

SOUTH FLORIDA'S

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

February 2019

South Palm Beach Edition - Monthly

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**FAILING FOLLICLES?  
6 WAYS TO SHOW  
YOUR HAIR A LITTLE TLC**

**THE Y-LIFT**

**AVOID  
BACK AND SPINE  
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**LAW OFFICE OF ANDREW CURTIS, ESQ**

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

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By Dr. David Steinberg,  
Pharmacist

# Ensuring our Parents Health Through Medication Compliance

**A**s the baby boomer generation ages and medications become more numerous, children and family members are charged with caring for the loved ones. This task comes not only with much stress but also with many questions. The questions often range from “Who will administer the medication when I’m not there?” “Is there a risk of my family member taking too many pills?” “How can I be sure that my family member is taking the same amount of medications he was taking

at the long term care facility?” These are just a couple of questions that we get at the pharmacy when we consult with family members and patients. As patients increase the number medications taken along with an increase to the number of physicians, the rise of medications errors is inevitable. Patients rely on family members or homecare givers to ensure compliance. We can do more. Every extra precaution or measure is well worth it when it comes to our family member. Our pharmacy has a unique system to mitigate medication errors such as over-medication and under-medication. We use, what is commonly called in the industry, a “bingo card.” It is becoming the industry gold standard and not only ensures medication compliance but puts the family at ease. It is a unit dose system where the patient’s medications are

divided into morning, afternoon, evening and bedtime. Each time slot has its own cell allowing the patient to know if the medicine was taken or not. It eliminates counting pills, filling pillboxes, and remembering doses. As a pharmacist, I hope to reduce common and preventable errors and help everyone live healthier lives. Please call TrustedMedRx with any questions at **561-613-6209** or **855-9EZ-MEDS**.



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# Failing Follicles?

## 6 WAYS TO SHOW YOUR HAIR A LITTLE TLC

By Alan J. Bauman, MD, ABHRS



**G**enetics play a key role in many hair loss cases, but it's important to realize there may be other contributing factors as well. In fact, there are a host of other issues that can be contributing to your hair loss, such as illness, medications, stress, styling regimens and other habits which can all accelerate hair loss. Hair follicles, just like other parts of the body, such as the skin, bones, teeth, etc., require proper care, nutrition, and treatments in order to keep hair youthfully thick and resilient. While the hair strand itself isn't alive, the underlying hair follicles are, and they need to be kept healthy or else you will soon find your hair becoming weak, brittle, dull, thin or even falling out.

**I**f you are concerned about the health of your hair, here are six ways to show your falling follicles a little extra love – 'tis the season after all!

**Assess Your Risk** – One of the scariest aspects of hair loss is that the process is often well underway before you can see it in the mirror. “Invisible baldness” is essentially the initial stage of a chronic hair loss condition such as androgenetic alopecia that is especially difficult to spot with the naked eye. Science shows that you can lose up to 50% of your hair before it appears thin. Because of this, it's important for both men and women to be proactive about evaluations and treatment. Anyone who cares about their hair's longevity should undergo a simple HairCheck™ measurement to compare how much hair they have in at-risk areas vs. more permanent areas of the scalp.

**Give Your Hair a Nutritional Boost** – Hair follicles are amongst the most metabolically active populations of cells in your body. If you are looking to give your hair a boost, a nutritional supplement like professional-grade “SuperBiotin,” Viviscal Professional – made from marine protein, or perhaps Nutrafol – a multi-nutraceutical, are good places to start. Nutrafol Male and Nutrafol Female are exciting nutraceutical products because it targets several possible triggers for hair loss and hair thinning, including inflammation, the effects of cortisol (stress hormones), free radical damage and others.



Before and 12 months After treatment with Formula 82M and Low Level Laser Therapy by Dr. Alan Bauman.

**Choose the Right Products** – When choosing grooming products, look for products that contain caffeine, saw palmetto (*Serenoa Repens*), and green tea extracts (ECGC), as these can help strengthen the follicles and help prevent shedding. Minoxidil is the FDA-approved hair growth ingredient in Rogaine and many other generic over-the-counter products, but these oily/greasy minoxidil mixtures can still cause major irritation in the scalp unless you seek out an alternative powerful compounded prescription version like quick-dry, non-greasy Compounded Formula 82M Minoxidil.

**Scalp Treatments** – Whether your problem is an itchy scalp or thinning hair, a little scalp pampering may be just what the doctor ordered. New “Scalp Makeovers” are available to treat various hair and scalp problems, including thinning – it's sort of like a high-tech facial for the scalp. Evaluations start with a detailed scientific “Trico-Test” and treatments range from sebum-regulating topical serums to scalp steaming and massage, exfoliation treatments, moisturizing lotions, and hair-boosting dermal patches.

**Ask for Help** – Whether it was suggested by your spouse, friend, barber, stylist, physician, or something you noticed after looking at a few old pictures of yourself, once it has been determined that the hair loss process has started, your next phone call or email needs to be to an experienced full-time Hair Restoration Physician – a doctor who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss. These specialty physicians have had extensive training and are certified by the American Board of Hair Restoration Surgery, and



Before and 12 months After treatment with Low Level Laser Therapy by Dr. Alan Bauman





*Before and 12 months After PRP+ECM Platelet Rich Plasma with Extracellular Matrix by Dr. Alan Bauman*

have up-to-date knowledge of the newest treatment options. Before choosing your doctor, it is important to know their qualifications, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions.

**Be Proactive with Treatment** – After you’ve consulted with a qualified hair restoration specialist, they will likely recommend a combination of medical treatments and lifestyle changes to help stop the progression of hair loss and jumpstart hair regrowth. Medical treatments that will help mitigate hair loss include a specially compounded prescription minoxidil solution, platelet-rich plasma injections with ECM or Extracellular Matrix (also called the “vampire hair growth treatment”), prostaglandin analogs, low-level laser therapy, FinPlus compounded finasteride, and nutraceuticals. In advanced cases,

hair transplantation may be the patient’s best strategy for treating hair loss. New microsurgical “no-scalpel/no-stitch” harvesting techniques like SmartGraft FUE or ARTAS Robotic System allow for a minimally invasive “follicle-by-follicle” approach, which eliminates the risk of a linear scar. The best strategy is to use a multi-therapy approach and undergo regular check-ups with your doctor, who can properly evaluate the efficacy of your treatment.

It’s important for everyone to remember to show their follicles a little TLC if you want to have full, healthy hair for the foreseeable future.

For more information on falling follicles or how you can boost the health of your hair, please visit [www.baumanmedical.com](http://www.baumanmedical.com) or call **844-GET-HAIR** or **561-394-0024**.

