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August 2018

North Palm Beach Edition - Monthly



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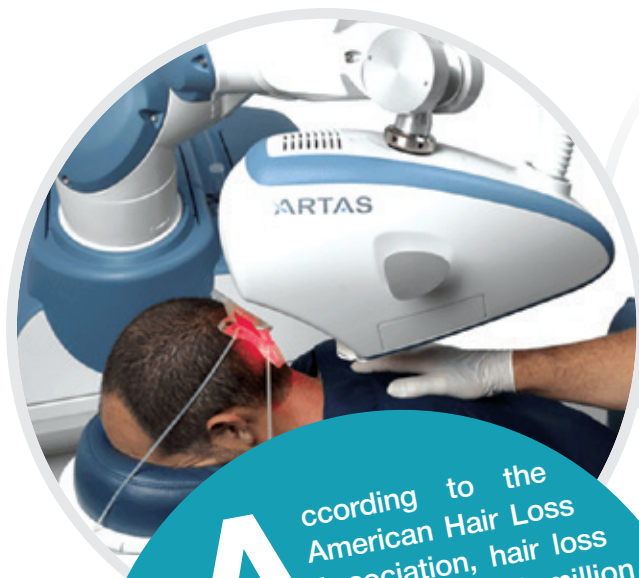
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Detecting and Treating HAIR LOSS

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



According to the American Hair Loss Association, hair loss afflicts over 50 million men and 30 million women in the U.S. and consumers spend over \$3.5 billion per year on treatments – much of which is often wasted. But the good news is, thanks to advancements made in both treatment regimens and improved technologies for both men and women, hair loss is certainly a treatable condition.

Since AUGUST IS NATIONAL HAIR LOSS AWARENESS MONTH, it's a good opportunity for all of us – men and women, old and young – to learn more about the early signs of unwanted hair loss and the effective treatment options available.

Spotting the Warning Signs

A common mistake with detecting hair loss is to rely on the “mirror test” before taking action. That is, most people wait until their hair loss becomes readily noticeable – perhaps it's diffuse thinning up top for men and women, or a receding hairline. However, relying on this type of visual cue puts you at a disadvantage because by the time hair loss is visible half of your hair in that area may be already gone.

Some people think that a better way to check for early signs of hair loss is to examine how much hair is being

shed each day. This also can be tricky because a typical healthy head of hair will lose approximately 100 hair strands per day due to the natural cycling of hair follicles on and off. If you're noticing an excessive number of hairs on the pillow in the morning, at the bottom of the shower or in the comb, you may be in the active stages of hereditary hair loss. What's tricky about that? Well, excessive shedding doesn't always mean you have male or female pattern hair loss—it could be a sign of an underlying health problem or even a scalp issue, which results in temporary shedding of hair called *telogen effluvium*.

Further, patients put themselves at another disadvantage when they tell themselves that their hair loss has stopped. Studies show us that left untreated, hair loss will always get worse over time even though visually it appears to have stopped.

For these reasons, it is important to schedule a visit with an experienced, board-certified hair restoration physician when these symptoms are observed. He or she will be able to run the proper tests to determine the true cause of your hair loss, determine what types of treatments might be needed and run tests to help predict the likelihood of future hair loss.

Taking Action

Once the cause of the hair loss has been determined, an effective treatment plan can be developed. Today, there are a variety of effective treatment options available for both men and women, including:

- **Minimally Invasive “FUE” Hair Transplantation:** No-scalpel/no-stitch Follicular Unit Extraction techniques using devices like SmartGraft FUE, NeoGraft FUE and ARTAS Robotic-Assisted FUE transplants can undetectably restore density in severely depleted areas of scalp using as little as a single hair follicle at a time, while leaving no linear scar and reducing the discomfort and downtime common with old-style procedures.

- **3D Printed Hair Systems:** For patients who are not candidates for hair transplantation due to autoimmune alopecias, injury or chemotherapy, a non-surgical medical-grade hair prosthesis called *CNC* can be an effective short- or long-term option.

- **Advanced Platelet Rich Plasma Therapy or PRP:** Also called “Vampire” PRP uses your own blood platelets, which is naturally enhanced to boost the number of platelets and key growth factors. It is then comfortably applied into the scalp, where it revives dying follicles and enhances weakened hair. The use of special ECMs or Extracellular Matrix enhances and prolongs the effect, so you don't need treatments as frequently.

- **Compounded Formula 82M:** Aside from the generic and brand-name Rogaine you find on the shelf at every pharmacy, a growing number of off-label, customized, compounded versions of the medication, like *Formula 82M*, can be obtained with a doctor's prescription. These compounded versions cost more, but offer a dramatic improvement in usability and strength compared to the over-the-counter brands.

- **Low Level Laser Therapy:** FDA cleared low-level lasers are a key weapon in the battle against thinning. These hair growth lasers are now available in laser-embedded ball caps like *CapillusRX 312*, which offer a quick effective, discreet, hands-free, side effect-free treatment to the scalp in as little as six minutes per day.



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

• **Nutritionals & Nutraceuticals:** Hair care also comes in pill form. Hair vitamins and supplements, like Viviscal Pro, Nutrafol and “SuperBiotin” can help your hair become shinier, fuller and stronger.

• **Genetic Testing:** Genetic tests like *HairDX* can accurately predict your risk of hair loss later in life, as well as if you’ll benefit from certain treatments like finasteride.

• **Tracking Hair Loss and Recovery:** An advanced hair loss measurement tool known as *HairCheck* accurately determines the amount and quality of hair growing in a given area of the scalp. This is an effective way to gauge the severity of the your hair loss early on, and how well you are responding to restorative treatments in the critical time *before* the results are noticeable to the naked eye.

• **Scalp Makeover™:** New “Scalp Makeovers” are available to treat oily, dry, itching or flaking scalp as well as hair breakage, thinning and more. It’s sort of like a high-tech facial for the scalp. Evaluations start with a detailed scientific “Trico-Test,” and bespoke treatments range from sebum-regulating topical serums to scalp steaming and massage, moisturizing lotions and hair boosting dermal patches.

For more information about the causes and treatments for hair loss, visit <http://www.baumanmedical.com> or call **1-877-BAUMAN-9** or **561-394-0024**.



Female before and 12 months after laser therapy with a portable, hands-free laser device

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!

