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January 2019

North Palm Beach Edition - Monthly

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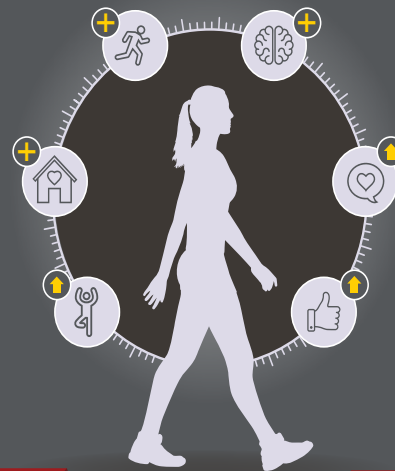
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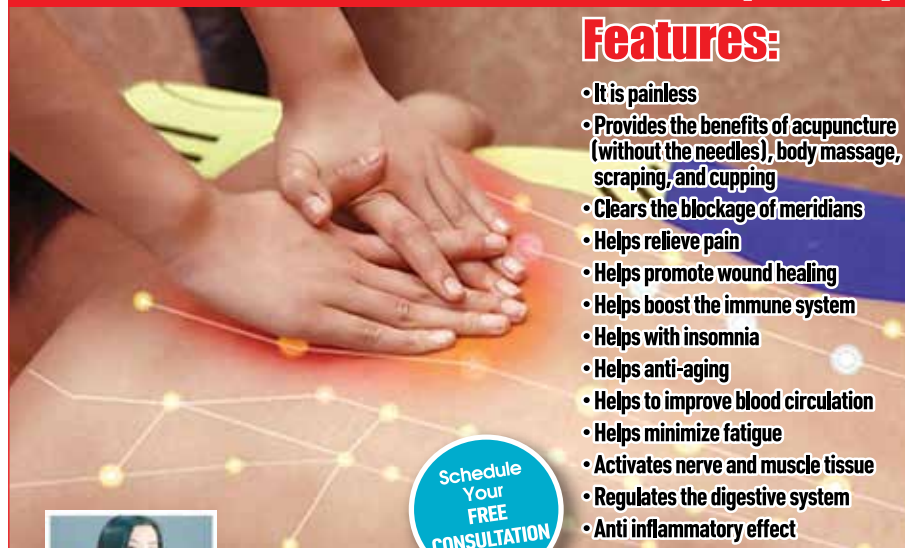
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When pain persists from an illness or accident, it can disrupt the flow of your life. But the good news is there are more ways than ever to effectively deal with your pain: diagnose it, ease it, control it, or end it. This is what Resolute Pain Solutions does for countless patients. They specialize in advanced therapies, innovative modalities and multidisciplinary strategies to customize a

comprehensive care plan individually tailored just for you. They practice appropriate and responsible use of pain management medication for patients needing that type of therapy. And they do it all from a 360° holistic care perspective, addressing not only the physical manifestations of pain but also the emotional and psychological toll chronic pain often produces.

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- Trigger Point Injections

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

Resolute physicians are anesthesiologists and are field-proven and board-certified by the American Board of Pain Medicine, the American Academy of Pain Management, the American Board of Interventional Pain Physicians, and the American



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help you regain your
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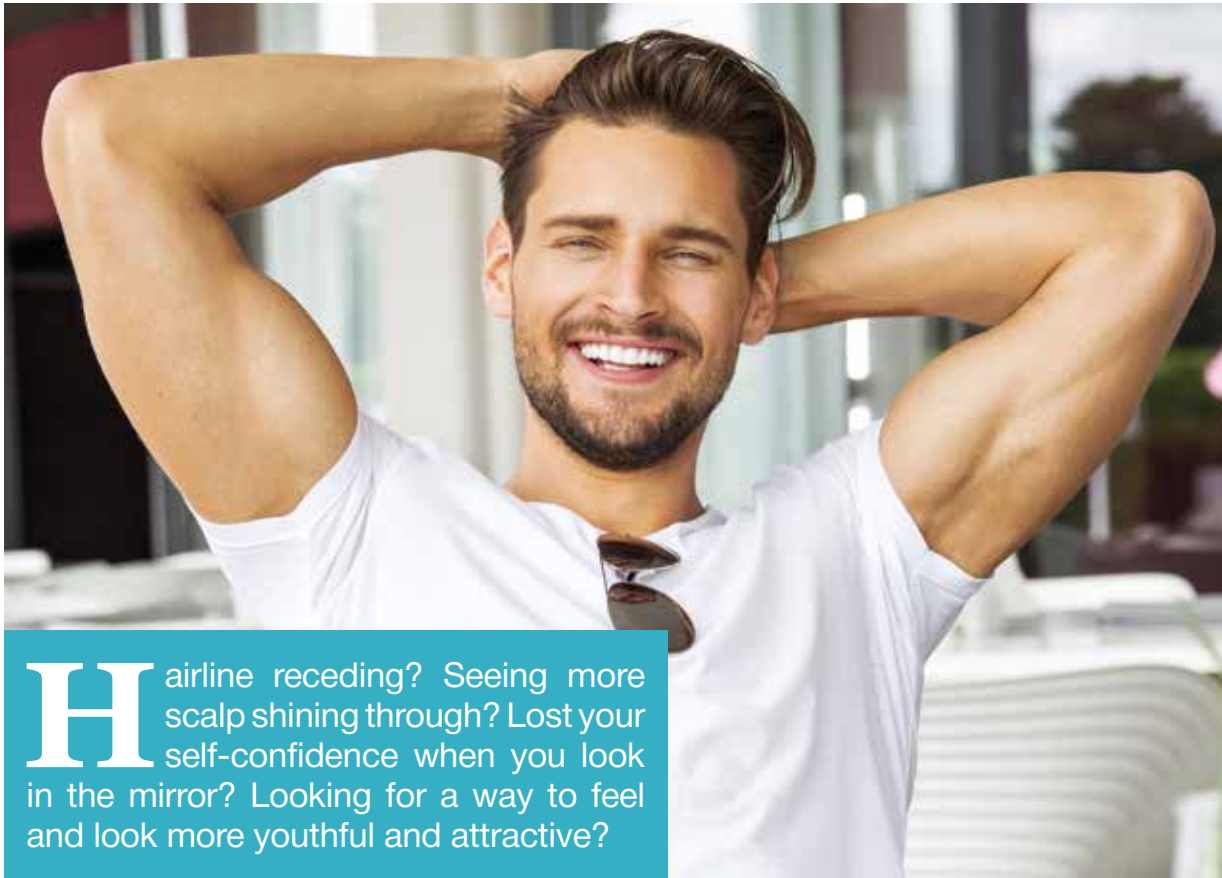
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NEW YEAR, NEW YOU: #2019HAIRTRANSPLANTGOALS

Alan J. Bauman, MD, ABHRS



Hairline receding? Seeing more scalp shining through? Lost your self-confidence when you look in the mirror? Looking for a way to feel and look more youthful and attractive?

