panic attacks had disappeared. She was able to get off all her medications, and she felt more confident about getting pregnant.

3. Another of our clients had been on medication for mood disorders for 40 years and was spending up to \$1,000 per month on them. After working with us for nine months, he was down to just one medication, a very low dose of Lexapro for \$30, and no longer ruled by feelings of anxiety and depression.





**When medication is useful**

Now, don't get me wrong. I am not against medications for anxiety and depression. They are a completely reasonable short-term answer for people in crisis. However, in the long term, it's better whenever possible to tackle the underlying problems rather than rely on medications your whole life.

Medication is useful in helping you *manage* your symptoms. However, when you get off the medication, your brain's ability to function hasn't improved.

Often patients we see have tried getting off their medications unsuccessfully. Some have been told: "This is proof that you need the medication." Well, keep this in mind...

**Nobody's brain is deficient in Prozac or Xanax** (though your brain gets used to it). Unless you have something like neurofeedback to help your brain transition, it can be difficult to get off.

**Neurofeedback – A tool for the brain**

Neurofeedback, when used in conjunction with nutritional supplements, literally teaches your brain and nervous system to be more resilient and to work better. *When your brain works better there's typically less need for medications, and you become better at handling situations or thoughts that can trigger anxiety or depression.*

*The result? Over time you can gradually wean off medications and do so far more smoothly, even after years of use.*

**Brain supplements – How can they help?**

I'm sure you're wondering about the supplements I mentioned above, but before I tell you about them, here's something you should know about *me*:

For more than 20 years I've investigated supplements reputed to contribute to brain health and optimal cognitive functioning. Frankly, I have been unimpressed with most of them, in part because they didn't meet one of my most important criteria: consistently working.

In recent years, however, I have been recommending two products. One is a micronutrient vitamin. The other is a free-form amino acid compound. These supplements, when taken in combination and as part of a neurofeedback training program, have impressive synergistic benefits. They seem to significantly and consistently increase the rapidity with which our clients respond to their training.

It appears that the high-quality nutrition provided by these micronutrient supplements, combined with neurofeedback, helps create a more resilient and stable brain. A more stable brain facilitates an easier transition from medication. (Center for Brain always coordinates medication-reduction efforts with our clients' physicians).

By the way, the impact of micronutrient vitamins has not gone unnoticed in scientific circles. In a published scientific review, Harvard psychiatrist Charles Popper, M.D. noted that "Broad-spectrum micronutrient interventions... (are) surprisingly effective for altering mood, cognition, and behavior." He has also noted that micronutrients appear effective in early controlled trials "as potent treatments of ADHD, aggressive and disordered conduct, and mood disorders in youth and adults."

**Assessment – Is what we do at Center for Brain right for your situation?**

So, what happens when you come to us and say you want to get off your medications?

- We assess your situation to ensure that your goal of getting off medication is appropriate
- We custom-design your neurofeedback training protocol based on a qEEG brain map
- We recommend, if appropriate, a "brain vitamin supplement regimen"
- We assess if there are tools or exercises you can use at home
- We provide guidelines on how to talk to your doctor about lowering your dosage. Most doctors are open to trying medication reduction gradually if they feel it's being done responsibly. We suggest you discuss with your doctor having extra medication or a prescription on hand if needed. (This seldom happens, but it gives our clients peace of mind.)

**Learn more about neurofeedback at our free informational seminar**  
**Wednesday, June 13, 6-8 p.m.**  
 Call **561-744-7616** for details or visit  
**www.centerforbrain.com**

**Call Us Today!**

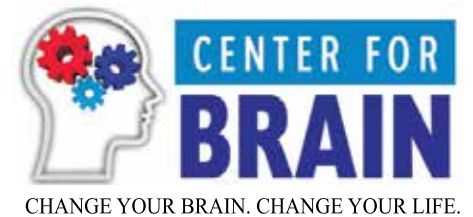
If you've been hoping to find a solution other than medication for anxiety or depression, I urge you to call us today for a **free consultation**. During this consultation I will determine what is appropriate for your unique situation.

If I think what we do at Center for Brain can make a difference I'll explain why and what's involved. We specialize in tools and support to assist you in feeling better and reducing or eliminating your reliance on medications. It is a much healthier long-term approach.



**Michael Cohen**  
 Director and Chief of Neurotechnology

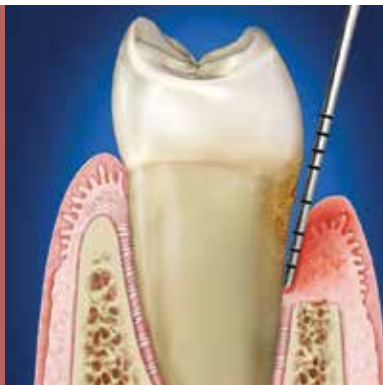
Michael Cohen is a leading expert in brain biofeedback. For over 20 years he's worked with clients, taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate into their practices new biofeedback technologies for chronic pain, anxiety and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



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# Saving My Teeth: Slowing Deep Pockets and Bone Loss

osing teeth is often listed as a fear many people have as they age. Periodontal disease (the progressive loss of gum and bone around teeth), a leading cause of tooth loss, impacts 1 in 2 adults over the age of 30. Much can be done to help retain our teeth, often with minimal to no discomfort. If our goal is to save our teeth, then slowing the progressive loss of jaw bone holding our teeth becomes critical. A simple understanding of the disease will allow us to make sense of the treatment options.



