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April 2019

South Palm Beach Edition - Monthly

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LAW OFFICE OF ANDREW CURTIS, ESQ

- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
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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.

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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by Andrew M. Curtis, ESQ



TRUSTS ARE NOT JUST FOR THE WEALTHY



Perhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.

Another reason for having a revocable living trust is to protect against incapacity. In the trust, you designate who would manage

your assets in the event, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove



to be a bad result, because the husband could remarry and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once

you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will, follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit.. And for persons with handicapped children, a "supple-

mental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement for government benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

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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PDOGRO™:

What You Need to Know About the Newest Non-Invasive Treatment for Hair Loss

By Dr. Alan J. Bauman, MD, ABHRS

There is good news for men and women suffering from thinning hair, a promising new procedure just made its way to the U.S. and is being used exclusively by Bauman Medical to stimulate hair regrowth. In addition to the positive results seen in clinical trial patients, PDOgro™ is painless, can be done on your lunch break and requires no recovery time – which will no doubt be a major draw for hair loss sufferers.

HairCheck hair regrowth measurements are recommended every three months to track improvements in hair growth and to help determine when the next PDOgro™ thread treatment is indicated.

WHO CAN IT HELP?

PDO sutures have been used in various medical and surgical fields for decades, but the hair restoration field is just tapping into its potential as a hair loss treatment. Current research supports its use for stopping, slowing or reversing hair loss and promoting hair regrowth. Research has shown that PDOgro™ can be used as a stand-alone hair growth treatment or in conjunction with FDA-approved medications, low-level laser therapy, as well as other procedures including PRP, other cell therapy treatments and hair transplantation.

LOOKING AHEAD

Despite cutting-edge breakthroughs in hair transplantation thanks to the advent of sophisticated FUE technology, many patients aren't ready to take the plunge on a transplant or unable to make the financial investment, which makes therapies like PDOgro™, that can potentially reduce the need for a hair transplant so exciting for patients, physicians, and the entire hair restoration community.

WHAT IS PDO?

PDO thread insertion procedure is an exciting, new, non-invasive treatment to stimulate hair regrowth. PDO (polydioxanone) is a commonly used slowly absorbing synthetic surgical suture material that stimulates new blood vessel formation, collagen, elastin and hyaluronic acid production, as well as activates fibroblasts while it dissolves. These FDA-cleared PDO sutures have been used safely in surgery for decades and, in recent years, have shown promise in aesthetic medicine for non-surgical skin rejuvenation including tightening, lifting, and wrinkle reduction.

How does PDOgro™ work as a hair loss treatment? Dr. Bauman's unique application of the PDO threads, PDOgro™, is performed under painless local anesthesia by aseptically inserting PDO MasterThreads into the scalp in the thinning areas to stimulate hair regrowth by rejuvenating weakened follicles. This proprietary process is currently the only procedure in the U.S. using PDO threads for hair regrowth.

This painless "lunchtime" procedure works to stimulate hair regrowth through the release of growth factors and increased blood flow in the treatment area. The material slowly and safely dissolves over a period of months. The breakthrough outpatient non-surgical treatment requires no recovery, no downtime, no aftercare, and no activity restrictions.



Before and 6 months after PDOgro™ by Dr. Alan Bauman



Before and
6 months after
PDOgro™ by
Dr. Alan Bauman

Continued research and studies are being conducted, to help unlock PDOgro's™ maximum potential for hair loss patients. Clinical trials are now underway at Bauman Medical to determine how long the hair growth improvements with PDO threads will last as a stand-alone treatment, as well as in conjunction with other treatments.

PDOgro™ joins an arsenal of effective, non-invasive treatments used to treat hair loss and promote hair growth, including:

Platelet Rich Plasma Therapy, or PRP: Also called, "the vampire," PRP uses your own blood, which is naturally enhanced to boost the number of platelets and key growth factors. It is then re-injected into the scalp, where it revives dying follicles and regrows lost hair.



PDOgro™ by Dr. Alan Bauman

Compounded Formula 82M: Aside from the generic minoxidil and brand-name Rogaine you find on the shelf at every pharmacy, a growing number of off-label customized compounded versions of the medication, like Formula 82M, can be obtained with a doctor's prescription. These less greasy more powerful compounded versions offer dramatic improvements over the OTC brands.