## 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.

## Hair Loss Signs & Symptoms

- Excessive Shedding
- Thinner, Weaker Hair
- Smaller Ponytail Thickness
- Loss of Hair Volume
- Difficulty Styling or Creative Styling Needed
- Seeing More Scalp or Widening Part-Line
- Using Cosmetic Camouflage Powder
- Receding Hairline and/or Temples
- Sunburned Scalp

## Hair Restoration Physician Credentials & Associations

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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.



The Y-Lift is an incredible new way to inject hyaluronic acid filler that doctors have already been using 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 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 delivers results in under an hour with no surgery and no downtime. It has been named "The 30-minute Miracle Facelift" by Dr. Oz and has been featured in journals across the globe such as Beauty World News, Forbes Magazine, Elle Magazine, Harper's Bazaar, Marie Claire and many more.

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



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

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

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By Aaron Rosenblatt, MD

# AVOID BACK AND SPINE SURGERIES!!!



**B**ack surgeries can fail for a devastatingly simple reason; the operation was not the right treatment, because the surgeon never pinpointed the source of the pain. As a result, patients may be just as miserable as they were before, or worse off. Unfortunately a desperate number choose to try surgery again. This is usually the wrong decision as well and this should be avoided. Statistics show also that by two years after a patient's first surgery, about 8% of patients have had another operation and by 10 years after, the rate jumps to 20%, an analysis of Washington State hospital data found.

There is no one best way to treat everyone. But the chance of finding relief for ongoing pain unquestionably lies in understanding what has gone wrong. This is not an easy task. Then seeing the most appropriate specialist for your problem and asking the right questions is quite important. With back problems, perhaps more than with any other medical condition, getting the best care at the utmost importance. The most important doctor you can see, at this point, is an Interventional Pain Management Specialists like Dr. Aaron Rosenblatt. A well qualified and certified doctor like him can evaluate a patient completely. He will order the appropriate scans and or test needed in order to come up with a plan to properly diagnose and the treat the issues WITHOUT SURGERY.

Once all of the appropriate tests are done Dr. Rosenblatt can see what diagnostics need to be completed in his state-of-the-art pain management facility. That's why it's critical to have a thorough workup. To get a sense of the cause of your pain X-rays and MRI/CT scans can be helpful but just because these scan say you have a disc problem here and or an arthritic problem there does not mean that this is where your pain is generated from.

As an interventionalist, Dr. Rosenblatt will take this information and set up diagnostic tests within his office to properly pinpoint the exact regions of the spine which require any type of treatment. Without these diagnostic tests, the wrong diagnoses can be made and then ineffective treatment with

surgery becomes likely. That's because high-tech images routinely uncover bulging discs and other "abnormalities." Dr. Rosenblatt will use this information and interventional techniques to avoid surgery.

Trouble is, many findings on scans often have nothing to do with what's hurting. If you take 100 people off the street and give them MRI's or Cat Scans, 33% of them, even if they had no back pain whatsoever, would have obvious structural problems. Data also points out that less the 5% of all patients who experience back pain will EVER require surgery but, unfortunately, a much higher percent of patients wind up with an operation. We will help avoid this situation.

Here's the real problem... Patients tend to think of back surgery as the BIG CURE or consider it the treatment that will work successfully. Sometimes, in our desperation to get our lives back, it may seem like a good idea to jump over those less invasive procedures and go right to the big one. This is rarely true.

Dr. Rosenblatt says, "Per my experience, it is rarely the case that a patient I see in my office will ever require surgery for pain. I also see too many patients who have already had 1 or more back surgeries without any relief." Surgery should NEVER be seen as worth trying for pain. This approach usually fails to help patients overcome their pain and now their spines are complicated and worse off due to after effect of surgery.

If a doctor recommends an operation, get a second opinion as soon as possible. A good surgeon should understand that you need to be comfortable with any decision and prior to having a surgery other opinions are necessary. For a truly useful second look, Dr. Rosenblatt can fully evaluate this situation and give what options exist.

Dr. Rosenblatt explains, "There have been too many times where patients were scheduled for one type of surgery and something totally different was causing their pain. Specifically, issues with sacroiliac

joints, hips and other regions of the body can mimic pain which would also NOT require surgery."

Dr. Rosenblatt continues, "I'm always trying to help a patient fully understand what is causing them a pain issue. This is usually pinpointed easily, diagnosed properly and then treated successfully without the need for any type of surgery."

Avoiding surgery is our number one goal to help to treat a growing older and active community. At Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, he serves as the medical director and is board certified. Every patient is evaluated by Dr. Rosenblatt himself and a comprehensive treatment plan is always tailor made for each individual. Patients are NOT seen by PA's (physician assistants) or NP's (nurse practitioners). You will see the doctor at each and every visit. Dr. Aaron Rosenblatt specializes in performing Interventional Pain Management procedures and also in the field of Physical Medicine and Rehabilitation. His knowledge encompasses each region of the body which can cause pain. He runs on time and does not make patients wait hours in his office to see him. He is not only a pleasure to talk to regarding pain issues, but also enjoys every day topics such as sports, movies, entertainment and current events. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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



# What is MACULAR PUCKER?

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

**A** macular pucker (also called an epiretinal membrane) is a layer of scar tissue that grows on the surface of the retina, particularly the macula, which is the part of your eye responsible for detailed, central vision.

The macula is the small area at the center of the eye's retina that allows you to see fine details clearly. The retina is a layer of light-sensing cells lining the back of your eye. As light rays enter your eye, the retina converts the rays into signals, which are sent through the optic nerve to your brain where they are recognized as images. Damage to your macula causes blurred central vision, making it difficult to perform tasks such as reading small print or threading a needle.

As we grow older, the thick vitreous gel in the middle of our eyes begins to shrink and pull away from the macula. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or become swollen or distorted.

## MACULAR PUCKER CAUSES

As you age, the vitreous — the clear, gel-like substance that fills the middle of your eye — begins to shrink and pull away from the retina. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or bulge.

*Other eye conditions associated with macular pucker include:*

- Vitreous detachment;
- Torn or detached retina;
- Inflammation (swelling) inside the eye;
- Severe trauma to the eye (from surgery or injury); and
- Disorders of the blood vessels in the retina, such as diabetic retinopathy.

## MACULAR PUCKER SYMPTOMS

With a macular pucker, you may notice that your central vision is blurry or mildly distorted, and straight lines can appear wavy. You may have difficulty seeing fine detail and reading small print. There may be a gray or cloudy area in the center of your vision, or perhaps even a blind spot.