If you answered ‘yes’ then you are likely one of the nearly 80 million Americans having to deal with aging hair and hair loss. As a progressive condition, hair loss can make us look and feel older and while hair loss is mainly genetic, there are a variety of lifestyle and environmental factors that determine how quickly our hair changes over time.

The good news is, today, advanced hair transplant procedures have made it possible for men and women to ‘turn back the clock’ on their aging, thinning hair – restoring their confidence and youthfulness.

“FUE” HAIR TRANSPLANT TECHNOLOGY

Techniques for redistributing permanent, living and growing hair from the back of the scalp in to thinning or balding areas have been around for decades. However, hair restoration saw a game-changing revolution with the advent of the no-linear-scar Follicular Unit Extraction or “FUE” technique, but few could have predicted the impact the procedure would have on the industry. FUE is a less-invasive method of harvesting hair follicles and “follicular units” individually, virtually eliminating

the antiquated linear or “strip-harvest” approach to transplantation. This meticulous process has been made more efficient through robotics and semi-automated devices, virtually painless with sophisticated anesthetic techniques, and undetectable through careful attention to artistic detail.

The most advanced techniques that may be used for hair follicle harvesting and transplantation are:

SMARTGRAFT FUE: SmartGraft is an FDA-cleared mechanical, minimally-invasive surgical hair transplant instrument that works like an extension of the surgeon’s hand, allowing the removal of individual follicular units from the donor area located at the back of the patient’s scalp which are then implanted into the bald areas. This means no scalpels, sutures, or staples for the patient in the donor area—leaving absolutely NO linear scar. SmartGraft also has an on-board graft collection and storage system that preserves grafts within a carefully controlled environment for optimal hair growth rates and quality.

ARTAS ROBOTIC-ASSISTED FUE SYSTEM: The FDA-cleared ARTAS robot is a state-of-the-art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using the FUE technique. The robot’s sophisticated micron-level precision allows patients to benefit from an unprecedented level of safety, accuracy, efficiency, and comfort during their hair transplant procedure. The system also features stereovision sensors to detect and analyze follicular units—calculating density, exit-angles, orientation, and location and proceed with precision robotic graft harvesting based on algorithms programmed by the surgeon.

NEOGRAFT FUE: The original “game-changing” device for Follicular Unit Extraction is still in use today to help surgeons extract grafts from the Donor Area without leaving behind a tell-tale linear scar. Just be sure your surgeon is an experienced full-time hair restoration physician, not just someone who’s added NeoGraft to a full menu of cosmetic services.

TAKEAWAYS

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

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistry of the surgeon involved. Patients, therefore, should not choose their surgeon based on the tool they use, but more so on their artistic ability. To find a qualified hair restoration specialist, start by visiting and cross-referencing the American Board of Hair Restoration Surgery (ABHRS), International Alliance of Hair Restoration Surgeons (IAHRS) and the list of Fellows of the International Society of



Bauman patient "Brian" before and after hair transplantation.



Bauman patient "Larry" before and after hair transplantation.

Hair Restoration Surgery (FISHRS). Do your research, ask questions, look at before-and-after pictures, and don't be afraid to ask for patient testimonials.

For more information on what kind of results you might achieve with an advanced FUE hair transplant, please visit www.baumanmedical.com or call 844-GET-HAIR or 561-394-0024.



"My hair boosts my confidence and ability to enjoy life to the fullest, every single day"

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



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

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 the Top 5 Transformative CEO's in Healthcare by Forbes.

His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more.

A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.



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Tips on Finding a Hair Restoration Physician

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



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.

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

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MEDICARE CHANGES FOR 2019



Medicare 2019 Changes Overview:

1. The return of Medicare OEP (open enrollment period) January 1 – March 31. Beneficiaries are able to make a one-time change to another Medicare Advantage plan that would be more suitable for them!
2. The standard Part B Premium is \$135.50/month
3. A new high-income bracket will apply to enrollees with income above \$500,000.
4. The Part B deductible increased to \$185 for 2019.
5. Part A premiums, deductible, and coinsurance are higher in 2019.
6. Medicare Advantage premiums are decreasing; the number of plans are increasing; and enrollment is projected to increase.
7. Part D basic premiums are decreasing; more part D plans are available; and the donut hole is closing early for brand-name drugs.

What is the Medicare OEP?

The OEP allows beneficiaries who are enrolled in a Medicare Advantage Plan to make a one-time change. Beneficiaries can use the Medicare OEP to:

- Switch from one Medicare Advantage plan to another Medicare Advantage plan
- Disenroll from a Medicare Advantage plan and return to Original Medicare, with or without a Part D drug plan

The Medicare OEP does not, however, allow a beneficiary to change from one Part D plan to another.

Part B deductible

The Part B deductible was \$183 in 2017 and it remained at that level in 2018. For 2019, however, it has increased to \$185. Some enrollees have supplemental coverage that pays their Part B deductible. This includes Medicaid, employer-sponsored plans, and Medigap plans C and F. Medigap plans that cover the Part B deductible can only be sold through 2019 — after that, people can keep Plans C and F if they already have them, but new enrollees will no longer be able to buy plans that cover the Part B deductible.

Many Medicare Advantage plans have low copays and deductibles that don't necessarily increase in lock step with the Part B deductible, so their benefits designs have had different fluctuations over the last few years. (Medicare Advantage enrollees pay the Part B premium, but their Medicare Advantage plan wraps Part A, Part B, and various supplemental coverage together into one plan, with out-of-pocket costs that are different from Original Medicare).

Part A premiums, deductible and coinsurance

Medicare Part A covers hospitalization costs. For most enrollees, there's no premium for Part A. But people who don't have 40 quarters of work history (or a spouse with 40 quarters of work history) must pay premiums for Part A coverage.