## BONE LOSS (PERIODONTAL DISEASE):

In simple terms, jawbone holds our teeth in place. If this bone deteriorates, teeth can become loose and ultimately be lost. The bone can be destroyed for a variety of reasons, but periodontal disease is a main factor. In health, the gums sit on top of the bone. In health, when the hygienist measures the space below the gum the depth is small (the gum is right next to the bone) In this silent disease, the bone below the gum line is destroyed leaving a deeper space between the gum and bone. This area allows aggressive bacteria to hide and cause further bone loss. Unfortunately, as the bone is destroyed and the depth increases, the area is not reachable when the hygienist attempts to clean the teeth (this includes a “deep scaling”). As this process continues, the teeth can eventually be lost.

## GOALS OF TREATMENT:

The clear-cut goal of periodontal treatment is to slow the progression of the bone loss. In order to do this, the deep space below the gum line must be minimized back to a small and cleanable level (we call this pocket reduction). If we can return this space to a small (healthy) one, the hygienist will be able to clean the area to its entire depth and help maintain it properly.

## TRADITIONAL TREATMENT:

An effective therapy for periodontal disease is called pocket reduction surgery. In its simplest form, the procedure involves opening the gums around the involved teeth. Now that the area and teeth are completely exposed, the area can be cleaned completely and any irregularities in the bone smoothed. The gums can then be closed and sutured. The key element is that when the gums are closed, they are sutured right next to the bone (not at its initial location). In essence, we minimized the deep pocket by lowering the gums down to the current level of the jawbone. Due to the

lowering of the gum, teeth can often seem longer as more of it is now exposed to the mouth. In some cases, bone graft material (or other agents) are used to help try and redevelop jaw bone. This treatment allows for both the minimizing of the deep pocket and the access for cleaning by you and your hygienist.

## LANAP (Laser Assisted Treatment):

Technological advances have allowed us to perform procedures in a much more comfortable manner with the same results. LANAP is the only FDA approved laser procedure documented to slow periodontal disease and regrow jawbone and supporting tissues. **The LANAP procedure does not utilize a scalpel, suture or bone grafts.**

The goal of the treatment is still the same, decrease the space between the gum and jawbone. In this case, rather than lowering the gumline closer to the bone and exposing more tooth, we are using the body’s healing to help grow tissues and bone back up toward the gumline. The laser has unique properties that allows it to sterilize the area and then help regrow our natural tissues.

Imagine a fractured arm. A clot forms and from that clot our body can redevelop bone, skin and all the supporting tissues. LANAP uses the same type of mechanism. Once the area is sterilized, a clot is formed allowing the opportunity for new bone and tissue to grow. Instead of cutting things away to shrink the deep pocket, we are allowing the clot under the gum to grow tissue and bone to help refill the deep space.

A full mouth evaluation with a complete set of current dental x-rays is needed to determine if you indeed have periodontal disease. A consultation with a periodontist can help determine what treatment options best suit your individual needs.



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

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



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

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

Dr. Cohen uses in-office, state of the art 3D 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.



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# Little-Known VA PENSION Can Be a LIFE-SAVER

Written By Thomas Gregory – U.S. Navy Veteran



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



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

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

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

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NYU, Emory and University of Florida Trained  
Clinical Associate Professor, Shands Hospital (UF)  
State Certified, IV & Oral Sedation  
LANAP (Laser Periodontal Therapy) Certified  
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|---|---|
| <ul style="list-style-type: none"> <li>Arm Pain</li> <li>Assymetr</li> <li>Bone Spurs</li> <li>Carpal Tunnel (Wrist)</li> <li>Canal Stenosis</li> <li>Decreased Motion</li> <li>Degenerated Joints</li> <li>Digestive Disorders</li> <li>Disc Herniations</li> <li>Dizziness (Vertigo)</li> <li>Dowager's Hump</li> <li>Fatigue</li> <li>Fibromy Algia</li> <li>Golfer's Elbow</li> </ul> | <ul style="list-style-type: none"> <li>Headaches</li> <li>Hearing Issues</li> <li>Itchiness</li> <li>Low Back Pain</li> <li>Mid Back pain</li> <li>Migraine Headaches</li> <li>Muscle Spasm</li> <li>Muscle Tensions</li> <li>Muscular Imbalance</li> <li>Neck Pain</li> <li>Numbness / Tingling</li> <li>Pinched Nerve</li> <li>Poor Posture</li> <li>Rotator Cuff Issues</li> </ul> |
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# Confidence

**“Without confidence, I would have quit a long time ago”**

– Robert Karlsson European PGA Tour Champion

**A**s I boarded my flight for the Czech Republic I couldn't help but think “what have I gotten myself into this time?”

I recalled how much fun it was playing miniature golf for the first time at Coney Island while growing up in NY. The only time on a real golf course was back in 1980 while cutting high school, riding in the passenger seat of Mark Tito's Ford Pinto, smoking weed while Mark drove on Indian Creek Country Clubs 10th fairway jumping sand traps at 70mph.