Symptoms of macular pucker range from mild to severe. Usually macular pucker affects one eye, although it may affect the other eye later. Vision loss can vary from

none to severe vision loss, although severe vision loss is uncommon. A macular pucker does not affect your side (peripheral) vision.

For most people with macular pucker, their vision remains stable and does not worsen over time.

## MACULAR PUCKER DIAGNOSIS

During an eye exam, your ophthalmologist will dilate your pupils and examine your retina. You may have a test called fluorescein angiography that uses dye to illuminate areas of the retina.

Another test called optical coherence tomography (OCT) is helpful in making an accurate macular pucker diagnosis. With OCT, a special camera is used to scan your retina. It measures the thickness of the retina and is also very sensitive at detecting swelling and fluid.

OCT can also diagnose macular abnormalities that are too small to be seen in an examination or with angiography.

## MACULAR PUCKER TREATMENT

For more severe symptoms, a surgery called vitrectomy is recommended. The surgery is usually performed as an outpatient procedure in an operating room. During surgery, your ophthalmologist uses microsurgery instruments to remove the wrinkled tissue on your macula and to remove the vitreous gel that may be pulling on the macula. Sometimes an air or gas bubble is placed in the eye to help the retina heal or to seal any tears or holes.

After the tissue is gone, the macula flattens and vision slowly improves, though it usually does not return all the way to normal. After the operation, you will need to wear an eye patch for a few days or weeks to protect the eye, and you may need to do some particular head positioning if an air or gas bubble was placed in your eye during surgery. You will also need to use medicated eye drops to help the eye heal.

In most cases, while vision improves after macular pucker surgery, it generally does not return to



normal. It can take up to three months for vision to fully recover. On average, about half of the vision lost from a macular pucker is restored; some people have significantly more vision restored, some less. In most cases, the visual distortion of macular pucker is significantly reduced.



**The Retina Institute of Florida**

**Lauren R. Rosecan**

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

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# VIBROACOUSTIC THERAPY

## IS THE MOST COMFORTING, EFFECTIVE AND EFFORTLESS WAY TO REDUCE STRESS, DAILY

**W**e all accumulate mental, emotional and physical stress daily. That is why we need to reduce it daily. Otherwise it becomes chronic stress and elevates other chronic conditions such as chronic insomnia, chronic pain, chronic anxiety, chronic fatigue and more.

**In general, there are four types of people with regards to stress:**

1. Those that are not aware that they are stressed and therefore do nothing about it.
2. Those that are aware but take it as the inevitable normal life and do nothing about it.
3. Those that are aware and don't know how to cope with conflicts and stress so they use alcohol, drugs, prescription and OTC as their way to escape and "solve" their problems.
4. Those that are aware and explore and implement various ways such as meditation, acupuncture, massage and yoga.

Group 4 is growing and many workplaces, schools, and individuals, add yoga and meditations as part of wellness programs and preventive life style.

**Yet still, to many people, stress is the elephant in the room. It exists and never goes away no matter what they do. Many people in group 4 try several ways to reduce stress and are frustrated because the tools they have tried didn't work for them.**

The reason – we live in an era of overwhelming triggers from the external world and as results of interpretation of reality we analyze in our heads. We want to do too many things at the same time, we have huge demands at work and in our family environment.

**THERE ARE MANY TOOLS TO REDUCE STRESS, YET THEY DEMAND EFFORTS, FOCUS AND CONSISTENCY. THE PROBLEM IS THAT WHEN WE ARE STRESSED WE DON'T HAVE INNER RESOURCES AND VITALITY.**

Meditation is a great tool yet you are required to get into attentiveness mode and pass the first gate of silence in order to sink into serenity so that it will positively impact and reduce mental, emotional, and physical stress simultaneously. Yoga is wonderful, yet it demands physical and mental commitment. Acupuncture and massage are very effective, yet, can you allow yourself to go to a therapist daily?

### WHAT IS VIBROACOUSTIC THERAPY:

Olav Skille – the inventor of Vibroacoustic Therapy (Norway/Finland) was a principal in a disabled children's school. As he was playing his bass, he noticed that the closer he got to the children, the less stressed they were and their body movement grew. He was fascinated by the idea that it was the harmonic low sound frequencies of the bass that had a mental and emotional impact of reduction of stress.

As a music teacher with rare knowledge of Pythagoras' harmony of music, he created various harmonic low sound frequencies in the range between 30hz-120hz. He found the correlation between specific frequencies and reduction of pain and stress in different parts of the body. In addition, other frequencies help reduce insomnia and anxiety. He created special mats and pillows with speakers built in. That is Vibroacoustic Therapy.

TheSoundWell represents Olav Skille's original vibroacoustic therapy and use his original frequencies in their mats, pillows and teddy bears. [www.vibro-therapy.com/shop](http://www.vibro-therapy.com/shop)

### HOW DO YOU FEEL IN A VIBROACOUSTIC THERAPY SESSION

You lie on a mat, select a single frequency and.. let go... After a few moments, you feel gentle waves hugging you from within. After a few more minutes, you sink into deep peace of BodyMind. You may fall asleep or get into self- hypnosis mode. This is literally meditation to the cell with no efforts.

After 23 minutes you feel recharged with vitality, less stressed. Your body is calm, your mind is clear. You reset and reboot your mental and emotional systems. You feel much better and can restart your daily activities with fresh new energies.

**VIBROACOUSTIC THERAPY IS A WELLNESS GENERIC, HOLISTIC AND INTEGRATIVE BALANCING SELF HELP TOOL AND THERAPEUTIC MODALITY.**

**Generic** – basic and not conditioned to any culture, religion, philosophy or psychological branch.

**Holistic** – impacts interactions between mental, emotional & physical systems

**Integrative** – can be used as a stand alone therapeutic modality and self help tool or as part of any physical or psychotherapy multidisciplinary protocols.

**VIBROACOUSTIC THERAPY IS THE MOST COMFORTING, EFFECTIVE AND EFFORTLESS WAY TO REDUCE STRESS, DAILY.**

Who Is Vibroacoustic Therapy for – you – all of you: children, teens, adults and elderly. Families whose some of their members have chronic diseases and disabilities, may find vibroacoustic therapy very comforting.



Hello I'm Avigail Berg-Panitz – the owner of TheSoundwell vibro-therapy.

I was fortunate to be mentored personally by Olav Skille – the inventor of the original Vibroacoustic therapy (Norway/Finland). We use his original harmonic frequencies compositions in our products – (vibroacoustic therapy mats, pillows and teddy bears), to facilitate inner body massage to organs, tissues and cells.