For care received in skilled nursing facilities, the first 20 days are covered with the Part A deductible that was paid for the inpatient hospital stay that preceded the stay in the skilled nursing facility (Medicare only covers skilled nursing facility care if the patient had an inpatient hospital stay of at least three days before being transferred to a skilled nursing facility). But there's a coinsurance that applies to days 21 through 100 in a skilled nursing facility. In 2019, it's \$170.50 per day, up from \$167.50 per day in 2018.

Medicare Advantage

CMS also noted that the total number of Medicare Advantage plans across the country was increasing again for 2019, from about 3,100 to 3,700.

In 2017, about 19 million people had coverage in Medicare Advantage plans. That number has been growing steadily since 2004 (when there were just 5.3 million Medicare Advantage enrollees).

CMS notes that 99 percent of Medicare enrollees will have access to Medicare Advantage plans in 2019, and 91 percent will have access to at least 10 different Medicare Advantage plans.

Part D prescription coverage

For stand-alone Part D prescription drug plans, average basic premiums were expected to decline by about \$1.09 per month in 2019, dropping to a projected average premium of \$32.50/month, down from \$33.59/month in 2018.

And there's significant variation in the actual premiums people pay, depending on the plan they select. In 2018, premiums for Part D across the country plans range from under \$11/month to \$156/month.

The good news is that the Affordable Care Act has been gradually closing the donut hole in Medicare Part D. In 2019, enrollees pay just 37 percent of the plan's cost for generic drugs while in the donut hole. And the donut hole is closing one year early – in 2019, instead of 2020 – for brand-name drugs, which will cost the enrollee just 25 percent of the plan's cost in 2019 (down from 100 percent before the ACA started to close the donut hole).

The Return of the Medicare OEP

Medicare beneficiaries who enroll in Medicare Advantage plans sometimes find themselves stuck in a plan that they do not like. Although the plan's Summary of Benefits covers the specifics of how the plan works, it's all too easy for a beneficiary to misunderstand the rules or forget to check whether a certain doctor is in the network.

Beginning in 2019, Medicare beneficiaries can use a period called the Medicare OEP to make a one-time change between the dates of January 1-March 31st.

need help sorting through Medicare options? **You now have extra time this year during OEP to analyze your current plan and make appropriate changes, now through March 31.** I want to be your trusted Medicare advisor. Joanne Foley Insurance is dedicated to assisting the senior population with their insurance needs. With Joanne's experience, seniors rely on my guidance to find the most comprehensive, suitable yet affordable coverage for their specific needs.

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Please call to find out when Weekly Medicare seminars are being held in your area!



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MORE PEOPLE LIVING WITH CANCER

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

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

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

DAMAGE TO DNA CAN RESULT IN CANCER

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

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

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today,



millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet, the disease is something that can be managed, and people can live with cancer for many years.

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

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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

CLINICAL TRIALS LEAD TO TOMORROW’S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon Research Institute, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the last three years, the majority of new cancer drugs approved for use in the United States were studied in clinical trials with FCS participation, prior to approval.

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



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What is MACULAR DEGENERATION?

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

Age-related macular degeneration (AMD) is a deterioration or breakdown of the eye's macula. The macula is a small area in the retina — the light-sensitive tissue lining the back of the eye. The macula is the part of the retina that is responsible for your central vision, allowing you to see fine details clearly.

The macula makes up only a small part of the retina, yet it is much more sensitive to detail than the rest of the retina (called the peripheral retina). The macula is what allows you to thread a needle, read small print, and read street signs. The peripheral retina gives you side (or peripheral) vision. If someone is standing off to one side of your vision, your peripheral retina helps you know that person is there by allowing you to see their general shape.

Many older people develop macular degeneration as part of the body's natural aging process. There are different kinds of macular problems, but the most common is age-related macular degeneration.

With macular degeneration, you may have symptoms such as blurriness, dark areas or distortion in your central vision, and perhaps permanent loss of your central vision. It usually does not affect your side, or peripheral vision. For example, with advanced macular degeneration, you could see the outline of a clock, yet may not be able to see the hands of the clock to tell what time it is.

Causes of macular degeneration include the formation of deposits called drusen under the retina, and in some cases, the growth of abnormal blood vessels under the retina. With or without treatment, macular degeneration alone almost never causes total blindness. People with more advanced cases of macular degeneration continue to have useful vision using their side, or peripheral vision. In many cases, macular degeneration's impact on your vision can be minimal.

When macular degeneration does lead to loss of vision, it usually begins in just one eye, though it may affect the other eye later.

Dry, or atrophic, macular degeneration (also called non-neovascular macular degeneration) with drusen

Most people who have macular degeneration have the dry form. This condition is caused by aging and thinning of the tissues of the macula. Macular degeneration usually begins when tiny yellow or white pieces of fatty protein called drusen form under the retina. Eventually, the macula may become thinner and stop working properly.

With dry macular degeneration, vision loss is usually gradual. People who develop dry macular degeneration must carefully and constantly monitor their central vision. If you notice any changes in your vision, you should tell your ophthalmologist (Eye M.D.) right away, as the dry form can change into the more damaging form of macular degeneration called wet (exudative) macular degeneration. While there is no medication or treatment for dry macular

degeneration, some people may benefit from a vitamin therapy regimen for dry macular degeneration.

MACULAR DEGENERATION SYMPTOMS

- *Blurry distance and/or reading vision*
- *Need for increasingly bright light to see up close*
- *Colors appear less vivid or bright*
- *Hazy vision*
- *Difficulty seeing when going from bright light to low light (such as entering a dimly lit room from the bright outdoors)*
- *Trouble or inability to recognize people's faces*
- *Blank or blurry spot in your central vision*

Dry macular degeneration can affect one or both eyes. You may not notice vision changes if only one eye is affected, as your unaffected eye will compensate for vision loss in the other eye.

WHO IS AT RISK FOR MACULAR DEGENERATION?

Recently much new information on macular degeneration has been discovered. Genetic changes appear to be responsible for approximately half the reason for individuals getting macular degeneration. Additionally, there are other risk factors for developing the disease. Many older people develop macular degeneration as part of the body's natural aging process. One large study found that the risk of getting macular degeneration jumps from about 2 percent of middle-aged people in their 50s to nearly 30 percent in people over age 75.