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Tips on Finding a Hair Restoration Physician

- A Hair Restoration Physician is a doctor who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and its treatment.
- Look for physicians who are board-certified by the American Board of Hair Restoration Surgery (ABHRS), accepted members of the International Alliance of Hair Restoration Surgeons (IAHRS), recommended by the American Hair Loss Association and who have achieved elite Fellow status with the International Society of Hair Restoration Surgery (FISHRS).
- Seek out a full-time hair expert, not a doctor who is a “jack of all trades.”
- Due to the limited number of board-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and take advantage of Virtual Consultations.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after photos and references, and, most importantly, ask questions. Get a second opinion if things don't “feel right.”
- Medical doctors who do not specialize in hair restoration (general practitioners, cosmetic and plastic surgeons, dermatologists, etc.) may not be up to date on the latest evaluation and treatment methods and hair transplant techniques. This can lead to delays in diagnosis, subpar treatment results and, in some cases, complications.

TOP 10 QUESTIONS men want to know about Testosterone Replacement Therapy



1. What is hypogonadism? Testosterone is produced by Leydig cells in the testes, in response to luteinizing hormone produced by the pituitary gland. Decreased production of testosterone by testes in men is characterized as hypogonadism, which is classified as primary, secondary, or mixed. Primary hypogonadism is failure of the testes to produce sufficient testosterone, whereas secondary hypogonadism is caused by decreased production of luteinizing hormone.

2. What are the signs and symptoms of low testosterone? There are many physical and mental signs of low testosterone, many of which include: Low energy, decreased sense of vitality or sense of well-being, diminished muscle mass and strength, depressed mood, decrease in stamina, increased body fat, decrease in mental clarity and focus, low sex drive, decreased or absent morning erections, diminished work or physical performance, etc.

3. Is Testosterone Replacement Therapy right for everyone? Not every patient with low serum testosterone levels is a candidate for therapy. A detailed history and physical is required to evaluate for any absolute/relative contraindications of therapy which include but not limited to breast cancer, polycythemia (hematocrit >54%), prostate cancer, PSA > 4ng per mL, etc.

4. How will Testosterone Replacement Therapy help me? Many of our patients begin to start experiencing positive results within the first 6 weeks of therapy, specifically with regards to improvements in mental clarity, focus, mood and libido. Improvements in sexual/erectile function soon follow within the first 12 weeks of therapy.

5. What is considered a normal testosterone level? This is an excellent question as it is dependent upon the laboratory where your sample has been tested as each lab has different methodologies of analysis and hence specific parameters. Most experts agree that the goal serum testosterone level “should be in the midnormal range (i.e., 400-700 ng per dL); As literature states, testosterone levels begin to decline around 30-40 years of age and they go onto saying that by 80 years of age, more than 50% of men will have testosterone levels in the low range (using a reference range defined by nonobese, healthy men YOUNGER than 40 years).

6. Are there any risks associated with Testosterone Replacement Therapy? Like every medication, there

can be side effects with taking testosterone. Some possible risks include rising prostate-specific antigen levels, worsening lower urinary tract symptoms, polycythemia, and increased risk of venous thromboembolism.

7. What is the role of Human Chorionic Gonadotropin (HcG) with Testosterone Replacement Therapy? HcG when used in conjunction with Testosterone Replacement Therapy promotes weight loss but also assists in maintaining testicular volume by continuing to promote the natural testosterone production of the testes.

8. How should male patients be monitored while being on Testosterone Replacement Therapy? Patients receiving testosterone therapy should be monitored to ensure testosterone levels rise appropriately, clinical improvement occurs, and no complications develop. Throughout the therapy patients may also need to routinely check PSA, Estradiol, CBC and Iron levels.

9. What are the different types of Testosterone Replacement Therapy? WellingtonMD offers (2) forms of therapy to help manage symptoms of Low Testosterone.

(1) TRT also known as Testosterone Replacement Therapy consist of injections of testosterone.

(2) THRT also known as Total Hormone Replacement Therapy includes testosterone, HcG, and Anastrozole which if indicated is the preferred therapy where all hormone levels are maintained at an balanced level.

10. What is the cost of Testosterone Replacement Therapy? The expected cost will differ from one center to another, however patients of WellingtonMD can expect to see the average cost of treatment to be approximately \$50 a week.

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

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Recommended Cancer Screening Tests

Skin Cancer: Screening for skin cancer involves checking your skin and moles for changes, for these could be signs of cancer. An annual skin check by a dermatologist or your regular physician is especially recommended for those with a family history of skin cancer.

Breast Cancer: In addition to monthly self-examinations, the American Cancer Society (ACS) recommends that all women 40 years of age and older should have annual screening mammograms. Talk to your doctor about what is right for you based on your family health history and your risk factors.

Colorectal Cancer: Colonoscopy screenings for colorectal cancer should start at age 50 and be done every 10 years unless recommended more often by your doctor, up until age 75. This type of screening can detect cancer early, and in many cases, can prevent cancer from developing. Colonoscopies can help identify and allow for the removal of polyps (abnormal, precancerous growths within the colon).

Lung Cancer: Low Dose CT scanning is recommended for some people who are at a higher risk for lung cancer. This group includes adults ages 55 to 80 who have a 30 pack-year smoking history, and who currently smoke or have quit smoking within the past 15 years. To determine a pack-year score, multiply the number of packs smoked per day by the number of years smoked. For example, if you smoked two packs per day for 20 years, your pack-year score would be 40.

Oral Cancer: Screening for oral cavity and oropharyngeal cancer can be done during a routine check-up by a dentist or medical doctor. The exam includes looking for lesions or abnormal looking areas in the mouth and throat. 75% of all head and neck cancers begin in the oral cavity.



Prostate Cancer: The PSA test is used to screen men for prostate cancer. It is important to talk with your doctor about the risks and potential benefits of this test based on your personal and family history.

Cervical Cancer: An annual Pap test is advised for all women ages 21 and older. Women ages 21 to 29 should have a Pap test every three years. Starting at age 30, ACS recommends a Pap test combined with human papillomavirus (HPV) testing every five years. Testing should continue until the age of 65.

A Vaccine that Prevents Cancer

According to the Centers for Disease Control (CDC), all children ages 11 to 12 years old should be vaccinated against the human papillomavirus, which causes several types of cancer including:

- cancers of the cervix, vagina, and vulva in women
- cancers of the penis in men
- cancers of the anus and back of the throat, including the base of the tongue and tonsils (oropharynx) in both women and men

HPV vaccine protects against the majority of these cancers caused by HPV infection. While most people with HPV never develop symptoms or health problems and the vast majority of HPV infections go away by themselves within two years, some HPV infections last longer and can cause certain cancers and other diseases. Getting your child vaccinated before they become sexually active can prevent over 90% of these cancers.