Compounded Finasteride: "FinPlus" is a specially formulated oral treatment to help men and postmenopausal women in the medical management of hair loss. This custom compound contains 25% more finasteride than the popular hair loss drug Propecia, along with a unique blend of herbs and nutrients to optimize healthy hair regrowth.

Low-Level Laser Therapy: FDA cleared low-level lasers are a key weapon in the battle against thinning. These hair growth lasers are now available in laser-embedded ball caps, which offer a discreet, hands-free treatment to the scalp without side effects.

Nutritionals & Nutraceuticals: Haircare also comes in pill form. Hair vitamins and supplements, like Viviscal Pro, Nutrafol and "SuperBiotin" can help your hair appear shinier, fuller and stronger.

The biggest takeaway should be that early intervention is the key to preventing and managing hair loss. Once you understand the cause of your hair loss, you need to determine the best way to stop losing more hair, enhance the hair you have and restore the hair you've lost. For most patients, this means using a combination, or 'multi-therapy,' approach: non-invasive treatments to protect the hair you have and hair transplantation to restore the hair you've lost. Some patients might accomplish their goals using only non-invasive treatments, like the treatments mentioned above.

For more information about PDOgro™, or to learn if the treatment is right for you, visit <http://www.baumanmedical.com> or call 561-220-3480.

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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Over the years I pursued the quest to find the most effective non-surgical body-contouring technology.

So first, I had Zerona then CoolSculpting and then finally SculpSure, but none of these technologies impressed me like truSculpt® iD. This is the latest Body Sculpting technology that utilizes radio frequency wavelength to non-invasively melt fat under the skin and results in a 24% fat thickness reduction with one treatment alone. The treatment takes 15 minutes per area and multiple areas can be treated at the same time. This radio frequency technology penetrates deep to heat the entire fat layer from skin to muscle. The treatment is very

comfortable, it feels like a “warm” massage and the melted fat is eliminated through the lymphatic system, through urine within 8- 12 weeks. There is absolutely no down time and all areas of the body can be treated effectively. Since radio frequency energy is being used we obtain excellent skin tightening results unlike any of the previous non-invasive body sculpting devices. In addition, there are no side effects unlike any of the other technologies.

With so many of the body contouring technologies out there, I think it would be helpful if I compare the most popular technologies available:



Coolsculpt vs truSculpt® iD

Coolsculpt uses freezing to eliminate fat, it can be uncomfortable and can result in skin laxity.

SculpSure vs truSculpt® iD

SculpSure can require more than one treatment for 24% reduction and is uncomfortable. Multiple areas cannot be treated at the same time and some areas cannot be treated at all with SculpSure.

truSculpt® iD vs Emsculpt

Emsculpt is a muscle toning device, not body contouring. There is not much, if any fat reduction.

Overall advantages of truSculpt® iD over other body contouring devices:

- multiple areas can be treated at the same time
- no side effects
- good skin tightening as well as fat-melting
- any area or size of the body can be treated
- 24% fat reduction with one 15-minute treatment

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- flanks
- hips
- inner thighs
- outer thighs
- knees.

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

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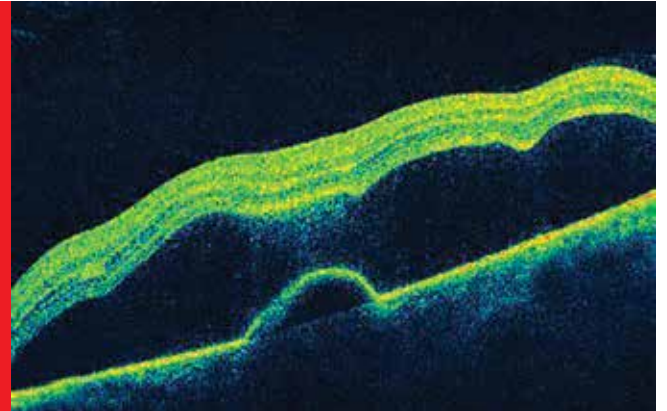
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What is **CENTRAL SEROUS RETINOPATHY?**

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

In central serous retinopathy (sometimes called central serous choroidopathy), fluid builds up under the retina and distorts vision. Fluid leakage is believed to come from a tissue layer with blood vessels under the retina, called the choroid. Another layer of cells called the retinal pigment epithelium (RPE) is responsible for preventing fluid from leaking from the choroid under the retina. When, for unknown reasons, tiny areas of the RPE become defective, fluid builds up and accumulates under the RPE, much as liquid in a blister collects under the skin. As a result, a small detachment forms under the retina, causing vision to become distorted.