Here I was, caught in between fantasy and reality. I knew nothing about golf yet Robert Karlsson believed that I was the “Mental Coach” that could turn his game around. A European Tour Legend of 27 years, Robert was wrestling with retiring or making a decision that he had enough left in his bag to reinvent himself and play another year. After a number of breakthrough sessions, Robert

committed to staying on tour. Half way into the 2016 season, Robert invited me to come on tour and be on location for The Czech Masters Tournament and again the following week at The Made in Denmark Tournament.

After many years working with Entrepreneurs and Professional Athletes, there is one thing in common that each of those champions possessed. **CONFIDENCE**. Without confidence, failure is inevitable. **CONFIDENCE** isn't something that you can see, it is an attitude that you experience. **CONFIDENCE is the belief that you can do something without ever having the evidence or proof to back it up. It is the belief in one's self and one's ability in them self.**

Robert Karlsson had not finished in the Top 10 for over 2 years before The Czech Masters Tournament in 2016. Taking the turn on Sunday with 9 holes to

go Robert was one stroke off the lead in 2nd place. Unfortunately, three bogies in row on 10, 11, and 12 gave him a 7th place finish yet what a celebration for both of us. Our first tournament together and a Top 10 finish. I was a bit disappointed that we didn't win yet Robert was elated with his Top 10 outcome.

The following week in Denmark, Robert's fifth hole was a Par 3 from 90 yards. Instead of standing at the T-box to watch him hit, I walked over to the hole and joined the nearly 300 fans seated on the hill to watch the action. As Robert hit his wedge it headed just over the pin, spun backwards, and went right in for a hole-in-one. The crowd erupted with the loudest roar I had ever heard. As a fan, it was by far the most exciting moment I had ever experienced in any sport. As tears filled my eyes and my heart welled up with pride for my client, I realized 2 very important truths at that moment.

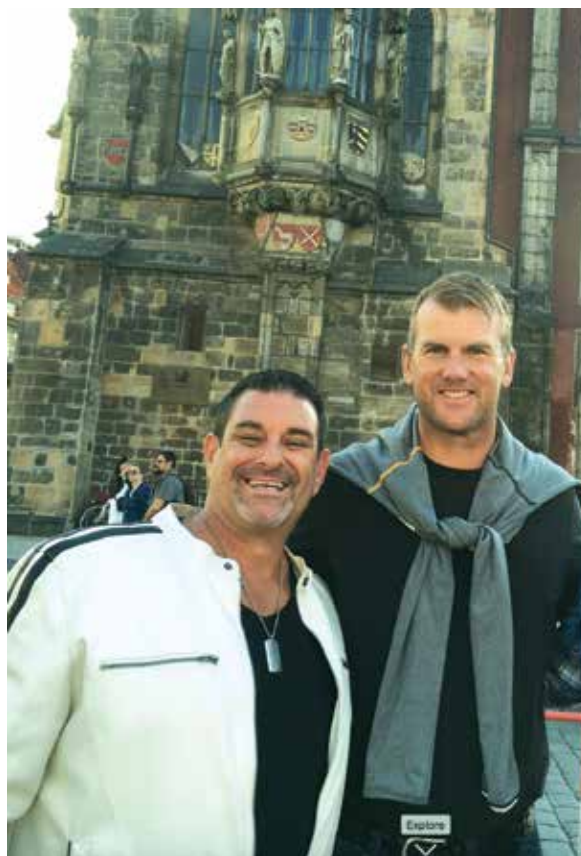
The first truth was that I had helped my client to regain his **Confidence** and put his career back on track. Here was a Golf Legend ready to retire months earlier and I was able to inspire him to see the greatness that still remained. The second truth was a bit more sobering and certainly humbling to say the least, and that truth was that Coach Marc, who knew nothing about golf, had enough **Confidence** in himself to inspire **Confidence** in a Golf Legend because I understood enough about renewing the mind and mental toughness! The bible says that in order to be transformed we must first renew our thoughts. (Romans 12:2)

*It takes just as much energy to lack **Confidence** and not believe as it does to have **Confidence** and believe in yourself.*

**ROBERT KARLSSON IS HAVING YET ANOTHER OUSTANDING YEAR IN THIS HIS 30TH YEAR ON TOUR.**



**BMW Championships Wentworth England  
Henrik Stenson photobomb**



**The Anatomical Clock Czech Republic**



**If you are struggling with your Self-Confidence, call Coach Marc today for your FREE 30-minute CONFIDENCE BOOSTING SESSION at 561.309.1334.**

# CBD OIL – Does it Really Work?



Florida Medical Marijuana Health Centers is known for their outstanding outcomes and care for their patients utilizing medical marijuana, but few people are aware, that their cutting-edge, integrative medicine practice also offers “non-marijuana” alternatives for patients wanting to treat various disorders. CBD oil is a leading therapy for treating symptoms and disease states without TCH and without a marijuana card.