Oxidative stress and macular degeneration

Our bodies constantly react with the oxygen in our environment. Over our lifetimes, as a result of this activity, our bodies produce tiny molecules called free radicals. These free radicals affect our cells, sometimes damaging them. This is called oxidative stress and is thought to play a major role in how macular degeneration develops. Approximately 1 in 3 Caucasians have genetic changes that make them more prone to damage from oxidative stress, which can lead to macular degeneration.

Macular degeneration in families

Heredity is another risk factor for macular degeneration. People who have a close family member with the disease have a greater chance of developing macular degeneration themselves.

Inflammation and macular degeneration

Some studies have shown that inflammation (swelling of the body's tissues) may play a role in macular degeneration development. Inflammation is the way

the body's immune system fights off infection or other things it considers "invaders." But an overactive immune system with its associated inflammation may be a risk factor for macular degeneration.

MACULAR DEGENERATION TREATMENT

The Age-Related Eye Disease Study 2 (AREDS2) showed that among people at high risk for developing late-stage, or wet, macular degeneration (such as those who have large amounts of drusen or who have significant vision loss in at least one eye), taking a dietary supplement of vitamin C, vitamin E, lutein and zeaxanthin, along with zinc, lowered the risk of macular degeneration progressing to advanced stages by at least 25 percent. The supplements did not appear to provide a benefit for people with minimal macular degeneration or people without evidence of the disease during the course of the study.

Following is the nutrient supplementation shown to be beneficial in lowering the risk of macular degeneration progressing to advanced stages:

- Vitamin C – 500 mg • Vitamin E – 400 IU
- Lutein – 10 mg • Zeaxanthin – 2 mg
- Zinc oxide – 80 mg • Copper (as cupric oxide) – 2 mg (to prevent copper deficiency, which may be associated with taking high amounts of zinc)

Another large study in women showed a benefit from taking folic acid and vitamins B6 and B12. Other studies have shown that eating dark leafy greens, and yellow, orange and other colorful fruits and vegetables, rich in lutein and zeaxanthin, may reduce your risk for developing macular degeneration.

These vitamins and minerals are recommended in specific daily amounts in addition to a healthy, balanced diet. Some people may not wish to take large doses of antioxidants or zinc because of medical reasons.

It is very important to remember that vitamin supplements are not a cure for macular degeneration, nor will they give you back vision that you may have already lost from the disease. However, specific amounts of these supplements do play a key role in helping some people at high risk for developing advanced (wet) AMD to maintain their vision, or slow down the progression of the disease.

Talk with your ophthalmologist to find out if you are at risk for developing advanced macular degeneration, and to learn if supplements are recommended for you.



The Retina Institute of Florida

Lauren R. Rosecan

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

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Dana Luzon Coveney, Au.D, FAAA

D ID YOU KNOW? MOST HEARING LOSS CAN BE MANAGED, BUT ACCORDING TO THE NATIONAL INSTITUTE ON DEAFNESS AND OTHER COMMUNICATION DISORDERS, ONLY 30 PERCENT OF AMERICANS 70 AND OLDER WHO COULD BENEFIT FROM HEARING AIDS ACTUALLY USE THEM. THE RATE DROPS TO JUST 16 PERCENT AMONG THOSE 20 TO 69.



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*Leases subject to credit approval through Allegro Credit. Restrictions, conditions, and potential price changes also apply.



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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EMSCULPT:

Novel technology for the New Year!
(to help reshape a New You!)

by Dr. Robin Sykes



At the Jupiter Plastic Surgery Center, we are constantly reviewing new and emerging technology, so that we can bring the best to our patients.

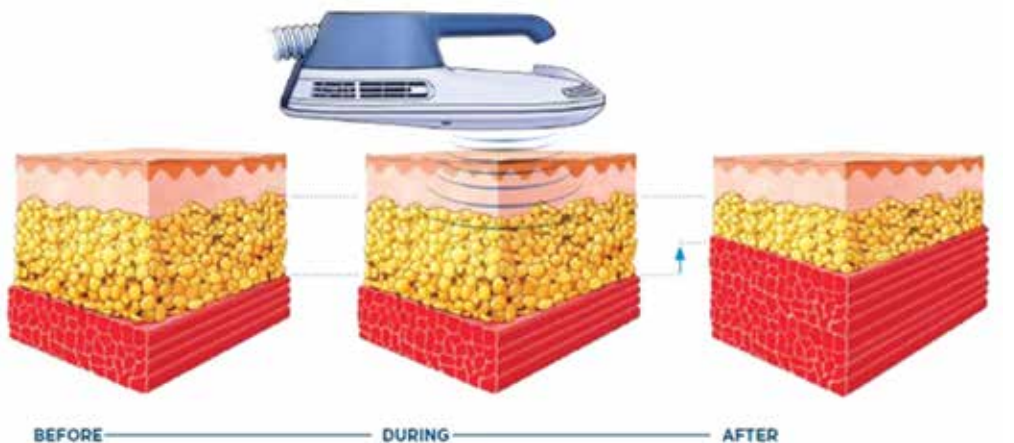
Many people would prefer nonsurgical options, and we have always kept this in mind. Dr. Sykes feels that, because she is a plastic surgeon, she can often offer her patients advice and a whole range of solutions to solve their aesthetic problems. She can also help steer patients through the often confusing information stream that comes in from everywhere, which may or may not be appropriate for them.

The latest device in the arena of body sculpting is a totally new concept, because in addition to helping the patient lose body fat, it also tightens and builds the underlying abdominal muscles. AND, without the pain of 20,000 abdominal crunches! (In fact, there is no pain at all!!)

The EMSCULPT procedure is the world's only procedure that simultaneously addresses both muscle and fat. It can be used on the abdomen and/or the buttocks, for a nonsurgical buttock lift. The procedure is backed by 9 independent multi-centered studies from across the United States. These studies show an average of 16% increase in muscle mass and an average fat reduction of 19% in the abdominal treatment area (and a 1" to 3" reduction in circumference). The EMSCULPT uses High-Intensity Focused Electro-Magnetic technology, causing "supramaximal" contractions of the muscles, which causes the muscle fibers to multiply and grow, and the surrounding fat to be disrupted and to die off.

Our staff so far has shown a 1-2" reduction in waist size, only 1 month after the four sessions ended, and an impressive toning of the silhouette.

Call if you would like more information about the amazing EMSCULPT, or to schedule an appointment.