Central serous choroidopathy usually affects just one eye at a time, but it is possible that both eyes may be affected at the same time.

CENTRAL SEROUS RETINOPATHY SYMPTOMS

If you have central serious retinopathy, your central vision will be distorted. In addition to distorted central vision, your vision may also appear blurred or dim. You may have a blind spot in your central vision. You may also notice a distortion of straight lines in your affected eye, or objects may appear smaller or further away than they actually are. When you look at a white object, it may appear to have a brownish tinge or appear duller in color.

WHO IS AT RISK FOR CENTRAL SEROUS RETINOPATHY?

Men are more likely to develop central serous choroidopathy than women, particularly in their 30s to 50s. Stress is a major risk factor. Some studies suggest that people with aggressive, "type A" personalities who are under a lot of stress may be more likely to develop central serous retinopathy.

Other factors that may increase your risk for central serous choroidopathy are:

- Use of steroids (by mouth, through a vein or even inhaled)
- Caffeine
- Hypertension (high blood pressure)

CENTRAL SEROUS RETINOPATHY DIAGNOSIS

of your eye using fluorescein angiography and optical coherence tomography (OCT).

During fluorescein angiography, a fluorescein dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. Photographs are taken of your eye as the dye passes through the retinal blood vessels. Abnormal areas will be highlighted by the dye, showing your doctor whether you have central serous retinopathy.

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps to measure retinal thickness and detect swelling of the retina.

CENTRAL SEROUS RETINOPATHY TREATMENT

Most cases of central serous retinopathy clear up in one or two months without any treatment. During this time, your Eye M.D. will monitor your eye to see if the liquid is being reabsorbed. In some cases when the vision isn't regained in a timely manner you Eye M.D. may consider laser or Anti VEGF injection to help restore vision.

Most people with central serous retinopathy regain good vision even without treatment. However, vision may not be as good as it was before the condition appeared. About half of patients who have had central serous retinopathy will have it return. It is important to have regular, thorough follow-up exams with your Eye M.D. since long-term fluid accumulation can lead to permanent vision loss.



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Lauren R. Rosecan

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

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REGULAR SCREENINGS HELP PREVENT COLORECTAL CANCER



According to the American Cancer Society (ACS), colorectal cancer is the third leading cause of cancer-related deaths in women in the United States and the second leading cause in men; however, the number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades. One of the reasons for this decline is early detection and improvements in screening methods.

Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum, the majority of which take 10-15 years before developing into cancer; and, they may not cause any symptoms until the cancer is well-established. That's why screening is so important. With regular screenings, most polyps can be found and removed before they advance and become malignant, thereby preventing cancer from occurring. Screenings can also find colorectal cancer at an early stage, where there is a greater chance that treatment will be more effective and may even result in a cure.

ACS guidelines recommend that, starting at age 45, people who are not at an increased risk due to family history get a screening for colorectal cancer. If you have a family history of colorectal polyps or cancer, talk with your doctor about what your options are and how to reduce your risk. You may also want to begin screening earlier than age 45, or even receive genetic counseling to review your family medical history.

IMPROVING TREATMENT

The type of treatment for colorectal cancer depends largely on the stage of the cancer. The three primary treatment options are surgery, chemotherapy and radiation. In addition to these treatments, targeted therapies, including immunotherapy, may be used for cases of more advanced cancer. Targeted therapies are drugs that target specific malfunctions (DNA mutations) in the genes or proteins of cells that allow cancer cells to grow uncontrollably. These drugs, which are usually in pill form, may be given alone or in conjunction with traditional chemotherapy. Some patients with advanced colon cancer may also have a chance to benefit from specific immunotherapies. These are drugs that use your body's immune system to attack and fight cancer cells. The development of more immunotherapies is an area of ongoing research that shows great promise in the treatment of many types of cancer.

Screening remains the number one way to reduce your risk of colorectal cancer and/or treat early stage cancer. The Centers for Disease Control (CDC) estimates that if everyone over the age of 45 had regular screenings to detect pre-cancerous polyps, we could reduce colorectal cancer deaths by 50-60%. In addition to early detection, treatment for colorectal cancer has vastly improved over the last few decades. As a result, there are now more than a million survivors of colorectal cancer in the United States.

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.