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 across the state, both large and small. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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



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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.mdbautylabs.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 and array of anti-aging, functional medicine, cosmetic and laser therapies.

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



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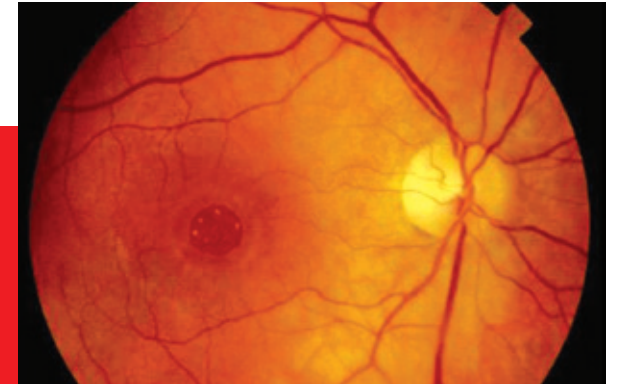
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Macular Hole

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

Macular hole is when a tear or opening forms in your macula. As the hole forms, things in your central vision will look blurry, wavy or distorted. As the hole grows, a dark or blind spot appears in your central vision. A macular hole does not affect your peripheral (side) vision.



WHAT CAUSES A MACULAR HOLE?

Age is the most common cause of macular hole. As you get older, the vitreous begins to shrink and pull away from the retina. Usually the vitreous pulls away with no problems. But sometimes the vitreous can stick to the retina. This causes the macula to stretch and a hole to form.

Sometimes a macular hole can form when the macula swells from other eye disease. Or it can be caused by an eye injury.

MACULAR HOLE DIAGNOSIS

Your ophthalmologist will put drops in your eye to dilate (widen) your pupil. This allows him or her to look through a special lens at the inside of your eye. Then he or she will take pictures of your eye using optical coherence tomography (OCT). With OCT, a machine scans the back of your eye. This provides very detailed pictures of the retina and macula. Your ophthalmologist studies these pictures to check for problems.

MACULAR HOLE TREATMENT

Surgery called vitrectomy is the best way to treat a macular hole. Your ophthalmologist removes the vitreous that is pulling on your macula. Then he or she puts a gas bubble or Silicone Oil inside the eye. This bubble or oil helps flatten the macular hole and hold it in place while your eye heals. The gas bubble slowly goes away on its own but silicone oil requires a second surgery to be removed.

Things to know about

Vitrectomy surgery for macular hole:

- Your eye may hurt after surgery. Your surgeon will have you take medicine to help with pain.
- You will need to wear an eye patch for a short time. You also will need to put drops in your eye.
- You cannot fly in an airplane until the gas bubble is gone. This is because going up quickly in altitude can make eye pressure rise. That can cause

problems with the bubble. If you have the oil there are no restrictions.

- If you need to have any other type of surgery, be sure to tell your doctor before surgery that you have a gas bubble in your eye.
- Your vision will improve as the macular hole closes. It may take several months for the hole to finish healing. How much vision you get back depends on the size of your macular hole. It also depends on how long the hole was there before you had surgery.



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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BRING A COMPANION TO YOUR HEARING EVALUATION

By: Dana Luzon Coveney, Au.D, FAAA
Board Certified Doctor of Audiology



As an audiologist, it is my job not only to diagnose a hearing problem, but to figure out what are the biggest struggles each patient has in their everyday life. Hearing loss is often very gradual and hard for a patient to recognize when it starts. When it comes to a hearing loss, most of the time it is a spouse, friend, or loved one who notices the problems in the first place. During a consultation with a patient, I aim to discover what are their biggest communication requirements and who is the person they struggle to hear the most. Having that person with you during the consultation process is really important. We address not only the patient's hearing concerns, but the companions concern as well.

Most of the time we find that the hearing loss affects the patient's AND the companion's quality of life and I want to make sure to answer everyone's questions during the consultation appointment. I ask questions about the patient's listening lifestyles and main goals for improvements in their everyday situations. As an AudigyCertified Audiologist, I spend a lot of time making sure the patient and companion are heard and that all of the questions and concerns they are thinking about have been answered.

If treatment with hearing devices is recommended during the consultation, realistic expectations are discussed with both the patient and the companion. Often times, I find that patients or loved ones think the hearing devices will cure the hearing problem. In reality, hearing aids have specific limitations when it comes to hearing "normally" and there are specific distance limitations as well. I counsel both the patient and companion that hearing devices work their best when you are communicating face to face at a

3-6 foot distance and they do not pick up speech clearly through walls or from different rooms. I go over so much information during the consultation the companion also acts as a second set of ears to pick up what their loved one may have missed.

Once the patient has been fit with their hearing devices, I use a program called Live Speech Mapping to verify the devices are picking up their companion's speech at a soft and conversational level to ensure an optimal hearing experience. It takes a team to help you achieve better hearing, having a companion with you during the process is what will help get the best results. If you feel you or a loved one are experiencing hearing difficulty, schedule an appointment today and let us be your home for hearing healthcare!



*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.

**LOSE WEIGHT, REDUCE STRESS,
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Missing Teeth Has Made Chewing More Difficult- What Can Be Done?

Frequently patients come into our office complaining of difficulty chewing. I am not referring to painful chewing, but difficulty due to missing teeth. Unfortunately, patients often look at their teeth in a very different fashion than the rest of their body. Many patients will have teeth removed without replacing them, with the thought that there are many more in the mouth that can be used to chew. These patients often will allow this to occur with multiple teeth which ultimately leads to problems with chewing or speech.

What Occurs:

As teeth are removed or lost, a number of issues can occur over time. Research has demonstrated that approximately 25% of the jaw bone in the area can be lost within the first year of tooth removal. This loss will likely continue at a slower rate indefinitely. This change in bone structure might impact the neighboring teeth on either side causing bone loss (and support loss) to these teeth as well.

Remaining teeth can shift over time due to the loss of teeth and supporting bone structure. This shifting can change the way you bite. In fact, if you remove a tooth but still have an opposing tooth (i.e.—remove an upper molar while still having the lower molar below), it is possible that this tooth will grow out of the bone (as if it were trying to reach to contact something).

Any of these issues can significantly alter the way we chew, speak or look.

What Can Be Done Right Away:

Addressing the loss of teeth can be done a number of ways. One of the most important things to consider immediately is having your surgeon place a bone graft (typically a powder) in the area the tooth or teeth are being removed at the time of the procedure. The placement of this graft can help slow or prevent bone loss in the area. In addition, it may help preserve the jaw bone for future tooth replacement options such as a dental implant. This grafting can often be performed at the same time tooth replacement procedures such as dental implants are being performed.