There is a multitude of information online and on news outlets and documentaries touting the benefits of CBD oil (cannabidiol). So, how can you be sure of its health benefits? Let’s first detail the product a little further to put ease to any questions and concerns.

CBD oil is known to show beneficial results for seizures, neurodegenerative disorders, cancer, autoimmune diseases and other chronic ailments. What is CBD oil? Well, most of us have heard about the health advantages of Hemp or Marijuana, but the primary difference with CBD is that it has none of the psychoactive factors or intoxicating effects of cannabis. The THC level (the chemical that makes one high) is removed through an extraction process. In most cases CBD oil is primarily free of the mood altering components, this is especially the case with the Organic CBD oil used in Florida Medical Marijuana’s Health Center’s products.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) through intermingling directly with our cells. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial reactions in the body.

### • Brightens and tightens skin

Patients with seizures, cancer, chronic pain, and anxiety, just to name a few, are reporting incredible healing through CBD oil. 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 CBD, their words are profoundly clear—CBD oil works.

Recent studies have shown multiple health benefits of CBD in regards to fighting various types of cancer cells. It’s important to point out that the U.S. Food and Drug Administration has not approved cannabis treatment for cancer. However, as more studies show promising outcomes, their stance may change in the near future.

Florida Medical Marijuana has numerous products for you to choose from for many of your health and wellness needs. Because CBD is so highly publicized and at the forefront of media outlets and health debates, it’s important to understand the CBD oil difference. Not all CBD oil is the same. It’s critical to get the most efficacious tinctures of CBD as possible, and Florida Medical Marijuana Health Centers specifically distributes the highest quality CBD oil from an extensively regulated, reputable organization.

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

### TESTIMONIALS:

“My 13 year old, 80 pound, chow/lab mix had to be helped to stand because of arthritis in her rear hips. I bought the CBD oil from this establishment and one hour after the first dose she actually stood on her own. She is also walking up and down the steps on her own. It hasn’t turned her back into puppy status, but it sure has eased her pains. I started her on 7 drops, twice a day. Last week I upped it to 8 drops, twice a day. A 1 ounce bottle has lasted just over 2 months. Many thanks to the helpful, knowledgeable, and friendly staff at Florida Medical Marijuana Health Center for their excellent service and advice. Great place to go!”

“I had the best experience ever in front of me when I had my appointment with Fla medical marijuana health. Center The doctor was so concerning and helpful in making my decision on getting my card. I would recommend this health center to anyone. Great experience!”

“Professional service with informative doctor and staff to help make the process go smoothly. I would highly recommend to anyone considering a medical marijuana card. They also have great quality CBD products.”

“I have been with the Clinic since around September 2017 and I love these guys! They have helped me through the process to receive my MMJ card at an affordable price. I have even renewed there at my 6 months because the Medical Marijuana helps to relieve some of the pain I have due to a Tarlov Cyst 1.1cm on my S3. It helps with depression caused by the Cyst pain. The MMJ helps relieve some of the pain which allows me to be able to stand longer and walk better. I also suffer Wet AMD and take quarterly eye injections to prevent further blindness which is depressing too. I take it before receiving the shot which calms me. At night I use the Concentrate which improves my sleep. The clinic has an office lady named Stephanie that has helped me through issues when I was first certified. The owners have worked with changing their doctor that is much more understanding to patients needs. I will continue to use this place because I know I am taken care of!”

### RECENT STUDIES HAVE SHOWN MULTIPLE HEALTH BENEFITS OF CBD:

- Relieves pain
- Anti-inflammatory response
- Lessens nausea
- Reduces anxiety
- Reduces cognitive impairment
- Anti-tumor factors
- Cancer cell death
- Cancer cell growth inhibitor
- Reduces Seizures/anticonvulsant
- Anti-psychotic
- Improves sleep
- Fights viral infections
- Relaxes muscles
- Anti-muscle spasm mechanisms
- Reduces beta-amyloid plaque
- Promotes pet health and reduces anxiety
- Reduces skin inflammation



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# It's Time to Take Another Look at SPINAL DECOMPRESSION



One solution I can offer patients with low-back pain is spinal decompression.

**W**hen buying a car, you look for features such as comfort and looks. When buying a computer, you look for memory and speed. With decompression, you should do similar research to find machines that offer superior results, like The DRX9000.