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



Atlantis/JFK
5507 South Congress Ave
Suite 130
Atlantis, FL 33462

Palm Beach Gardens
3401 PGA Blvd
Suite 200
Palm Beach Gardens, FL 33410

Wellington North
1037 S State Road 7
Suite 303
Wellington, FL 33414-6140

West Palm Beach
1309 North Flagler Drive
West Palm Beach, FL 33401

For more information, visit FLCancer.com

All the Rage with Celebrities, The Vampire Facelift and Facial Can Give You Your Youthful Appearance Back



As we age skin can become dull, lose elasticity and droop. There are of course surgical options and hyaluronic acid fillers, but the procedures that are topping everyone’s wish list are the Vampire facelift and the vampire facial.

Naturally found in your blood, platelets are a rich source of proteins called growth factors, which promote healing and regeneration. Platelet-rich plasma (PRP) contains a higher concentration of platelets than the amount normally found in your blood. To create PRP a sample of your blood is drawn and placed it in a centrifuge, which separates out the platelets. These concentrated platelets are recombined with your blood plasma to make PRP. Platelet Rich Plasma (PRP) is then reinjected into the problem areas.

PRP injections are an alternative to Botox and fillers. Platelet Rich Plasma is taken from the patient’s own blood, spun down and reintroduced into the face just like a filler to create and stimulate your body’s own growth factors. PRP produces collagen, hyaluronic acid, elastin, and plumps the skin. PRP injections with the vampire facelift maintain the facial contours of the natural look of the patient.

With just four to six PRP treatments over a two to four-week period, patients are seeing results that last for up to 2 years, so over the long-term, it’s very cost effective and 100% safe. You don’t have to be concerned about toxins or chemicals with your own PRP.

Vampire Facelift

For the “facelift”, the PRP is injected into various areas of the face to create a plumping effect. The procedure is safe because it’s utilizing the patient’s own blood and it’s free of toxins. The body begins to “repair” itself and regenerates collagen, elastin and healing properties, which create a youthful appearance.

Vampire Facial

The facial works in much the same way as the “facelift”, but with tiny perforations in the skin as opposed to injections. The tiny perforations allow the PRP to penetrate into the dermal layers, and the results continuously improve the glow of the skin within two to three months. Many patients report plumped skin, a brighter complexion and seeing less noticeable dark circles.

Bring out your inner beauty naturally. Your beauty will be revived with a natural face shape, increased collagen, smoother skin, increased blood flow, youthful glow, and a younger appearance.

The O-Shot

Non-surgical procedure to treat sexual dysfunction and improve orgasms in women.

P-Shot®

Penile rejuvenation for peyronie’s disease & erectile dysfunction.

Vampire Breast Lift

The Vampire Breast Lift is a non-surgical way of enhancing the breasts, and giving them a lift, without causing the downtime and pain that implants or even a standard breast lift would involve. It can give fullness, lift and enhance cleavage.

Aesthetic Treatment Centers

As a leader in the industry, ATC always offers the latest technology in skin and body care. By combining their expertise through industry leaders, innovative procedures, and cutting-edge products, you will always receive remarkable results within the serene, inviting atmosphere of the Aesthetic Treatment Centers.



595 S Federal Hwy, Suite 130
 Boca Raton, FL 33432
(561) 338-3343
suriaplasticsurgery.com



By Aaron Rosenblatt, MD

AVOID BACK AND SPINE SURGERIES!!!



Back 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 at 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!

Early Pain Treatment CAN PREVENT Prolonged Suffering!

american PAIN
CARE specialists
back to work, play & life

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Web: www.improvepain.com

Book An Appointment With Us Today!
561-819-6050



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.