Options:

A variety of options exist when considering tooth replacement. Some patients opt for a removable denture. This device can fill in the spaces where a missing tooth or teeth are located. A removable denture typically is composed of acrylic (or another material) and may have clasps that attach it to remaining teeth. This appliance is taken in and out of the mouth. In some situations, the denture may move when speaking or chewing as it is not truly locked into place.



Crowns and bridges are another option to help replace missing teeth. In this case, the remaining teeth in the area can be prepared for a crown (AKA a “cap”). Often times, multiple teeth can be crowned and connected. A common example is a 3 Unit Bridge. Here the teeth on either side of the missing tooth space are prepared for a crown. When the laboratory creates the 3 crowns, they are all connected in a row. The middle tooth is actually a fake tooth that is supported on either side by the crowns resting on tooth roots. This treatment can be very successful, but does have some downsides. If the neighboring teeth are weak, already have restorations or are clean and healthy, then using them as support for a bridge may not be ideal.

Another common treatment option is dental implants. The implants (also known as root replacements) can be placed in the site where your original tooth root lived. The implants are left to heal for a number of months while the bone fuses to them. This fusion typically occurs with a 97% success rate. Once the implant has fused, your dentist can proceed to make a crown that will be seated on it. This is often the treatment that most closely resembles the function of your original tooth. Bone quality and quantity are critical to implant success. Research has shown implants may remain in place for the rest of your life. Although you cannot get a cavity on a dental implant (it is made of titanium), you can lose bone around the implant just like you can around a tooth root. A 3D CT scan can help determine if you are a good candidate for dental implant therapy.

Removing teeth without considering replacement may lead to significant problems and jaw bone loss. A number of options to replace teeth exist. Discussing your specific desires with your dentist and surgeon may help provide you with the most ideal long term plan.

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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SUPER FOODS FOR A NUTRITIOUS DIET

The health community has long praised the benefits of vitamins and nutrients derived from natural sources. For those looking to improve their health or take preventative measures, these 10 natural super foods can be incorporated into your daily diet to help support your health:

Green Tea – Armed with a special type of antioxidants called polyphenols, green tea can decrease plaque formed in the arteries and can fight prostate cancer.

Rosemary – Studies have shown this powerful spice can reduce the risk of stroke, as well as protect against Alzheimer’s disease.

Almonds – Full of plant sterols and amino acids, almonds can help lower high cholesterol and promote muscle growth. These handheld treats are also rich in vitamin E, which can protect skin from sun damage.

Fatty Fish – Rich in omega-3 fatty acids, fatty fish such as salmon, flounder and sardines can lower the risk of heart disease.

Bananas – This easy, portable snack is loaded with essential potassium, which regulates the nervous system. Bananas also offer loads of vitamin B-6, which aids immunity and metabolism.

Whole Grains – These powerful body defenders have been known to boost immunity, protect against various cancers and reduce cholesterol.

Eggs – These energy-packed breakfast favorites contain a special type of protein that helps build muscle strength more than other proteins. When compared to other breakfast foods, eggs can also keep you feeling fuller longer with fewer calories and fat.

Spinach – Chock-full of magnesium, potassium and various vitamins and nutrients, spinach can prevent clogged arteries and protect against prostate and colon cancers.

Soy – This protein-packed food contains isoflavones, which can aid in treatment and prevention of prostate cancer. Also, research from the Food and Drug Administration shows that 25 grams per day can help lessen the risk of heart disease.

Dark Chocolate – Satisfy your sweet tooth and improve blood flow to the brain at the same time. Dark chocolate can also lower blood pressure and increase skin’s resistance to UV rays.

Find more health-conscious tips at eLivingToday.com.

Source: eLivingToday.com



Tackling ADHD and Processing Issues

Without Medication

By Mike Cohen, Director and Chief of Neurotechnology



Here's a statement that might surprise you.

Not everyone who fidgets, has trouble paying attention or struggles at work or school has ADHD. In fact, *50 percent of people wearing this label also have a processing issue* that might have been overlooked – something I see regularly in my practice.

This incomplete diagnosis is why many children do poorly in school and many adults do poorly at work, despite being intelligent. Many attention problems are a byproduct of processing issues that frustrate the child or young adult and cause them to act out or have trouble staying focused.

Just because someone responds positively to stimulant medication doesn't mean an ADHD diagnosis is correct. Stimulant medications improve focus for just about anyone – even people without ADHD. However, medications can't overcome processing and learning issues – and they don't teach a person how to pay better attention.

No one wants to medicate their child or take medication, so what can you do? How can you find out what's really going on?

At Center for Brain we have a way to put an end to the guessing game: Does my child – or do I – really have ADHD – or is there something else going on?

STEP ONE: The Brain Map

We first conduct a brain map, called a connectivity map, at our Jupiter office, created from a specialized EEG. The raw data are processed for a report which we review in depth with the parents or client.

The map has three major benefits: (1) It can reveal whether you or your child truly has ADHD or something else, such as a processing issue (or a combination of the two); (2) it identifies specific areas of the brain that are poorly connected or poorly organized and likely to be impacting the ability to process information and; (3) it enables us to more precisely target the appropriate treatment areas.

(People frequently exclaim that this report describes their behavior and struggles, or those of their child, perfectly).

STEP TWO: Once the map reveals the cause of the attention, behavior, learning or processing problem, we customize an advanced neurofeedback program to train the brain.

Remember that attention, learning and processing problems are brain issues, not a lack of desire or ability to do well.

Neurofeedback technology is used to promote changes in the way neurons in the brain fire. A new type of neurofeedback called MCT (multivariate coherence training) is even more effective than traditional neurofeedback. MCT was co-developed by Dr. Robert Coben*. It hyper-targets and gently encourages those connections to improve, often doing so surprisingly fast.

Step 2 involves 15 sessions of MCT neurofeedback training, typically two or three sessions per week, targeted to the specific brain connectivity issues identified from analysis of the brain map.

STEP THREE: Re-evaluate changes, assess progress

After 15 neurofeedback sessions, we conduct a second brain map to see where physical changes have occurred and to summarize client feedback. We identify areas, if any, that may need additional training.

WHY THIS SYSTEM WORKS

Research shows that there must be functional connections between key areas of the brain in order for attention and learning to take place easily. Without them, attention and certain types of learning become a nightmare and an enormous frustration.