I'M AN ENERGY HEALER, MEDITATION FACILITATOR, VIBROACOUSTIC THERAPIST AND WELLNESS-WELLBEING LIFE COACH. I HAVE MA IN HOLISTIC HEALTH FROM LESLEY UNIVERSITY.

**I'M AN ENERGY HEALER, MEDITATION FACILITATOR, VIBROACOUSTIC THERAPIST AND WELLNESS-WELLBEING LIFE COACH. I HAVE MA IN HOLISTIC HEALTH FROM LESLEY UNIVERSITY.**

My perception is based on providing tools for bodymind balance so that you can drive life and enjoy your life journey – your way.

You are welcome to set an appointment with me to map your challenges and together create a plan to clear your mind from clouds of thoughts, emotions, sensations, memories, imagination and belief system that limit your advancement and drain your vitality.

The tools we will be using to dynamically balance mental and emotional systems:

Energy healing, Vibroacoustic therapy, meditation, wellness-wellbeing coaching and expressive-creative writing.

I advise therapists, physicians, chiropractors and individuals of how to dynamically balance bodymind and integrative vibroacoustic therapy to increase life quality and recharge vitality.

Contact me today to set an appointment  
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Vibroacoustic therapy is a wellness balancing platform and does not replace medical diagnosis and treatment.



# **GAINSWave** **is a Revolutionary** **New Therapy** **that Treats** **Erectile Dysfunction (ED)**

#### **WHAT CAUSES ED?**

As men age, the vessels in the penis weaken, contract and fill with micro-plaque just as they do elsewhere in the body. This prohibits men from achieving an erection or decreases the firmness of a man's erection. At the same time, the penis decreases in sensitivity, making it harder to achieve a pleasurable orgasm. Finally, the time necessary between orgasm and the ability to achieve an erection (the refractory time) increases. The bottom line is that most erectile dysfunction is a result of poor blood flow, known as vasculogenic ED.

#### **COMMON TREATMENT FOR ED:**

As many as 50% of men experience some form of ED by the age of 50. For many years men with ED have resorted to oral ED medications to relieve their symptoms. Oral medications for ED can be an effective temporary relief of the symptoms of ED, they don't target the root cause of most patients' ED, they can often bring unwanted side effects, and they can fail to work up to 50% of the time in some men.



Expensive oral medications such as Viagra and Cialis may cause unwanted side effects, such as nasal congestion, headaches, upset stomach, vision changes, facial flushing, and dizziness. They also have to be taken before intercourse limiting spontaneity. Finally, there are many men with cardiovascular disease who are not candidates for treatment with these medications.

Depending on the severity of ED, The Journal of Urology reported oral ED medications may only yield up to a 27% effective rate in those with severe ED. This leads patients with more severe ED to invasive treatments like penile injections, where medication is injected directly into the penis before intercourse. This again limits spontaneity and chronically drains the wallet.

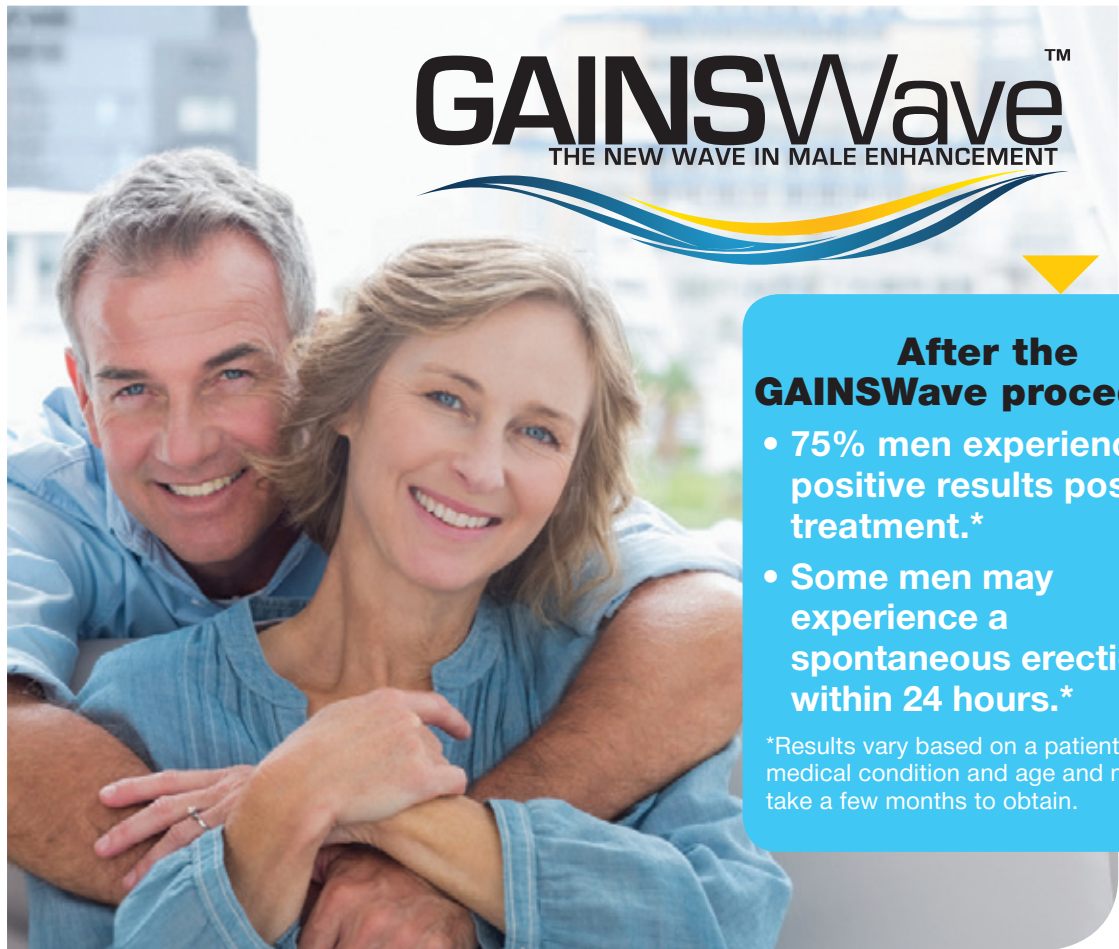
#### WHY MEDICATE WHEN YOU CAN CURE?