Surprisingly, chiropractors did not invent decompression. It was developed by Allan Dyer, MD, a former Minister of Health from Ontario, Canada, who was already recognized as a pioneer in the development of the external cardiac defibrillator. He invented a treatment table for low-back disc problems that proved to be a revolutionary improvement in the treatment of low-back pain.

This new table was not available in the U.S. until the mid-1990s, when it gained FDA clearance. Dyer's work and research were later updated by Harvard professor and neurosurgeon C. Norman Shealy, MD, the father of the TENS unit.

## DEMONSTRATED EFFICACY

Decompression works, yet many insurance companies still will not reimburse because they deem decompression to be an investigational therapy, which it is not.

Dennis McClure, MD, a neurosurgeon who conducted a study that tested over 500 surgical candidates, found spinal decompression had a success rate between 86 and 92 percent a year post-treatment.

There have been numerous other studies done on spinal decompression. One of the first and largest was based on the data compiled by Gose,

Naguszewski, and Naguszewski, and published in 1998 in Neurological Research. In this study, data was collected from 22 medical centers on patients who received vertebral decompression therapy for low-back pain, and examined a total of 778 cases.

Decompression was successful in 71 percent of the 778 cases, "when success was defined as a reduction in pain to 0 or 1, on a 0 to 5 scale."

Shealy reported the following in the *American Journal of Pain Management* in April 1997, following a study comparing 14 patients who underwent traditional mechanical traction with 25 patients given spinal decompression: "The decompression system gave 'good' to 'excellent' relief in 86 percent of patients with ruptured intervertebral discs and 75 percent of those with facet arthroses." Furthermore, the researchers found that the computerized decompression table produced "consistent, reproducible, and measurable non-surgical decompression, demonstrated by radiology."

## AVOIDING SURGERY

"Having an operation to fix a back problem is costly both financially and in recovery time. But the jury is still out as to whether some of these procedures are worth it."

Michael Haak, MD, a spine specialist and orthopedic surgeon at Northwestern University's Feinberg School of Medicine, says, "You need to encourage [doctors and patients] to be aware of all the alternatives."

Do your homework on spinal decompression, and then make an educated decision.

## WHAT OUR PATIENTS HAVE TO SAY ABOUT DRX TREATMENTS

"Five years ago, I lifted a 40 lb. box. It was then that I felt a sharp pain in the lumbar area. Since then I've lived with constant low back pain. An MRI showed a ruptured lumbar disc. The only thing that helped was an epidural block, actually a series of three. The relief was short lived, about 2-3 weeks. When I saw a special on T.V. about the DRX 9000 machine and how the decompression therapy works, I requested more information to be mailed to me. All the information made sense. I will admit I was somewhat apprehensive and thought, is this too good to be true? The fact of the matter is that I'm totally pain free for about 3 weeks! This is a tremendous relief. I am so grateful for this noninvasive therapy and particularly my treating doctors. Their expertise was a large factor in how well I responded to this remarkable break through for patients with back pain." -B. Carol T.

"When I was walked into American Med-Care Center I had low back pain. I went to many doctors in the past and none of them helped. I went to pain clinics and it helped some. I had some numbness in my legs and feet. I had stiffness and some arthritis setting into my low back area. I saw the DRX 9000 on T.V. and decided to try it. The American Med-Care staff helped me every step of the way. Now I can bend and I can run like never before. The treatment helped me so I wouldn't be in pain anymore. I would recommend the DRX9000 to anyone that wants to try it out. I would like to thank the staff and Dr. Brian Reimer at American Med-Care Center for giving me my health back." -Karen B.

"After the treatments on the DRX9000 my back does feel stronger and more flexible. During the treatment the pain traveled away from my lower back. I want to thank the staff at American Med-Care Center for the patience, care, and kindness during the procedure." -Tuulikki H.

"Thank you to Dr. Reimer and his excellent staff! I have been a sufferer of lower back pain for approximately 12 years. I have tried physical therapy, acupuncture, epidural and nerve blocks. For the first time since my treatment with the DRX9000, I am pain and medication free. The entire staff, from the reception area to the doctors under Dr. Reimer, has been courteous, helpful and professional. Thank you for everything you achieved for me. -Steve S.

"I have had pain in my lower back for many years with little relief from cortisone and epidurals. However, the relief I have gotten from the DRX9000 has been outstanding! I have been able to work on my feet with hardly any problem at all. I have been able to walk with a little zip in my step. I'm very happy I took the time to try the DRX9000. Also, the care I have been given by the staff here at American Med-Care has been outstanding and I could not of asked for anything better." - Andrew M.



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**treatingyourbackpain.com**

# An Alternative to Pain Medications



**C**hronic 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.

**W**ith 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.

Laser Therapy is quick, painless and highly effective. The laser light's infiltration, an increase in ATP (Energy) and mitochondrial cell function, increases and produces the healing and stimulation of damaged tissues and nerves.

## 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 is often beneficial to co-treat severe cases of chronic and neuropathic pain by combining laser therapy and synergistic approaches. These are regularly sought after by patients to improve mobility, functionality and alleviate pain faster.