Malfunctioning connections can result in issues with attention, dyslexia and other reading problems, dyscalculia (difficulty with math) and/or processing problems. Furthermore, the resulting frustration can often look like ADHD.

In one study, children treated twice a week for 20 sessions with individually-tailored neurofeedback based on a connectivity map enhanced their reading scores an average of 1.2 grade levels! The control group showed no improvement.



We know you have a lot of questions. That's why we offer a free, no-obligation consultation.

Once we have met you or your child and understand the situation better, we can discuss whether this new technology is a good treatment option. At the very least, with a connectivity map you'll have a much clearer idea of what's really happening.

To learn more or to book an appointment, call us at **(561)744-7616**.

ABOUT CENTER FOR BRAIN

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

Learn more about neurofeedback at our free informational seminar

Wednesday, August 22, 6-8 p.m.

Call **561-744-7616** for details or visit

www.centerforbrain.com



Michael Cohen, Director and Chief of Neurotechnology

Mike is one of the leading experts in brain biofeedback. For more than 20 years he has helped children and adults feel better who suffer with a wide range of problems including ADHD, anxiety, insomnia, and learning and processing issues. He has taught neurofeedback to over 2,000 healthcare professionals, including medical doctors, all over the U.S. and the world.

***Robert Coben, Ph.D.**, is developer of the application of the connectivity map to learning and processing issues. He is Director and Chief Neuropsychologist of NeuroRehabilitation and Neuropsychological Services at Integrated Neuroscience Services in Fayetteville, Arkansas. He's also an affiliated researcher of New York University Medical Center.

SUCCESS STORIES

A 13-year-old boy who had been diagnosed with ADHD began doing his homework by himself - and without reminders – after undergoing 15 sessions of MCT neurofeedback. He had required one-on-one homework assistance for years from his mother.

An 18-year-old man dropped out of high school after being fed up over years of academic failure. He began playing video games all day in his bedroom at his parents' house and wouldn't work. A brain map revealed a learning disability affecting his ability to process information. After 5 MCT sessions he became more communicative with his parents. After 10 sessions he decided to look for a job. After 15 sessions he secured an entry level job and was handling it well.

One 8-year-old girl with attention problems and severe learning disabilities had a severe dislike for math and reading. After seven sessions she started doing math for fun. After 10 sessions she began reading for pleasure. Her mother even discovered her in bed one night with a flashlight reading under the covers!



CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

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Revolutionary New Treatment For Erectile Dysfunction And Peyronie's Disease



SIMPLY MEN'S HEALTH is the leader in Men's Sexual Health and a pioneer in the field of regenerative medicine. Simply Men's Health was the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men's sexual health by introducing the state-of-the-art RejuvaEnhancement® Procedure to help reverse the inevitable aging process and treat ED and Peyronie's Disease. Peyronies disease is defined as relating to symptoms. Peyronies is a build up of scar tissue in the penis that causes a curvature or bend in the erected penis. This disorder typically causes a great deal of pain during intercourse

INSTEAD OF MEDICATING — CURE WITH REJUVAWAVE®

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



RejuvaWAVE® only available at Simply Men's Health

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

IS REJUVAWAVE® SAFE?

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

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

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

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

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

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

SIMPLY MEN'S HEALTH REJUVAENHANCEMENT® PROCEDURE?

The RejuvaEnhancement® Procedure combines growth factors and stem cells from your own blood with live, cryogenically-preserved, pluripotent stem cells and growth factors derived from human placentas and amniotic. The amniotic allograft contains over 75 growth factors, cytokines, collagen, and stem cell activators which call the body's own stem cells. In addition, the

cryogenically-preserved allograft contains LIVE PLURIPOTENT stem cells and fibroblasts which promotes cell repair and tissue regeneration to help restore your sexual vitality. These stem cells and growth factors work synergistically together with RejuvaWAVE® to restore patients to their younger healthier selves, rather than relying on oral medications or injections as a temporary fix for each sexual activity. Also, this procedure can increase both the length and the girth of the penis by up to one inch.



**RejuvaEnhancement®
Amniotic Stem Cells**

- REPAIR
- REGENERATE
- RESTORE

THE POWER OF STEM CELLS?

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

IS THE REJUVAENHANCEMENT® AMNIOTIC STEM CELL PROCEDURE SAFE?

Yes. This cryogenically preserved amniotic tissue has a “100-year history” with no reported recipient rejections since the amniotic tissue is immunoprivileged and does not express HLA type antibodies.

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



WHAT OUR PATIENTS ARE SAYING:

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

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

***Testimonial:** “I am in my 70’s and have diabetes, high cholesterol and had my prostate cancer and my prostate removed several years ago. I had tried everything, and I thought my sex life was over. I have been coming to Simply Men’s health for about six months, and the results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. The RejuvaWAVE The RejuvaEnhancement procedures are remarkable. I feel like Superman.” – E.M.*

HOW TO GET STARTED?

At Simply Men’s Health, we respect your time and privacy. You receive individualized care with our experienced staff of physicians. We pinpoint the exact cause of your sexual health and create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. Simply Men’s Health’s innovative approach of regenerative medicine can restore your sexual confidence and allow you to enjoy a Spontaneous and Active Sex life again!



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

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

An Alternative to Pain Medications



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

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

COMMON CAUSES OF CHRONIC PAIN

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

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

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

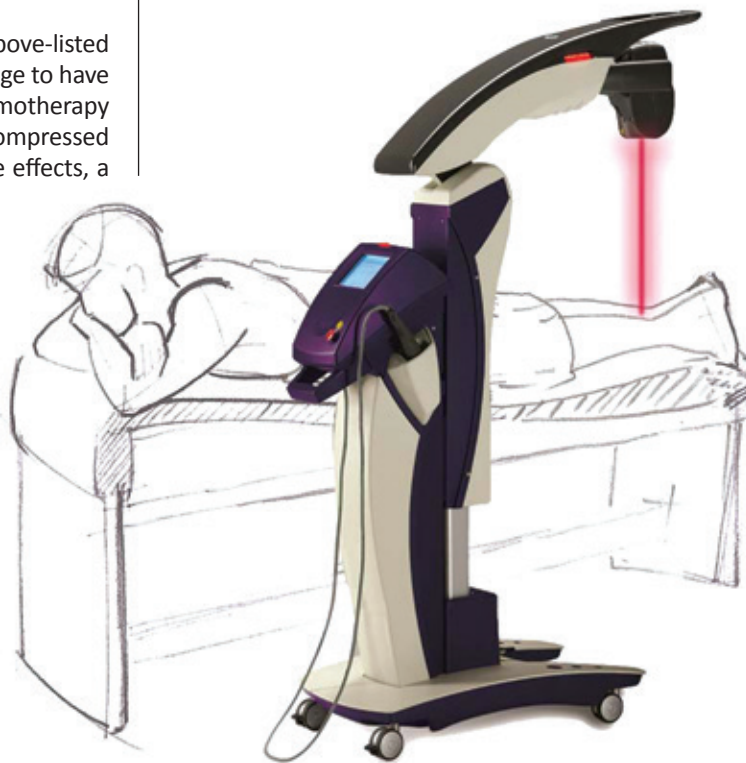
SYMPTOMS OF NEUROPATHY MOST OFTEN INCLUDE THE FOLLOWING SENSATIONS

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

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

HOW LASER THERAPY WORKS

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



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

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

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.