Introducing the only Erectile Dysfunction Treatment that treats the underlying cause of ED, GAINSWave is revolutionary, non-invasive and heals the underlying causes of ED. GAINSWave uses FDA-cleared, scientifically proven non-invasive technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and stimulate tissue regeneration creating new blood vessels in treated areas. GAINSWave is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

#### SCIENTIFICALLY PROVEN RESULTS

There are over 40 clinical studies showing GAINSWave technology to be effective in treating ED. Patients are reporting great improvements to their sexual health, including:

- Longer lasting erections
- More Spontaneous erections
- Fuller Erections
- Relief from symptoms of Erectile Dysfunction and Peyronie's Disease
- Enhanced sensitivity
- Improved sexual performance
- Decreased recovery time between orgasms



#### After the GAINSWave procedure:

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

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

#### IS IT SAFE?

Yes. This is an FDA cleared technology that originally developed in Europe and is used worldwide. GAINSWave uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, and anti-aging treatments and wound healing. While a specific indication for treating ED has not yet been granted, we know that it is only a matter of time given the extraordinary success. In clinical practice, over a 79% of the men who utilize this treatment report improvement in symptoms related to ED. We have even seen improvements in those men who have lost functioning after some forms of prostate surgery. GAINSWave has virtually no risks or side effects and no downtime. This therapy has been used extensively in Europe for over 10-15 years, but is relatively new to the U.S. for erectile dysfunction.

#### HOW TO GET STARTED

Dr. Erickson, takes on each case with individualized care. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Some men in their 40's and early 50's even find it helpful for reinvigorating their sex life and improving their performance to levels they enjoyed in their 20's.

Contact Dr. Erickson for a private consultation today, **561-808-7205**.

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EDfixMD.com

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

# WHY CAN'T I PAY ATTENTION?



## CAN NEUROFEEDBACK HELP?

By Renee Chillcott, LMHC

### GOOD NEWS!

Research shows that Neurofeedback is a successful alternative for treatment of ADD/ADHD. Attention and Focus problems are brain related. Neurofeedback allows you to work directly on your issues by training the brain to become calmer, more focused, and less impulsive.

### YOU MAY ALREADY KNOW THAT...

- ADD/ADHD is one of the most common neurodevelopmental disorders of childhood, and can persist through adolescence and adulthood.
- Those diagnosed can display a number of symptoms including: inattention, hyperactivity, and impulsivity.
- In the brain, ADD/ADHD often displays as too many slow or too many fast neurons firing, particularly in the frontal and/or central lobes.
- Processing issues — auditory, visual, and/or sensory — can cause Attention and Focus problems.
- Other Brain issues such as Anxiety, Depression and head injuries/concussions can also cause Attention and Focus problems.

### WHY TRAIN YOUR BRAIN?

Mental clarity improves when you operate a calmer, more efficient brain. As you learn to slow down “inner chatter” or activate a “sleepy” brain, you become more effective at responding to stress and adapt more readily to different situations, both psychologically and physically. Homework time is smoother and quicker, assignments are more easily remembered, completed and turned in, behavior improves, and mood swings/depression often lift.

Neurofeedback has been shown to be of remarkable value for adults and school-age children who experience focus and learning problems. Through brain training, they can learn to better concentrate on work, increase their frustration tolerance level, and are less prone to be overwhelmed with sensory overload from the environment. With their thoughts more organized, they can focus more clearly on what others say to them and can begin to develop healthier friendships/relationships and learn effectively.

**WHAT IS NEUROFEEDBACK?**

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. It is exercise for your brain by allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through the auditory reinforcement of "beeps".

It is important to understand that the neurofeedback approach does not magically "cure" or "fix" anything. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle "challenges" and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time. These learning changes are mostly permanent.

**HOW DOES A "BEEP" OR SOUND TRAIN MY BRAIN TO WORK BETTER?**

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave activity is able to affect the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

**WHAT ARE THE TYPES OF CONDITIONS NEUROFEEDBACK HELPS?**

**Symptoms of these conditions, among others, can improve through neurofeedback training:**

- Anxiety
- Sleep disorders
- Depression
- ADD/ADHD
- Sensory processing disorder
- Bipolar disorder
- Seizure disorders
- Auditory/visual processing
- Chronic pain/Fibromyalgia
- Migraines/headaches
- Traumatic brain injuries
- Stroke
- Peak performance
- Oppositional defiant disorder
- Auditory/Visual Processing
- Rages/mood swings
- Attention/focus/concentration
- Reactive attachment disorder
- Autism/Asperger's
- Learning disabilities
- Obsessive compulsive disorder

**HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?**

As the brain learns, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to see changes and we can discuss what to expect during the intake appointment. For adults changes are usually noticed within 10 sessions. Total treatment is an average of 40 sessions, however we individualize treatment – some people need more and some less.

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

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to a specialist to be read and analyzed. They are able to give us a summary of significant findings as well as a full report that shows the results of analyzing the data several different ways. The brain activity is not only compared by individual locations over the entire head, but we

can also look at connections, symmetry, and how different parts are communicating. It can help us see what areas need to be addressed more efficiently than just training spot by spot.