Robin A. Sykes, MD is a Board-Certified Plastic Surgeon. She has a BA in Biology from Wells College, an MD from the Johns Hopkins University School of Medicine, General Surgery training at the University of Miami, and Plastic Surgery training at the University of Kansas. She is a National Merit Scholar and Phi Beta Kappa. In addition, she has many years of art training, and brings this to her work in aesthetic plastic surgery. Many new technologies as well as new aesthetic devices and products are available in her practice, so that she can offer a variety of surgical and nonsurgical treatments for your unique aesthetic needs and desires.



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Bio-Electric DDS: A Total Health Balancer with Remarkable Results

Would you like to look better, feel younger, recover faster, alleviate chronic pain, have less fatigue, regulate your immune system, and increase your bodies Qi (energy flow)? There is a relatively new procedure that is a combination of pain relief, needle-free acupuncture, massage, lymphatic drainage, PH balance, and anti-aging benefits. This FDA approved Device was introduced in Southeast Asia but is now permitted in Europe and the United States for patient care.



This device, called Bio-Electric DDS, delivers precise doses of bio-electric current through electrodes that are placed on the skin in combination with herbal, organic serums to penetrate the skin muscles and organs.

BIO-ELECTRIC DDS' SCIENCE

Bio-Electric DDS (Digital Device System) is a perfect combination of Chinese Traditional Medical Theory and modern bio-electricity principles. The DDS machine is being used to implement traditional Chinese medicine and energize meridians within the body. Bio-Electric DDS is a drug-free therapy option for people in pain by prompting the body to produce endorphins to help relieve pain. It is a safe and reliable alternative for acupuncture, cupping therapy, therapeutic massage, etc. By applying a bio-electric field in conjunction with a specially formulated alkaline cream, the patients own body bio-electricity is enhanced. Bio-Electric DDS technology also aids in regulating the body's acid-base balance.

ONE DDS TREATMENT EQUALS:

- Same benefits of 10 whole body acupuncture treatments
- 45 lymph drainage treatments
- 6 hours of tuina body massage
- Running 3.7 miles and excess fat depletion
- 3x increase in your whole body fluid supply
- 3 hours of increased oxygen supply (ie oxygen bars)
- 50x oxygen opening the chest exercise (open the lungs, enhance breathing)
- 36,000 x enhanced movement of the cells
- Depletes 4.1 grams of internal toxins

BIO-ELECTRIC DDS THERAPY FEATURES:

- It is painless
- Provides the benefits of acupuncture (without the needles), body massage, scraping, and cupping
- Clears the blockage of meridians
- Helps relieve pain
- Helps promote wound healing
- Helps boost the immune system
- Helps with insomnia
- Helps anti-aging
- Helps to improve blood circulation
- Helps minimize fatigue
- Activates nerve and muscle tissue
- Regulates the digestive system
- Anti inflammatory effect



For over 20 years, Dr. Yanhong Meng has been practicing acupuncture and anitaging. 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 alleviate pain, look younger, and increase your energy and health, please call **Meng's Acupuncture Medical Center** today at **(561) 656-0717**.

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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.

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neurofeedback on Pages 24-25



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State Certified, IV & Oral Sedation
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As I Age My Teeth Are Looking Longer – How Can I Stop This?

There are a great number of reasons why teeth can look longer as we age. One reason is the loss of supporting gum and bone around the teeth which exposed more tooth structure. Gum and bone loss can happen at a slow continuous rate or occur very quickly. The cause of this loss is often due to gum recession.

WHAT IS GUM RECESSION:

Gum recession is the progressive loss of gum tissue covering the teeth and jaw bone. Our teeth are held in place by this jaw bone. We have 2 main types of gum tissue in our mouths: Thick (like the roof of the mouth) and Thin (like the inside of our cheek). The thick tissue is protective and can help prevent the tissue from receding. Thicker tissue tends to “stand its ground”. Thinner tissue does not have this protective function. We typically have a small band of thick tissue present at the top of the gums (the part where the tooth comes out).

As the gums start to recede, the first tissue we lose is this thick part. Ultimately, the thin tissue is all that is left and it goes away even faster than the thicker type. When the gum tissue recedes it no longer covers the underlying bone. In response, our bone resorbs (the bone will not stay exposed without the tissue covering it). It is this loss of gum and bone tissue that leads to the teeth looking “longer”.

This recession can occur due to a number of factors. In many cases there may be a genetic component (another reason to blame our parents). In addition, things such as over aggressive tooth brushing, braces, smoking and other habits, along with excessive biting forces can lead to this problem.

WHAT CAN HAPPEN AS A RESULT:

Beyond an increased sensitivity and unattractive appearance of longer looking teeth, there are other significant issues that can occur. As the supporting bone resorbs the teeth can become mobile and be lost. In addition, the roots can become exposed (roots are more susceptible to cavities). Root decay can progress rapidly and ultimately penetrate the nerve requiring root canal therapy.

TREATMENT OPTIONS AND GOALS:

Although longer looking teeth is often considered a sign of aging, the underlying problem of bone loss is much more critical. Cosmetic options offered by the dentist such as crowns or veneers may help the appearance, but do not address the continued loss of gum and bone around the teeth (which can lead to tooth loss).



The use of tissue grafting procedures can help achieve this goal. Developing a zone of thick tissue may help prevent further recession. It is important to recognize that this is different than returning the gum tissue to its initial location. In certain situations, we can bring the tissue back to a more desired location, but this is based on anatomical considerations.

PINHOLE GUM REJUVENATION:

The No Scalpel, No Stiches, No Graft Approach

Pinhole Gum Rejuvenation is a procedure performed to help treat gum recession and slow jaw bone loss. It is similar to a laparoscopic procedure performed on the abdomen. The treatment is performed entirely through a “pin hole”. Using specially designed instruments, the gum tissue is loosened and moved over the exposed root to a more ideal position. Because there are no incision or stiches placed, decreased post-operative symptoms occur (pain, bleeding and swelling). In addition, the result is immediate.

Realizing that longer looking teeth may be a sign of other problems to come, is an important first step in patients helping to try and save their teeth. In many cases, the recession can be slowed or even corrected. A complete periodontal evaluation and current x-rays are needed to determine what has occurred in each individual case and then an appropriate treatment plan can be developed.

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

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



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

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

Dr. Cohen uses in-office, state of the art 3D Green 2 CT imaging which offers Hi Resolution 5 Second Low Dose Scans to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.

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



PALM BEACH CENTER
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IMPLANT DENTISTRY, P.A.