**ADVANCED SPINE
&
JOINT INSTITUTE**

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advancedspineandjoint.com

Protect Against Germs, Get Better Sleep and Miss Less School and Work

As August is in full swing, our calendars are going to become even fuller. With the end of summer approaching, our kids are heading back to school, we will have more field trips to attend, events for work, or perhaps our kids will be participating in extracurricular activities like sports or clubs. To many of us, August is a time to begin again. But with all of these extra activities comes stress, less sleep, and the potential to pick up infections and germs. We don't have time to get sick!

WHAT CAN YOU DO?

Instead of taking a “wait and see” approach to whether or not sicknesses will strike, the better alternative is to take preventative measures against these infections and viruses. You've heard and tried the same old approach of eating right, get enough sleep, and so on. But there is an alternative method that countless individuals rely on to stay healthy; it's called—Salt Therapy.

Since the Ancient Greeks, Halotherapy, or Salt therapy has been recognized as a beneficial treatment option for many ailments, including respiratory conditions. Hippocrates studied its effects and used the treatment of his patients back in 460 B.C. Additionally, in 1843 a Polish physician, Felix Boczkowski noticed and documented that salt

miners didn't suffer from the same respiratory problems as the general population.

In modern day, salt therapy has grown in popularity to treat various types of respiratory and skin conditions, but it's also one of the most beneficial ways to stave off illnesses, and it's in high demand.

WHAT IS SALT THERAPY?

At the Salt Suite, they use finely milled salt (micronized particles) that are built into the walls of the room and dispersed throughout the room and in the air. Salt molecules are comprised of a positive sodium ion and a negative chloride ion. While you breathe in the salty air of the therapy room, salt molecules enter the moist airways of the sinuses and lungs and break down into tiny particles, which

release negative ions. The negative ions stimulate airway linings, improving mucus clearance and improving immune response to pathogens.

As you breathe in the dry microscopic particles, you are forming a protective layer inside your sinus and respiratory system to stave off illness and infection. When our bodies come into contact with germs, the protective layer of salt works to kill bacteria keeping that infection from growing worse. The Salt Suites clients say that coming to one salt session per week keeps them healthy and lessens their symptoms if they do get sick.

Salt therapy is 100% natural, safe and drug-free, providing long-term relief. Clinical studies show that it is an effective natural treatment for allergies, asthma, sinusitis and other respiratory condition.

THE SALT SESSION

In a relaxing dimly lit, spa-like atmosphere, you just listen to the brief introduction and then relaxing spa music or meditation. Most people either read, rest or meditate during a session.

SALT THERAPY BENEFITS

- Improves lung function
- Clears pollens, pollutants, toxins and viral causing agents from lungs and nasal tracts
- Provide relief from skin conditions such as dermatitis, acne, eczema, and psoriasis
- Reduce symptoms of allergies, asthma, and respiratory issues
- Cleans nasal cavities and sinuses
- Reduces bronchial inflammation
- Relieves stress and naturally calms you
- Decreases your likelihood of catching a cold, flu and other illness
- Enhance sports performance / improves physical endurance
- Reduces Snoring

To find out more about how Salt Therapy can benefit you and your family, or to schedule an appointment, please call the Salt Suite today.



Contact us **561.316.3105**

5510 PGA Blvd. Suite 105
Palm Beach Gardens, FL 33418

thesaltsuite.com



ROLLING WITH THE CHANGES

Rolling with the changes continues for Florida Medical Marijuana Health Centers as they plan to grow into America's first Marijuana based national chain. The owners of the centers, Jerry Lee and Rob Fronrath recently signed an agreement with Canovis Health Centers of America. A merger that parlays into a name change and a national company. In the weeks to come you will see sign changes and label differences, but still delivering clean medical grade CBD oils and HEMP products manufactured in America. The health center's staffs are well prepared for the switch. They've been professional, knowledgeable, and helpful through a simple process in receiving a medical marijuana card. They specialize in the recommendations in obtaining your Florida Medical Marijuana card. They have licensed doctors Dr. Nicola Masse M.D. and Dr. Bennet Lewis M.D. on staff who are certified in the medical marijuana field. Here's a quick bullet point informational on the whole procedure.

Schedule an appointment with our doctor

- 10-15-minute examination
- If you have a qualifying condition, you will be entered into the state system and given a patient number
- We will supply you with the state required forms and instruct you on the application process
- Once your application has been submitted to the state you will receive an email in about 3 to 4 weeks with your card number
- Once your card number has been received you are able to purchase, possess, and use the medical marijuana according to your prescription
- Your actual card will arrive in the mail shortly there after

The switch from Florida Medical Marijuana Health Center to Canovis Health Centers of America will happen smoothly since they've maintained the entire medical and professional staffs. That eases the pressures of moving forward in the industry and becoming the first medical marijuana national chain.



Rob and Jerry did not set out to be pioneers. They believe so much in the benefits from these oils they wanted to help make it available to everyone around. October 2017, they open the doors to the public.

Only 90 days into business they found themselves opening two more locations. Florida Medical Marijuana Health Centers now has 3 locations and 3 additional locations in conversations. It has been only six months since then and they just merged with Canovis Health Centers of America. And now their help concept will reach more people than they ever dreamed possible. Rolling with the changes is changing people's lives.



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!”

LOCATIONS:



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



**6266 S Congress Ave.
Suite # L-8, Lantana FL, 33462
561-429-2105**



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



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



By Dr. Jonathan Chung

Medication overuse headache (MOH) is a very common manifestation of chronic headache patients. It is one of the unique instances where a once effective way of controlling an illness will actually perpetuate the illness further as the body adapts to a chemical intervention. This condition is unique to patients with chronic daily headache disorders and various chronic pain syndromes like fibromyalgia.