We don't always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

**HOW DO I GET STARTED?**

**Getting started is easy, just give us a call.**

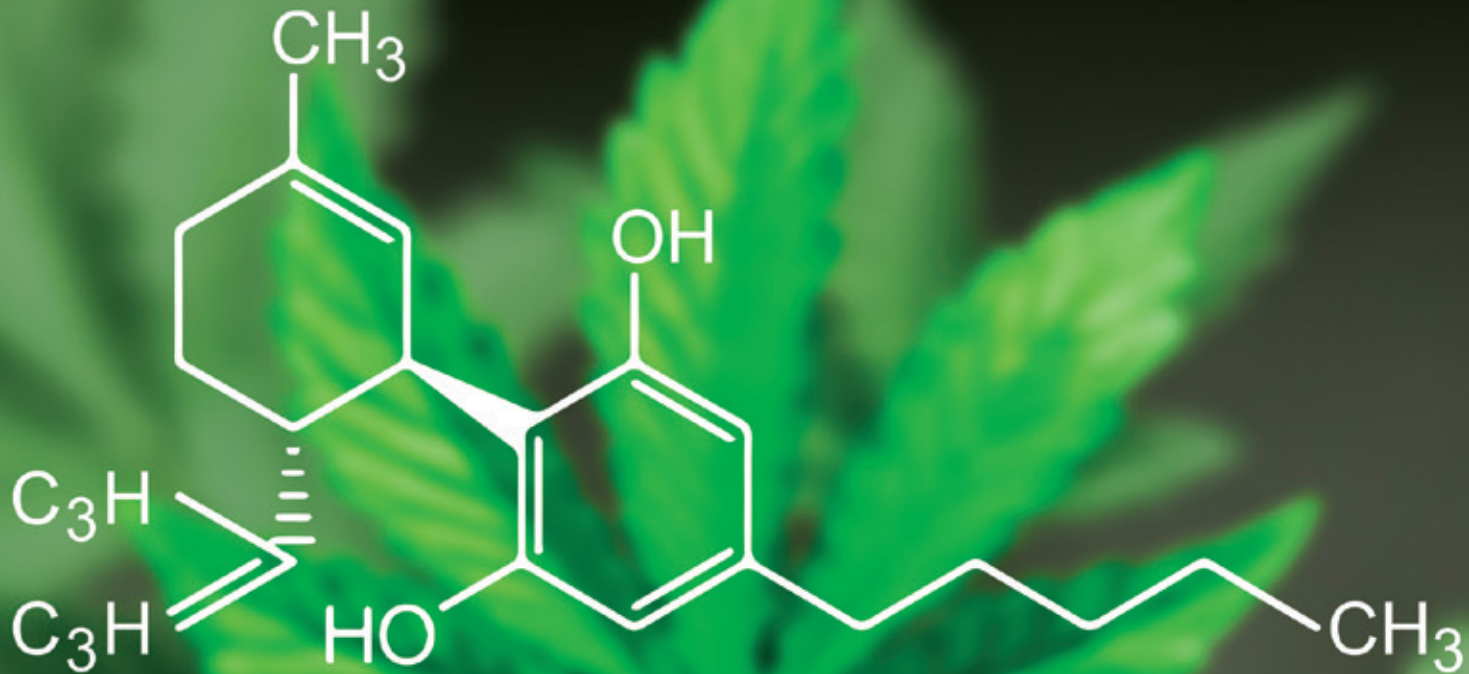
The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. Some insurance is accepted. If you are wondering what services are best for you, we can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation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

**Renee Chillcott, LMHC**

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



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# CBD IN 2019:

## NEW STUDIES, NEW PRODUCTS, & A NEW FARM BILL

**A** new bill allowing a larger array of products to be created with infused CBD that will take the industry into the mainstream in a large way. This will make it a regularly studied ingredient to be better understood and propel CBD into more effective uses.



An \$867 billion farm bill that is expected to pass in Congress this week will fund food stamps, crop subsidies and – to the glee of many stock promoters – legalize industrial hemp, a source of the popular ingredient cannabidiol, or CBD. Brace yourself for CBD-infused drinks, foods, cosmetics and stocks.

The most significant impact of the farm bill will be its funding of 10 more years of food stamps and farm subsidies. But hitching a ride on the farm bill wagon are provisions that decriminalize hemp. Technically speaking, hemp has been a controlled substance under federal law and could only be grown with a license under certain state research programs. The new farm bill will allow hemp cultivation without a license in every state. As a chemical, CBD is considered “non-psychoactive,” but it has soothing properties that led the U.S. Food & Drug Administration in June to approve a CBD-containing prescription drug from GW Pharmaceuticals (GWPH) for treating two rare seizure disorders that can be life-threatening in infants.

Fans of CBD have also touted the stuff as a panacea for anxiety, pain, inflammation, and even cancer. Another benefit of the farm bill’s passage should be an increase in the scientific testing of cures claimed for CBD and the hundred-odd other cannabinoids in hemp and cannabis.

With less legislation stifling the advancement of CBD, 2019 will surely be a huge year of innovation.

**VISIT ONE OF THESE LOCATIONS FOR YOUR CBD PRODUCTS**



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Boynton Beach, FL 33426  
561-223-0743**



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



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# REJUVAnation™ – Amniotic and Umbilical Cord STEM CELL therapy CURE Peyronie's Disease STOP the Pain – Don't Operate REGENERATE Get Your Life Back with Stem Cell Therapy

**R**EJUVAnation 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 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 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 Peyronie's disease.

Simply Men's Health REJUVAnation Medical Center has revolutionized the standard of care by introducing the only treatment that CURES Peyronie's disease RejuvaWAVE® is revolutionary,



### 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

non-invasive, and HEALS the underlying cause of Peyronie's. RejuvaWAVE® uses FDA-cleared, scientifically proven technology of Acoustic Pressure Waves to stimulate cellular metabolism, reduce plaque build-up, enhance blood circulation and to stimulate tissue regeneration, which creates new blood vessels in treated areas. Traditional Peyronie's treatments 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 Peyronie's 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 life again!

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

### 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 Peyronie's in Europe, it is relatively new to the United States for the disorder. 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 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 REJUVANATION 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?

REJUVAnation 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.



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# Open Enrollment has passed.... Are you still paying too much? It is not too late for the most affordable option

by Jennifer Finazzo, Licensed Agent

## TAKING CARE OF YOUR FAMILY ... & YOUR BUDGET Small Businesses | Self-Employed | Families | Individuals



USHealth Group is an innovator in the industry with over 100 collective years of experience. Our health coverage products are designed to meet the needs of the individual and small business insurance market. Headquartered in Fort Worth, TX, our insurance companies are licensed in 41 states.

**JENNIFER FINAZZO** and her family are passionate about the companies comprehensive Health Care plans and the innovative plan PremierChoice Specified Disease/Sickness and Accident insurance that provides you with budget-conscious coverage today that can grow as your needs grow – every year – for up to 5 years\*! Although she helps her clients find the best health plans that are affordable and rich in benefits she and her family have the added peace of mind knowing that you and your family have the ability to move to a short term medical-surgical plan at any time you choose; even during a claim, without any additional proof of insurability. This unique upgrade option\* enables you to access enhanced medical benefits until the earliest available date

\*Requires purchase of the Optional SMIGIST & AMI Riders.

\*\*Not available in all states or on all products. Exclusions & limitations apply. See Licensed Agent for details

you can be covered by an essential health benefits plan. It includes our exclusive 15 Month Rate Lock\*\*! Jennifer moved her and her family from her husband's group plan although group plans are great for the employee to add family members it was costly and with large deductibles; it just did not make sense to add them. She uses the plan and stands behind the plan while the affordability is HUGE for her. "My husband drives a different car, I drive a different car, difference is we have different looking insurance cards!" "I love the benefits and coverage, especially the monthly premium but honestly I take each and every client, I look at their individual and family needs, I treat them as if this was my family and provide them with their BEST options!!" – says Jennifer.



**INSURANCE DECISIONS AND CHOICES:** can be confusing. Here are some of the ways that Jennifer Finazzo takes out the guesswork for her clients while making sure her clients and their families are covered for the expected and unexpected events while also meeting their budgets which can be quite a challenge!