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



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

ALL AT THE SPEED OF LIGHT!

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

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

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

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

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

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

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

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

SCIENCE COMBINED WITH CUTTING EDGE TECHNOLOGY

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

What does this mean for you!

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

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

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

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

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

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

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

Like:

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

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

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

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

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

HERNIATED DISC SOLUTION...

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

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

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

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

FAILED BACK SURGERY SYNDROME

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

TECHNOLOGY TO THE RESCUE...

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

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

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

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

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

WHO IS A CANDIDATE FOR DRX9000™ TREATMENT?

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

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



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

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

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

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



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



A Life without Anxiety? A Life without Panic Attacks?

***Today's Biofeedback Makes It Possible
without Medication***

By Michael Cohen, Director and Chief of Neurotechnology
Center for Brain Training

Anxiety...panic attacks...

**They can make life
miserable.**

**They can put a damper
on enjoying the simple
pleasures of life.**

**Either one on its own is
debilitating. Together
they're a double whammy.**

Medications don't always work. People are often at the end of their rope.

But finally, *there's hope* – and it doesn't involve medication.

Let's talk first about *anxiety*.

Anxiety causes excessive worry. You feel overwhelmed by the normal demands of life. Anxiety can make it difficult to concentrate. It puts stress on personal relationships, too, and impacts sleep.

Panic attacks

Panic attacks are no fun, either. They frequently occur "out of the blue." They cause intense fear or discomfort. They're accompanied by physical symptoms – sweating, racing heart, stomach issues and tight chest and extremities. The physical symptoms typically hit sufferers before the emotional component kicks in.

Remedies

You can try self-calming techniques in both cases, like deep breathing, positive self-talk and visualization. However, these often don't work well and aren't designed to get to the root cause of the problem. The same goes for pharmaceutical solutions like Xanax. Medications don't teach your brain to operate better and may not eliminate your symptoms.

Hearing from a friend or relative to "just calm down" or "just get over it" is not only non-productive but can create more anxiety.

If it were that easy, you would have done it by now, wouldn't you?

A proven non-drug solution

At the Center for Brain Training we look at anxiety and panic attacks in a completely different way. We don't see you as "weak," "hysterical" or through any other judgmental framework that reflects on your character.

Here's what's going on in most cases: ***Your brain is having trouble regulating itself.***

It goes on "high alert" all by itself, even though there's no real threat of danger. **That's** the root cause – and *you can't help it* any more than you can stop your blood pressure from going up just by wanting it to.

Fortunately, neurofeedback and certain other forms of biofeedback including "body biofeedback" do a very good job of helping regulate the brain and calming the nervous system. Once those are under control, anxiety and panic attacks become less of a problem.

Neurofeedback and body biofeedback *can help lessen your reliance on medications.* Many of our clients are able to stop taking anxiety medication entirely (with their doctor's supervision).

Our new technologies literally help you better handle your everyday "high stress" situations without being overwhelmed. They also reduce the chances you'll have panic attacks.

Neurofeedback trains your brain to control stress rather than merely helping you manage it. Body biofeedback helps calm your nervous system and promotes better cell-to-cell communication. Research repeatedly shows that neurofeedback

and body biofeedback are very helpful for any type of anxiety, even PTSD.

Combining neurofeedback with body biofeedback

Customizing our approach to each person is a hallmark of care at the Center for Brain Training.

When a client comes to us with both anxiety and panic attacks we frequently recommend a combination of neurofeedback and body biofeedback (also known as BioRegulation Therapy or BRT).

While neurofeedback calms the mind, BRT calms the nervous system and reduces the physical symptoms associated with panic attacks. One person described it as "healing from the inside out." About 75 percent of our clients find that their physical symptoms diminish in a few sessions.

We don't stop there, however, as we search deeper for other problematic roots.

The gut-brain connection

There's been a radical shift in recent years in scientific thinking as gut-brain problems have been associated with anxiety and panic attacks. Many experts now believe that your mental health isn't only in your head but can also be greatly influenced by your gut health. Improving gut-brain health can impact sleep, mood, anxiety and attention. We frequently recommend diet changes and special dietary supplements that can help improve gut health.

CASE HISTORIES

"Nicole" had worked for years as a waitress to put herself through nursing school. When she got her dream job, it soon became a nightmare. Severe anxiety and daily panic attacks made walking into the hospital every day an exercise in courage. She worried that her mental state might impact her ability to care for her patients. A year of experimenting with different medications didn't help. Desperate, she tried neurofeedback. After her third session she felt calm enough to discontinue her medication. After her fifth session she was panic-free with significantly less anxiety and was able to discontinue her neurofeedback training.

"Ray," a licensed therapist, was a very wound-up man. He was hyper and anxious most of the time, though he hid it well from his clients. It was exhausting putting up this front, so he came to us for help. He also wanted to get off medication, which he had been on for years. After just one neurofeedback session he said, "I haven't felt this calm in my whole life." That one session didn't solve his problem, of course. He had to do numerous sessions in order for his brain to consistently function differently, but over time his brain learned to stay calmer.

"Brett," 24, had become so paralyzed by panic attacks that he had been unable to work or drive for two years. He was on heavy-duty mood stabilizers, an antipsychotic medication and other drugs. The medications helped somewhat but not enough for him to function. After one month of intensive neurofeedback training, his panic attacks and extreme anxiety diminished, and he was able to drive again.

Learn more about how neurofeedback helps anxiety, panic attacks, sleep, ADHD and other conditions without medications at our free seminar:

**Wednesday
January 16, 6 p.m.**

Call our office or visit our website for details.

If you're suffering from chronic anxiety or panic attacks, there's something new that can change how you feel. Give us a call today to learn more.

About Center for Brain Training

Center for Brain Training 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.



Michael Cohen
Director and
Chief of Neurotechnology

Michael Cohen is one of the leading experts in brain bio-feedback. 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 2,500 healthcare professionals, including medical doctors, all over the U.S. and the world.



**550 Heritage Drive, Suite 140
Jupiter, FL 33458**

561.744.7616
www.CenterforBrain.com

REJUVAnation™ –

Amniotic and Umbilical Cord STEM CELL therapy CURE Erectile Dysfunction and Peyronie's Disease STOP the Pain – Don't Operate REGENERATE

Get Your Life Back with Stem Cell Therapy

REJUVAnation Medical Center is a leader and pioneer in the field of regenerative medicine and a R3 Stem cell clinic, a national leader in stem cell therapy. Amniotic and Umbilical Cord Stem Cell therapy has been used hundreds of thousands of times worldwide for regeneration and repair of body tissue. Stem cell therapy, from FDA regulated and approved biological labs, takes advantage of your own body's ability to repair itself naturally.