## 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.

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# For Your Convenience: The Return of Medical House Calls

**A**h, the good old days, when things were simpler, and life was somehow greener. We've all heard the stories about the way things were, but in our modern age, we are finally realizing that some of those values and conveniences are quite fitting for our futuristic lifestyle. One way, in particular, to bring back a nostalgic service is through "medical house calls."



Having medical care in the convenience of your own home is unparalleled when you need efficient care quickly. Doctors House Calls is on the cutting-edge of this highly sought after health treatment. Their in-home medical services are available in Martin, St. Lucie, Indian River, Palm Beach and Broward counties.

## WHAT DOES DOCTORS HOUSE CALLS OFFER?

Doctors House Calls is a full-service, comprehensive medical practice, which brings the doctor's office directly to you. Whether you live at home, in an Independent or assisted living facility, or a behavioral health unit, Doctors House Calls will treat you where you are.

From urgent care to chronic care management, Doctors House Calls does it all. They even coordinate with your primary care doctor's office or they can become your primary care provider. In either case, they make certain that your records and services are reviewed and updated. Doctors House Calls are experts at meeting your medical needs.

## DOCTORS HOUSE CALLS SERVICES

- Serve as your primary care provider, or communicate directly with your doctor
- Provide ongoing care for homebound patients
- Arrange for in-home X-rays, ultrasounds, EKGs and lab work
- Order any needed therapy, home health nursing or medical equipment
- Arrange for prescriptions to be delivered to a patient's door
- Provide Flu shot immunizations
- Treat Urgent care needs (but not emergency)
- Provide Flu shots, or other vaccinations at your convenience
- Provide cognitive, behavioral and memory therapy (Parkinson's, Dementia, etc.)
- Treat minor injury's (sprains, infections, nausea)
- Athletic/Sports Physicals

## Good News:

There is NO annual fee or contract. You can call Doctors House Calls anytime you need them, and they will be there to meet your accessibility. They accept Medicare, Medicare Supplements and commercial insurance (or fee by service).

The staff at Doctors House Calls is comprised of state-licensed physicians, physician assistants and nurse practitioners. All together, they have more than 100 years of combined experience in primary care. They will always provide you with the name and credentials of the medical professional who is providing your care.

Another superior difference about nostalgic services like those provided by Doctors House Calls is the patient satisfaction and the word of mouth recommendations.

## PATIENT TESTIMONIALS

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*"I wasn't feeling well and made the call to Doctors House Calls. They sent over the mobile lab unit right away. Thanks to Doctors House Calls for saving me a trip to the Emergency Room, and for great care."*

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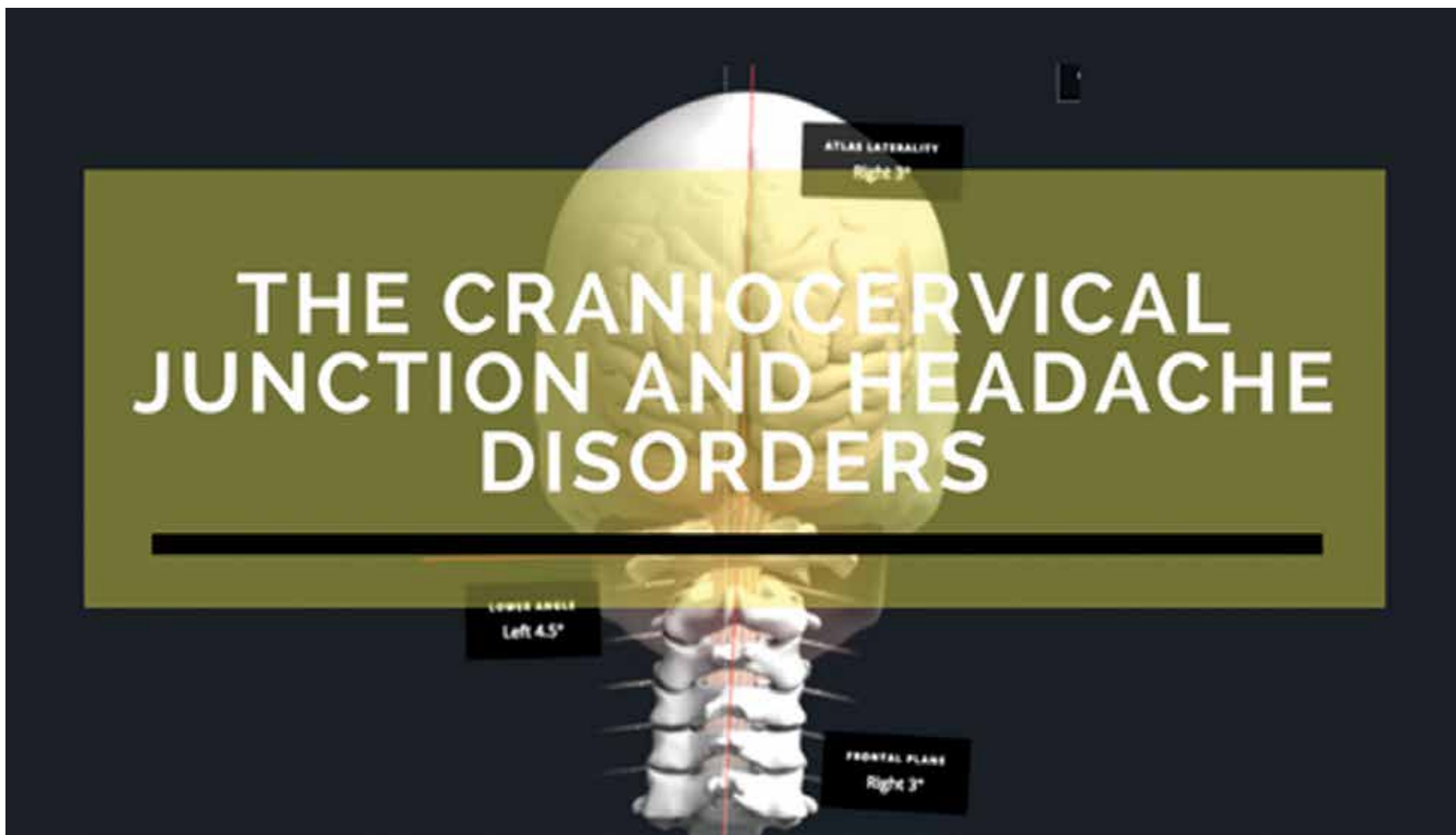
The return of the Medical House calls are not only convenient but extremely cost-effective, as well as provide a highly needed modernized approach to fill the void. Traditional medicine is inundated with busy, contagious waiting rooms, overcrowded imaging centers, tasking for the homebound to visit, and inconvenient wait times. Doctors House Calls is filling that void. No matter the time, or day, you can always reach a Doctors House Calls team member ready to assist you. To find out more, please call **(772) 781-2207**.