The most frustrating part about MOH is that you may do better for a long period of time because of a medication, but as the effectiveness of the medication wanes over time you may actually experience the headache worse than before.

It's a situation that can cause despair as medications are generally the treatment of choice for all headache conditions. If your body has become resistant to all of the available medications, what can you do next?

WHY IS YOUR MEDICINE MAKING YOUR HEAD HURT?

People with chronic headaches will generally have 7-10 headache days per month. For better or for worse, there are a wide variety of medications that can help knock a headache out or prevent them from occurring. It's not unusual for a chronic headache patient to have a cocktail of drugs that they have to take on a daily basis.

The problem with a frequent medication regiment in chronic pain conditions is that the cells of your body almost always have an adaptation to to make itself more resistant to the medications' effects. This can happen even if you're taking your medications correctly as prescribed by your doctor.

The headache that results from MOH is often called a rebound headache. As the effect of the medication wears off, the headache returns rapidly which can create a need for another dose of medication. In this way it becomes a cycle of struggle as the effects of the medication start to decline faster and the rebound headaches become more persistent. When this occurs, the chronic headache patient can become the chronic daily headache as the headaches will begin to occur greater than 15 days per month. Because

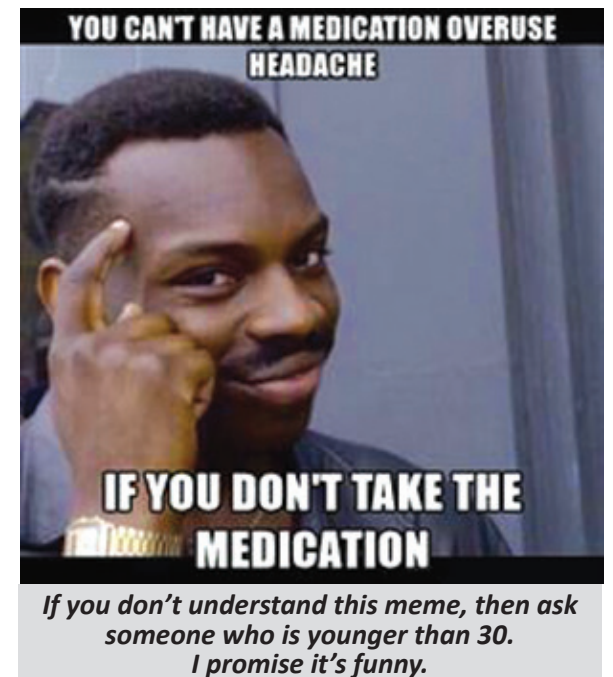
of the reliance on these medications, medication overuse headache has become the 3rd most common headache disorder, and the most common cause of migraine-like symptoms.

Research has shown that this can occur regardless of the type of medication you take. It's most frequently associated with prescription migraine medications, but it has been documented to occur in people taking over-the-counter drugs like ibuprofen. Hard pain meds like oxycontin may be used by headache patients without a doctor's prescription, and these can tend to accelerate the process to MOH because of the way that opioids sensitize your brain.

You can read more about how pain pills can make your pain worse in this article I wrote last year:

HOW TO BEAT MEDICATION OVERUSE HEADACHES

The easy answer is to stop taking your medications for a while because...



Unfortunately, biology isn't that simple, especially if you have chronic pain. Are there side effects to stopping a daily medication? Will you experience worse pain when you stop taking the drugs? How will you cope with the pain if you can't take any meds? How long will this take before you can make the meds work again?

Chronic headache patients need **effective non-pharmacological** methods to deal with the pain of headache physiology.

One specific target for drug-less treatment of headaches is by correcting dysfunctions in the neck. In many cases, headaches syndromes can be a result of a secondary effect of a shift in at the top of the neck. This is why chronic headache patients are some of my favorite people to see in practice because a gentle

correction of the neck has allowed us to have a very high success rate with chronic headache syndromes.

While addressing the cervical spine may not address the cause of a medication overuse headache, it may help fix the primary source of a patient's headache condition so that taking the medication becomes

less necessary. The most common comment I get from headache patients is when they tell me that they're taking less ibuprofen since they started getting their neck better.

Within 2 weeks of neck corrections with the NUCCA procedure, the vast majority of our headache patients

experience relief in either the frequency or intensity of their daily headaches.

NOT ALL NECK ADJUSTMENTS INVOLVE CRACKING

A lot of people are scared about having their neck worked on by a chiropractor. The general portrayal of a neck adjustment by viral Youtube videos can make it seem scary.

While chiropractic adjustments have a tremendous track record for safety, the bottom line is that a lot of people just don't want their neck cracked because the sound and the motion make them really uneasy. This leads to patients tightening up their neck and bracing which can make a neck manipulation hurt in the hands of a chiropractor that is not skilled.

That's one of the big reasons why I've used the NUCCA procedure throughout my career. The NUCCA procedure involves a very light pressure to correct the neck as opposed to a high velocity manipulation. By using the NUCCA procedure, the doctor is able to measure and control how much force goes into the neck, and if we have corrected the underlying dysfunction. All of this happens without the popping, twisting, or cracking of the spine.

Not all patients with headaches are good candidates for the NUCCA procedure. Only patients with a subtle shift in the top vertebra called the Atlas will benefit from the NUCCA correction. A thorough history and examination will help us determine if the Atlas is causing a problem and if it's something that can be fixed.

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

The Atlas and Your Brain

5 Information and pressure leads to chronic neurodegeneration

4 Slow venous drainage leads to fluid pressure on the brain and slows arterial circulation

3 Metabolic waste accumulates and ingers in the brain causing neuroinflammation

2 Cerebral spinal fluid backs up and creates turbulence in the brain

1 Atlas Displacement Narrows openings in the skull

Like a Clogged Pipe
The veins in your neck are like the brain's plumbing. A clog causes a back up and overflow of the plumbing system

Internal Jugular Vein Compression
Helps drainage and circulation

Neuroinflammation is Associated with:

- Post Concussion Syndrome
- Whiplash
- Migraine
- MS
- Parkinson's
- Chronic Fatigue

A shift in the atlas can disrupt fluid in the spine and cause neuroinflammation in the brain. In some cases, this may be tied to MS.



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AVOIDING BACK SURGERY: THE DRX 9000 DIFFERENCE



Over 80 percent of the population will experience back pain at one time or another in their lives. Unfortunately, spinal discomfort tends to become progressively worse and can become chronic if left untreated. Some of the most common reasons for backaches are trauma or sports-related injury, lifting heavy objects, improper spinal posture, poor sleeping posture, and motor vehicle accidents.