SHE CAN HELP!

**THE PREMIERCHOICE DIFFERENCE**

- With the PremierChoice Specified Disease/ Sickness Plans, the PremierChoice Accident Plans, and the PremierChoice Health & Wellness Plan You are in a nationwide PPO Network with additional administrative cash benefits that reduce or eliminate excess medical costs.
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- Your initial rate is guaranteed for 15 months at no extra charge!\*
- 24-Hour coverage, on or off the job.
- Portable coverage You can take with You even if You move or change jobs.

**ACCIDENT PROTECTION FOR EVERYDAY LIFE!**

Accidents happen every day and You can't plan for the unexpected... or can You? You owe it to Yourself and Your family to have extra protection for Your everyday life. America's Choice Accident Protector gives You the peace of mind of knowing You've got extra coverage for those unpredictable yet extremely common accident expenses.

America's Choice Accident Protector is designed to help fill in the gap between Your major medical coverage deductibles, co-payments, and out-of-pocket expenses.

Excess Medical Expense Coverage. She gives You the option to select coverage that fits Your budget and needs.

**WHAT IS EXCESS MEDICAL EXPENSE COVERAGE?**

America's Choice Accident Protector pays you up to the Excess Medical Expense Coverage for the remaining amount of medical expenses incurred per Insured per Accident.

Excess Medical Expenses Coverage may include: Medically Necessary treatment by a physician, nurse or dentist; hospital room and board; outpatient surgery; ambulance; dental work to sound natural teeth; drugs; medicines; diagnostic tests and x-rays; oxygen; casts; splints; crutches; blood; plasma; and rental of durable medical equipment for a covered Accident or Injury. Benefits are subject to Your Excess Medical Expense Deductible per Accident per Insured.

Help cover the cost of deductibles, co-pays and other expenses not covered by your major medical plan.

**EMERGENCY AIR AMBULANCE**

Many accidents require emergency transportation to a Hospital or other facility. Rest easy knowing we've got you covered regardless of the Excess Medical Expense Coverage selected.

**WHY MEDGUARD\*?**

Health coverage provides benefits for medical treatment but doesn't include benefits for non-medical expenses. Traditional life insurance pays benefits after death. What if You survive a critical illness? Where will You find the financial

resources to cover non-medical costs during Your recovery? all questions that Jennifer Finazzo can help you thru in the process of looking at all your options.

If You are diagnosed with a covered condition, MedGuard will pay You a lump-sum cash payment! Ask Jennifer this is her favorite part of the plan, it is more than just health insurance it is a comprehensive health plan and in most cases still less than other plans in the market as she is licensed in over 28 states and is able to look at all plans in the market.

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# Why You Should NEVER Rely on Self-Treatment for Hearing Loss



In the wake of self-diagnosis and self-treatment, many individuals are looking for ways to treat their hearing loss much in the same way that a person would treat their own back pain with over-the-counter pain medicine. A good number of companies are benefiting from this “self-treatment” in the hearing amplification business. It’s the old adage of market demand and supply. However, in actuality, it’s not self-treating, it’s a misdirection.

The issues lie in the fact that there are different types of hearing loss and some of those can be quite dangerous if misdiagnosed or treated unfittingly. Making the appropriate hearing device choices is essential for long-term hearing attainment. Failing to make those decisions based on widespread misconceptions and misunderstandings is unfortunately all too common for countless individuals. Thirty-five million Americans have hearing loss, and many of them do not get the proper treatment that they need. Many organizations are offering personal sound-amplification products (PSAPs), hearables, smartphone hearing apps, and other amplification devices.

## TYPES OF HEARING LOSS

The ear is made of three parts, the outer, middle and inner ear, and there are three basic types of hearing loss.

- **Conductive hearing loss**
- **Sensorineural hearing loss**
- **Mixed hearing loss**

## CAUSES & TREATMENT

Conductive hearing loss limits sound from getting through the outer and middle ear. The causes are infections, benign tumors, eustachian tube blockages, eardrum perforations, and ear canal deformities to name a few. PSAPs or other OTC treatment options will usually not work to amplify hearing in these cases and should be diagnosed and treated by an audiologist.

Sensorineural hearing loss is permanent and is caused by inner ear complications such as nerve damage, genetics, illnesses, and trauma. This is the most common type of hearing loss and almost always requires hearing aids.

Mixed hearing loss may be damage in the outer or middle ear and in the inner ear or nerve pathway to the brain. This too should be diagnosed and treated by an audiologist.

Understanding the cause of your hearing loss is imperative and you cannot self-diagnose the cause. The reason it’s critical to see an audiologist is that they can diagnose the root cause of your condition. What many individuals do not know is that hearing loss can be an underlying condition of major health disorders like Ménière’s disease, rubella virus, autoimmune disorders, and cardiovascular disease. Additionally, hearing loss that goes untreated or treated improperly can lead to deafness, dementia and other neurodegenerative conditions.

## WHY AN AUDIOLOGIST IS THE BEST CHOICE.

If you are experiencing hearing loss, it’s important to seek out a qualified audiologist, because they are trained to get you the best outcome and resolution for your specific condition. If you’ve noticed that it’s difficult to hear conversations in a noisy atmosphere, or you feel the need to adjust your television volume much higher than before, it’s vital for you to have your hearing checked. Getting the correct diagnosis is key for your overall health and the effect of the device chosen for you.



**Dr. Maya Berenson,**  
**AuD**  
*Audiologist*

Dr. Maya Berenson currently the founder of Palm Beach Hearing Associates was previously the director at The New York Hearing Center affiliated with NYOG. She was also formerly Chief of Audiology at Metropolitan Hospital where she received extensive training in pediatric audiology. Dr. Berenson earned her doctorate degree in clinical audiology from The Long Island Consortium comprised of Hofstra University, Adelphi University and St. John's University. She completed her fellowship at SUNY Downstate Medical Center where she gained expertise in comprehensive audiological evaluations of adults and children, including complete assessment of auditory function, vestibular/balance assessment and treatment, and aural-rehabilitation including amplification evaluation, fitting and orientation.



**THE TRUTH ABOUT HEARING DEVICES**

What matters most about the hearing aid is the technology. When it comes to the technology feature of hearing aids, an audiologist will guide you as to which option is best suited for your personal needs. Because some individuals have hearing loss in both ears, some, just in one ear, and the level of hearing varies from person to person, there should never be a "one-size-fits-all" approach. Along with a hearing test, your audiologist should offer an in-depth evaluation of your home-life, work-life, and social life. If you are very active and frequent loud events or restaurants regularly, you may need a stronger technology than a person who has minimal hearing loss, or one that leads a quieter life in general.