**REJUVANATION MEDICAL CENTER
REGENERATIVE THERAPY IS SO
EXCEPTIONAL BECAUSE:**

- Combines Amniotic and Umbilical Cord Stem Cells, PRP Platelet Rich Plasma and RejuvaWAVE®
- Has live stem cells from FDA regulated labs for safety which is our utmost priority
- No need to harvest anything from patients
- No rejection issues and no ethical concerns
- Very safe and studies show excellent outcomes

**SAFE
CLINICALLY EFFECTIVE
NO REJECTION
NO SURGERY**

WHAT IS A STEM CELL?

Stem Cells are undifferentiated biological cell types obtained from the amniotic fluid and amniotic membranes or from the umbilical cord that can differentiate into various cell types that can help your body repair, regenerative and restore your health and vitality.

Potential Benefits of REJUVAnation Stem Cell Procedures?

- CURE Erectile Dysfunction and Peyronie's disease. No Pills, No Needles, No surgery. Enjoy a spontaneous sex life again.
- Walk, run, golf and swim again PAIN FREE. Stop the pain, don't operate.
- Avoid knee replacement surgery.
- Alleviate the pain and inflammation of degenerative arthritis.
- Stop the progression of neuropathy and future damage.
- Sports injuries, tendonitis – optimize and speed up healing.
- COPD
- Kidney Failure
- Chronic conditions and autoimmune diseases
- Help heal chronic skin conditions and wound healing.
- Regrow your OWN hair without surgery
- Anti-aging: look and feel younger and reduce wrinkles. "Stem cell facelift"

CURE ED AND PEYRONIE'S: Instead of medicating CURE with RejuvaWAVE®

Simply Men's Health at REJUVAnation Medical Center revolutionized the field of men's sexual health by introducing and developing the ground breaking RejuvaWAVE® and RejuvaEnhancement™ Procedure to help reverse the inevitable aging process and treat ED and Peyronie's disease.



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

It's natural for men to experience a decline in sexual performance as they age. Almost everyone by the age of 50 to 60 will experience some decline in sexual performance. But with the advent of RejuvaWAVE® and Regenerative Stem Cell therapy, Erectile Dysfunction is no longer an inevitable part of aging. Kiss Viagra, the pills and needles goodbye. Simply Men's Health REJUVAnation Medical Center has revolutionized the standard of care by introducing the only ED treatment that CURES erectile dysfunction. RejuvaWAVE® is revolutionary, non-invasive, and HEALS the underlying cause of ED. RejuvaWAVE® uses FDA-cleared, scientifically proven technology of Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and to stimulate tissue regeneration, which creates new blood vessels in treated areas. Traditional ED treatments such as pills or injections, lose effectiveness over time and have to be

used every time a man wants to perform. Simply Men's Health RejuvaWAVE® treatment is about regenerative medicine and treating and curing the underlying cause of ED with regenerative medicine. Regenerative medicine shifts the body into a healing and restoration state and helps men return to their younger healthier selves and to enjoy a Spontaneous and Active sex life again!

IS RejuvaWAVE® SAFE?

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

STEM CELLS for ED and Peyronie's: RejuvaEnhancement™ Procedure?

RejuvaWAVE® stimulates your body's own healing response and creates new blood vessels and regenerates tissue in the area treated. The RejuvaEnhancement™ Procedure combines the growth factors and stem cells from your own body with live, cryogenically-preserved multipotent stem cells and hundreds of growth factors and cytokines derived from human placenta, amniotic and umbilical cord tissues which activate your own body's stem cells. In addition, LIVE multipotent stem cells and fibroblasts in this allograft promote cell repair and tissue regeneration working synergistically with and magnifying the effects of RejuvaWAVE® to restore patients to their younger healthier selves. Rather than relying on oral medications or injections as a temporary fix before each sexual activity, patients enjoy can enjoy a spontaneous and active sex life again. Also , this procedure can increase both the length and girth of the penis by up to one inch.

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. Multipotent stem cells, derived from amniotic-placental tissue and umbilical cord have virtually unlimited potential to become any type of cell in the body. Adult stem cells derived from either bone marrow or fat cells are limited to the type of cells they can develop into. In addition, as one ages the quantity and the quality of stem cells obtained from bone marrow and fat drops exponentially and 80% of the stem cells derived from fat die within two days.



ARE THE REJUVAAnation AMNIOTIC AND UMBILICAL CORD STEM CELL PROCEDURES SAFE?

Yes. The cryogenically preserved amniotic and umbilical tissue has a many year history with no reported recipient rejections since these tissues are immune-privileged and do not express HLA type antibodies.

The tissues are obtained only from live, healthy births. NO EMBRYONIC TISSUES OR NO TISSUE FROM ABORTED FETUSES ARE EVER USED. The amniotic and umbilical cord 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 undergone extensive testing and screening.

HOW TO GET STARTED?

REJUVAAnation Medical Center and Simply Men's Health are dedicated to providing cutting-edge, minimally invasive methods to STOP and reverse the effects of the aging process and help your body to repair, regenerate, restore and heal itself. We see incredible results and can help you regain your vitality.

WHAT OUR PATIENTS ARE SAYING:

Testimonial: "I am celebrating my second anniversary since being treated at Simply Men's Health and I am maintaining the high level of performance I achieved with RejuvaWAVE® treatment. My spontaneity and stamina is back and my frustration and performance anxiety that goes along with it is gone. I am performing like I did decades ago. It's like magic! There are a lot of copycats out there, but Simply Men's Health was the first to provide this treatment and they are the best!" – Steve, Wellington

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 am in my 70's and have diabetes, high cholesterol, and had prostate removed for cancer several years ago. I had tried everything, and 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® and RejuvaEnhancement™ Stem cell procedures are remarkable. I feel like Superman." – E.M.

Testimonial: "I have chronic renal failure and diabetes and am on dialysis and suffer from chronic symptoms and knee pains. I had IV stem cells treatment and I noticed a difference right away in my wound healing and my knee pain was gone." – Joshua

Testimonial: "I have been suffering from degenerative arthritis and was getting steroid injections for knee pain which didn't help much or for long. Several months ago, I had stem cell injections for my knees. The procedure was quite painless and after a month or so I notice remarkable improvements. I can walk pain free." – John M.