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By Dr. Jonathan Chung

- **Chronic headaches come in different types**
- **The neck and headache disorders**
- **The craniocervical junction, NUCCA, and migraines**

Headaches disorders are among the most common conditions that people seek treatment from a doctor. While most people will experience a headache of some form, there are those who develop chronic and repetitive bouts with headaches of different types.

Each headache has unique characteristics that help to make an effective diagnosis for effective treatment. However, when we look at the reality of a daily patient interaction, we see that people with these headache disorders can have traits that overlap. (Remember this point because this is something I'll come back to later)

That makes these headaches extremely burdensome on the patient, but it can also be challenging for a doctor or therapist to find effective solutions. The chronic use of medications has led to the emergence of medication overuse headaches as the third leading cause of chronic headaches in the United States.

Medication overuse headaches were once classified as rebound headaches because of the way headaches could come back with a vengeance after the pain-relieving effects of a medication wore off. It became re-classified in part due to the alarming number of patients showing a regression in their headache symptoms after prolonged and frequent use of medication. While the physiology of this disorder is widely unknown, it does show characteristics of physical dependency as seen with drug withdrawals.

As drug therapies become less effective for this subset of headache patients, there has become a growing need to identify non-pharmacologic strategies to help patients with headache disorders. For many of these patients, a possible solution might lie in the neck.

#### **THE NECK AND HEADACHE DISORDERS**

Headaches caused by a neck problem are usually classified as a subtype known as cervicogenic headaches. People with cervicogenic headaches are usually those with chronic headache along that is associated with neck pain, whiplash, or a resistance to most medications. Studies on chiropractic and cervicogenic headaches are mixed, but it is mostly

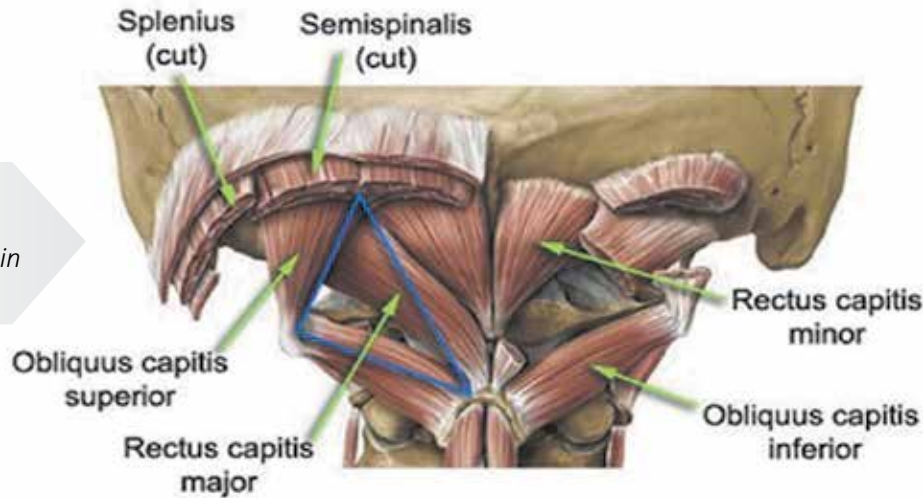
accepted that these types of headaches can be responsive to traditional spinal manipulation.