**Please Contact The Hearing Center Of Broward & Palm Beach Today To Start Your Path to Better Hearing.**



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# Choosing the RIGHT WALKING AID For Your Needs and Safety



**U**nsteady walking is one of the leading reasons seniors fall and hurt themselves. If you've noticed that you aren't as balanced or able to get around like you used to, a walking aid is essential for your safety.

If you need minimal help when getting out of a chair or for walking around the grocery store a cane may be the first step, but when individuals need more support and more stability, canes will no longer suffice.

Walkers provide the highest level of stability and support. The issue is trying to decide which walker model is best for you. There are several types, and they all vary as to which is appropriate for specific needs.

### Standard Walkers

Standard walkers are the traditional folding silver aluminum walkers that have been around for years. Some have no wheels and go clomp-clomp as the user lifts and moves them with each step. These days, however, most standard walkers come with two wheels on the front legs which allow for more natural flow and movement. These walkers provide a great deal of support and stability and remain an excellent choice for

those who use their walkers outside and inside and need maximum support and stability.

### Three-Wheel Walkers

A three-wheel walker has a triangular shape and comes in a variety of colors. They are lightweight and very maneuverable. They are more "modern-looking" than the traditional standard walker. They also come with brakes and a storage pouch. Three-wheel walkers roll faster and are not as stable as the standard walker. Nevertheless, thousands of people use these walkers safely and they remain a popular choice.

### Four-Wheel Walker With a Seat

A four-wheel walker with a seat, also referred to as a "rollator," has the advantage of an available seat that is always with you. If you are in a mall or public park, and there is no place to rest, then you can lock the brakes on this walker and have a seat. They come in many colors and are now offered in upgraded styles, featuring larger storage pouches,

bigger wheels and softer seats. The primary disadvantage of these walkers is that they are heavier, making it somewhat more difficult to put them in or out of a car.

### Choosing the Correct Walker

Given the variety of choices, how do you decide which walker is right for you? Each model has its advantages and disadvantages. First, start by consulting your medical professional. If you are having trouble walking, a consultation with a physical or occupational therapist, with a referral from your physician, is a good place to start. Beyond that, choose a medical equipment supplier with a showroom containing many products to try, and professional sales assistance who can guide you in your choice.

### Medicare Considerations

If you are covered by Medicare, remember that Medicare will generally pay for only one walker every 5 years, so it pays to choose carefully. Generally, Medicare pays the full price for the standard walker. If a three – or four-wheel walker is chosen, then it is usually up to the beneficiary to cover the additional cost of these upgraded models.

### Kin-Care

At Kin-Care, we have a wide selection of walkers and many other products on display in our showroom. Our experienced sales professionals will be happy to spend time with you and guide you in your decision making, as you choose the walker that is right for you.

We are #1 in Customer Service! Kin-Care is South Florida's leading source for medical supplies, home medical equipment, and mobility products. We promise knowledgeable advice, uncompromising quality, and dedication to assisting those who have special needs, to make sure you get the product that's right for you. We file the necessary paperwork to assist you in obtaining the maximum allowable Medicare and insurance benefits for the medical supply products you need. Please stop by, call (561) 477-2507 or visit [kincare.net](http://kincare.net) today.



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# HOW ADVANCED TECHNOLOGY MAY REDUCE PAIN & FEAR IN THE DENTAL OFFICE

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



**M**any of today's advances can help make dental surgical procedures more conservative, less invasive and often times less painful. Fear tends to be the main reason patients delay or never seek recommended treatment. Unfortunately, issues with the teeth, gums and jaw bone do not repair themselves. When left untreated, these problems typically lead to more significant problems including tooth loss and pain. More invasive procedures may be required to address a situation that might have been able to be addressed in a less costly and less involved manner.

## Anxiety / Fear:

Managing a patient's anxiety or fear typically begins during the consultation appointment. Building trust with your doctor can go a long way in helping relax your fears about the unknown. Asking questions and receiving full explanations regarding your options can also help in reducing anxiety. Sedation is a tool we use to relax patients before, during and after a procedure. Our patients typically utilize either oral sedation (medications like valium) prior to their procedure or choose IV Sedation (also known as "twilight sleep"). In addition, the fear of "Novocaine" can be reduced through new delivery techniques that change the way the anesthetic can be given. Using sedation and newer anesthetic procedures can truly make even the most nervous patient relax and have a pleasant experience.

## Decreasing Pain:

Once the anesthetic has taken effect, no pain should be felt during the surgical procedure. This can be verified with you before the procedure starts. Much of the discomfort that patients experience is after the treatment is completed and during the early healing period. Most of this discomfort is caused by swelling. Typically, but not always, the more invasive the procedure, the more post-operative discomfort. Our goal is to keep the surgery as conservative, safe and non-invasive as possible. The use of the latest technology helps to achieve these goals.

A good example of state-of-the-art technology is the use of an in-office CT machine. Using this type of 3 dimensional x-ray to help plan procedures such as dental implants offers the surgeon the ability to see "inside the jaw bone". Treatment can then be planned in the most ideal locations, allowing visibility of important structures such as nerves and sinus cavities. This technology can also be used to help perform "teeth in the same day" procedures. The benefit is that in some cases no incisions are needed to perform the surgery. In addition, treatment times may be shorter.

Another example of the use of advanced technology is the treatment of bone loss around the teeth (also referred to as periodontal disease or deep pockets). Traditional surgery typically requires an opening of the area and sutures. The use of laser technology (similar to what is done with eye procedures) allows treatment of this life-long disease with no pain, no scalpel and no sutures. In fact, no pain medication is even provided for this procedure.

Many new options are available to patients that allow treatment of dental issues with both the reduction of fear and decreased swelling, pain and post-operative discomfort. Treating early today can prevent more expensive and invasive treatment tomorrow.

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 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.*



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# A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



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

By David A. Goldman, M.D.

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

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

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

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

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

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

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

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

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

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





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

What a message for the world to hear!

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

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

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

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

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

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

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

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

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

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

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

*Brent Myers*

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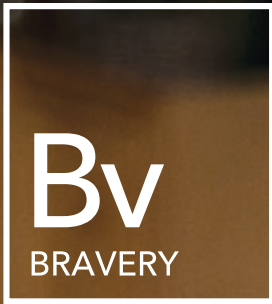
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*"My doctors at Florida Cancer Specialists and the clinical trials they offer are the reason I'm here today."*

*-Pamela Klein, Patient & Lung Cancer Fighter*

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