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



WHAT IS THE DIFFERENCE BETWEEN THC AND CBD?

TETRAHYDROCANNABINOL (THC) and **CANNABIDIOL (CBD)** are the two primary cannabinoids that occur naturally in the *Cannabis sativa* plant, most commonly known as cannabis.

Both of these substances interact with the cannabinoid receptors found in the human body and brain, but they differed dramatically in their effects.

CBD is non-psychoactive which means that it will not get the user high. Because of this trait, CBD appears more frequently than THC in dietary and natural supplements.

What is THC?

THC is the main psychoactive component of the cannabis plant. In other words, THC is the primary agent responsible for creating the ‘high’ associated with recreational cannabis use.

This compound works, in part, by mimicking the effects of anandamide and 2-AG. These neurotransmitters are produced naturally by the human body and help to modulate sleeping and eating habits, the perception of pain, and countless other bodily functions.

The effects of THC include:

- Relaxation
- Altered senses of sight, smell, and hearing
- Fatigue
- Hunger
- Reduced aggression

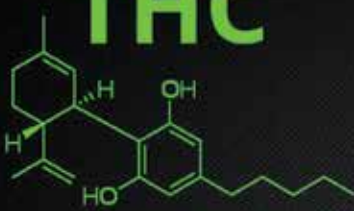
What is CBD?

Cannabidiol is one of the most critical cannabinoids contained in the cannabis plant. It exists both in agricultural hemp, as well as medical cannabis. While cannabinoids are present within several plants in nature, cannabis is the only plant known to contain CBD.

CBD has the same chemical formula as THC, with the atoms in a different arrangement.

This slight variance causes THC to create a psychoactive effect, while CBD does not. This fact means that when you ingest CBD for medical purposes, you will more likely experience a relief of your unwanted discomfort, with little or no noticeable effect on your cognitive abilities.

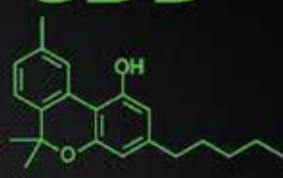
THC



Medical benefits:


- eases pain
- helps with relaxation
- suppresses pain from nerve damage
- reduces risk of nerve damages
- suppresses muscle spasms and convulsions

CBD



Medical benefits:

- reduces Dravet seizure
- kills breast cancer cells
- stimulates bone growth
- stops inflammation
- anti-inflammatory properties
- anti-oxidant properties
- anti-psychotic



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



804 U.S. 1, West Palm Beach, FL 33403
561-328-8384

HEMP OIL

👎

VS

👍

CANNABIS OIL

The difference between CBD from Hemp and CBD from Cannabis strains

HEMP OIL

PRODUCT: Hemp bi-product.

LABELS: Must state that is made from hemp.

TESTING: Due to lax testing outside the U.S. products may be highly contaminated.

INGREDIENTS: GMO's, tranfats & additives

EXTRACTION: BHO, propane, hexane or hydrocarbons.

HEMP:

CANNABIS OIL

PRODUCT: High level CBD. For maximum therapeutic impact, choose both CBD and THC product.

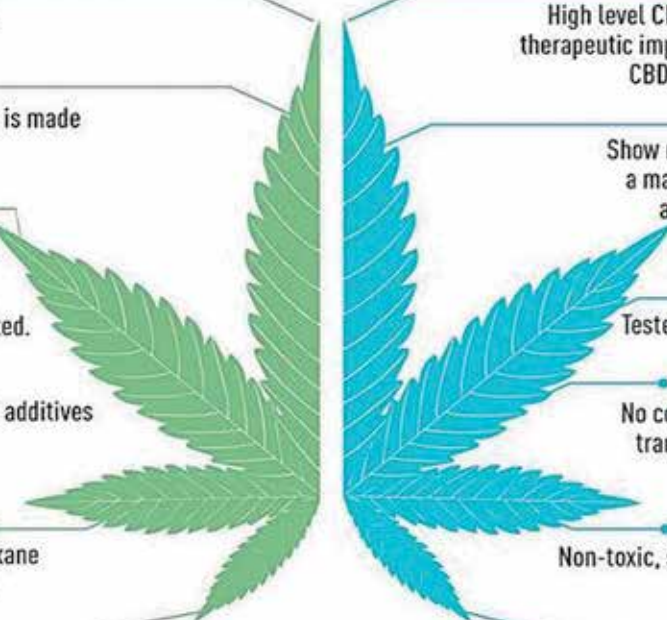
LABELS: Show ratio of CBD/THC, a manufacturing date and batch number.

TESTING: Tested for consistency.

INGREDIENTS: No corn syrup, GMO's, tranfats or additives.

EXTRACTION: Non-toxic, supercritical CO2.

CANNABIS:




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

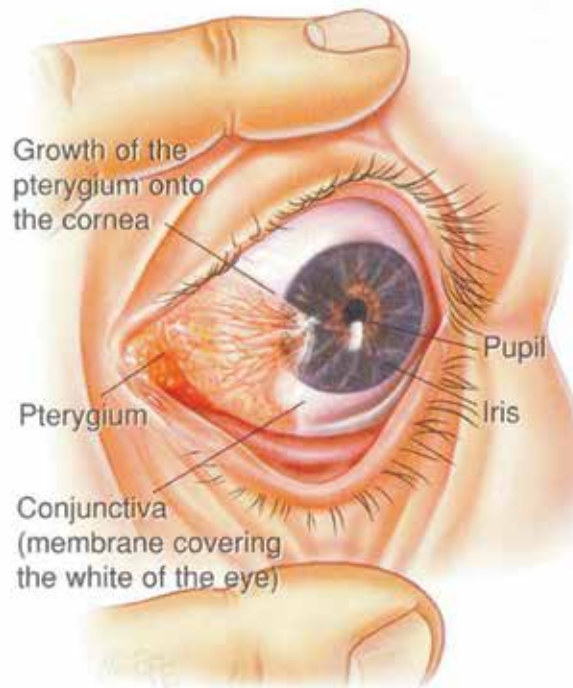
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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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SELFIES



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

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

And probably more than you even realize.

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

We are God’s selfie.

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

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

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

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

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

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

You are God’s selfie.

Brent Myers

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