The typically recommended treatments for spinal compression are pain medication and surgery, but most patients are reluctant to have back procedures for fear of long-term spinal complications, and pain medications are very often an addictive habit not easily broken, once the pain is controlled, therefore most individuals are unenthusiastic about taking pain medication prescriptions.

There is a better way; a results-driven solution that doesn't include any drugs or surgery shows favorable results in relieving back pain. For many years **Dr. Reimer** of the **American Med Care Centers** has been utilizing a 100% natural treatment option for back discomfort called, **DRX 9000**.

The DRX 9000 is a non-surgical spinal decompression system that is designed to provide pain relief from compressive and degenerative defects and injuries of the spine. The spinal decompression, with the DRX 9000 system provides relief from chronic back and neck pain, unlike any other decompression device.

Its superiority lies in one significant difference; the DRX 9000 utilizes a computerized communication device that continuously monitors and corrects the patient-specific vertebral measurements while decompressing the spine.

PATIENT TESTIMONIALS

Carol was a long-time hairdresser, and ironically always seemed to be on her feet, even after working hours. Then a series of car accidents changed Carol's life dramatically, and it seemed like the injuries from multiple accidents never had time to heal properly. She tried a variety of treatment options, but with little success.

"I went to an orthopedic surgeon who gave me medication, but it didn't help," says Carol. "I went to chiropractors and got electrical stimulation, but that didn't do much for me either. It would help for a few hours, but then the pain would come right back. I even had a cortisone injection in my back once, but that didn't help at all. In fact, my pain actually got worse after that."

Carol's condition changed after she began DRX 9000 treatments with Dr. Reimer.

"The first consultation was great," she emphasizes. "Dr. Reimer told me I was eligible for the DRX9000, he showed me a video about it, and it's been great ever since! I stood for almost three hours straight and didn't even realize it! I don't have the burning fire in my spine anymore. It's really amazing."

ANOTHER PATIENT OF DR. REIMERS, GREG WAS EXPERIENCING CHRONIC BACK PAIN DUE TO AN AUTO ACCIDENT.

The accident left Greg with three herniated discs in his lower back. As a result, the pain made his life miserable. In his search for a solution, Greg began the wearying round of doctor visits so familiar to chronic pain sufferers.

"I was taking painkillers," he reports, "and I got pain injections in my spine, but that didn't fix anything."

Greg even contemplated surgery but was understandably reluctant to undergo an invasive procedure on his spine.

"I just didn't want to have surgery at thirty years old" he confides. "You're never the same after surgery."



The DRX 9000

is a non-surgical spinal decompression system that is designed to provide pain relief from compressive and degenerative defects and injuries of the spine.

Greg adds that DRX 9000 therapy was his answer, making a tremendous difference for him.

"My pain got less and less as the weeks went on; to the point where, for the most part, I have no pain at all now," he marvels. "Best of all, I don't need surgery."

Greg credits Dr. Reimer and his staff for paying attention to his concerns and finding the right treatment for this problem instead of just treating the symptoms.

AVOIDING SURGERY

Dr. Reimer states, "Most patients are not looking to undergo an invasive surgery if they don't have to. Fortunately, for many people like Greg and Carol who feel that they are nearly 'at the end of their rope,' there is a noninvasive solution. Gentle decompression enlarges disc space and eases the herniated or degenerative discs back into proper position, restoring nutrients and blood flow. For a noninvasive machine, it has gotten excellent results with patients with all causes of back pain, such as herniated, bulging

or degenerative discs, which make for very difficult cases, as well as for some of the simpler cases. I've been utilizing it in Palm Beach County for approximately 15 years, and we have had excellent effectiveness with it. We have had patients who get immediate relief and others where the treatment has taken longer."

American Med Care Center offers a variety of treatment options for chronic back pain, sciatica, herniated or bulging discs, spinal stenosis, and Failed Back Surgery Syndrome. To schedule an appointment, call the office at **(561) 967-6655**, or visit treatingyourbackpain.com.



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Senior Information Centers

Helps Seniors **PRESERVE AND PROTECT ASSETS**

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

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

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

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

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

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

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

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

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

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

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

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

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

Veterans, their spouses and their widows may be entitled to VA benefits to help offset their out of pocket medical expense. Senior



Information Centers helps clients regardless of their level assets or income. The attorney offers reasonable fees for development of legal documents or planning services. There is no cost or obligation for consultations. Telephone consultations are available for clients' families who live out of state.

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

"Your involvement with us through the various challenges we faced, which extended even beyond our father's ultimate passing, was most exemplary and supportive," wrote a client's adult children. "We are truly thankful that

someone who has a caring attitude, knowledge and resources to help manage elder-care issues is available for families struggling with these emotionally charged issues."

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

For additional information about SENIOR INFORMATION CENTERS, visit www.seniorinformationcenters.com or call 800-731-8784.

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- COPD
- Stress

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Advertising sales experience is preferred!

If interested or have questions, feel free to contact **Sybil Berryman at 239-250-4104**

Health & Wellness MAGAZINE



Protecting Your Eyes

By David A. Goldman MD

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

For all eye injuries:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

If your eye has been cut or punctured:

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

If you get a particle or foreign material in your eye:

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

In case of a chemical burn to the eye:

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

To treat a blow to the eye:

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

To treat sand or small debris in the eye:

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

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, microincisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

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Four years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

1. DON'T HAVE ALL THE ANSWERS.

It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, “blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3) God can much better fill an empty vessel.

2. LISTEN. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.” (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

3. WRITE IT DOWN. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

4. DO IT. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

BREAKING THROUGH



These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the “better” that God had for us on the other side of the tough times.

No matter what you're going through remember this: “And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” (Romans 8:28, 38-39)

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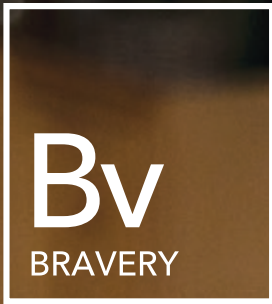
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When Pamela Klein discovered she had a rare form of lung cancer, being around for her family was all that mattered. After learning the survival rates for her specific cancer, she knew more had to be done. Pamela’s doctor referred her to Florida Cancer Specialists where she was put on a targeted therapy trial. In the past 3 years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation. Within months of her treatment, Pamela’s health dramatically improved, proving that when hope and science join forces, great outcomes can happen.

“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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