The study of these headaches has helped us understand the neurology behind head and neck pain in general. There's a lot of really sensitive anatomy in your neck. Structures ranging from the muscles, ligaments, joints, nerves, arteries, and nerves. Things like whiplash, concussion, and even sub-concussive head injuries can damage some of these structures causing pain receptors to fire into your brain stem.

That's where things can get a little bit screwy. The area in the brain stem that gets pain signals from the neck also receives pain signals from the head and face too! When nerve fibers from different parts of the body converge onto one location called the trigeminocervical nucleus (TVN), it allows for 2 things:

1. It allows dysfunction in what part of the body to be felt in other parts of the body. It's like when you have a pinched nerve in your back but you feel it in your leg, or when someone has a heart attack, they may feel it in their left arm.

The muscles in the deep part of the neck have been implicated in headache disorders



2. It allows the opportunity for treatments in one part of the body to have the ability to reduce pain in other areas. i.e – targeting TMJ and the neck to help with head pain

### BUT WHAT ABOUT NEUROVASCULAR HEADACHES LIKE MIGRAINE?

Neurovascular headaches are those attributed to problems in the blood vessels in the head or brain. Migraine and cluster headaches are the main classes of chronic neurovascular headaches.

From a basic science standpoint, the neck still seems to be a problem area for migraine patients. We also know that patients with migraine also tend to have overlapping pain in parts of their neck too. However, from a clinical research standpoint, most studies on treating the neck in migraine patients have been underwhelming.

Findings like these challenge my beliefs because while I know the research says that treating the neck is not likely going to get you far, the results in my practice seem to dispute that.

### THE CRANIALCERVICAL JUNCTION AND HEADACHES

As an office focused on upper cervical chiropractic, we often see headache patients who have chronic and treatment resistant headaches. They've usually been through multiple rounds of different medications and have bounced around through various specialists from renowned neurologists, to local chiropractors.

Despite seeing these patients with significant challenges, our success rate in chronic migraine headache is pretty high. About 85% of our patients with a primary complaint of migraine headache reported a favorable outcome after 8 weeks on a progress exam.

Of course I wish everyone got better, and I spend a lot of time reading and going to seminars trying to get answers for the other 15%. We just have a high degree of confidence that even some of the most challenging headache cases seem to do well when we address the upper neck.

### IF SO MANY PEOPLE GET RELIEF IN OUR OFFICE, BUT CLINICAL TRIALS ON CHIROPRACTIC SHOW LIMITED EFFECT, THEN WHAT GIVES?

The big thing is that I don't practice the same way that most chiropractors practice. Our office uses precise x-rays of the top of the neck called the craniocervical junction and we use very low-force techniques like the NUCCA procedure to address the neck. We also take pre and post x-rays to verify that we've changed the way the head sits on top of the neck.

- Maybe previous chiropractic studies didn't use techniques that accurately identified the problem area in the spine?
- Maybe the way the spine was manipulated was not well suited to the specific patients?
- Maybe the adjustments used didn't actually show a structural change in the craniocervical region? It's hard to say.

However, a small 2015 study on patients suffering from chronic migraine headaches showed that the correction of the atlas vertebra using precise upper cervical methods showed a reduction in headache days and high patient satisfaction.

Obviously we can't generalize these findings to every migraine patient because there was no control group and migraine studies have a high rate of placebo, but this is clearly something worth studying more.

### IS IT WORTH IT?

So I can't tell someone if getting their atlas corrected is going to be worth it. For many people, the prospect of having far fewer headaches is worth any price. For others, you may have become so used to having headaches that you have learned to live with it and don't mind the pain.

What I can say is that getting the atlas corrected through the NUCCA procedure is a really safe way to address some of the real anatomical and physiologic causes of many headaches.

The only things I can say for sure are this:

1. If your atlas is a major cause or contributor to your headache syndrome, we'll know it pretty quickly as you will likely respond to this within a few weeks.
2. We will do everything in our power to help you find solutions to this disabling secondary condition, even if it means we have to refer you to another provider that is better equipped to help.

**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](http://chiropractorwellington.com/blog)



How I imagine Brad Pitt would react if he had chronic migraines and didn't anymore



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



**S**IMPLY 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. Peyronie's disease is defined as relating to symptoms. Peyronie's 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!





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# How Doctors Choose Surgeons

By David A. Goldman MD

**W**hen it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a “renowned” surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Brent Myers

## You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

**PHYSICALLY.** Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

**EMOTIONALLY.** Sleep and stress have similar effects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

**MENTALLY.** Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

### *His Model*

“By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he **CHOSE** to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

### *His Command*

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).

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

*-Pamela Klein, Patient & Lung Cancer Survivor*

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