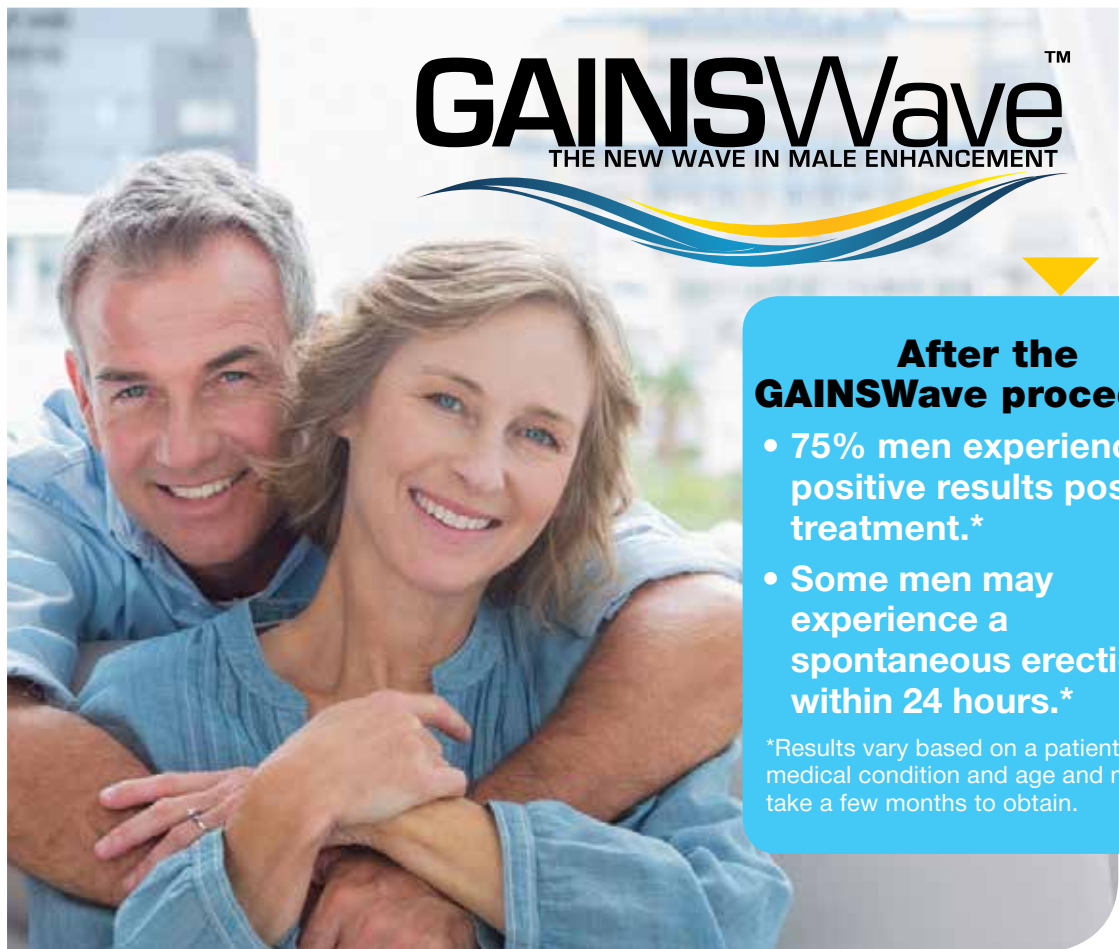
WHY MEDICATE WHEN YOU CAN CURE?

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**.

Tricounty Center for Integrative Medicine

4800 Linton Blvd D502A

Delray Beach, FL 33445

Phone: (561) 808-7205

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.

THE BEST WAYS TO TREAT DEPRESSION AND ANXIETY

By Renee Chillcott, LMHC

It's a beautiful South Florida day outside, the birds are chirping, everyone is healthy and happy, I have nothing to complain about and life is good....right? Why do I have this anxious, stressed out, overwhelmed, impending doom, depressed feeling? Do I have depression or anxiety or both? Why do depression and anxiety go hand in hand? And what can I do to make it go away?



The Merriam-Webster Dictionary defines **anxiety**: (1): apprehensive uneasiness or nervousness usually over an impending or anticipated ill: a state of being anxious (2): an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it: mentally distressing concern or interest.

So, in layman's terms, anxiety is stress that won't go away, it takes an ugly turn to "negative and fear town", and indicates that the "rest and relax" response from the parasympathetic nervous system isn't there.

What we see in the brain is similar but a little more simply stated. Stress is an event in our life that causes our brain to initiate a calming response and anxiety is a neuron pattern in the brain that

impedes the calming response. An anxiety pattern in the brain is typically inherited, although still possible to change. This anxiety pattern can be triggered by major stresses, no stresses or by very minor stresses, thus making it an issue for all ages, even young children.

ANXIETY MANIFESTS IN MANY DIFFERENT WAYS SUCH AS:

- excessive worrying
- nagging sense of fear
- restlessness
- overly emotional
- negative thinking
- catastrophizing
- defensiveness
- poor sleep
- irritability
- Lack of concentration
- feeling overwhelmed
- fatigue/exhaustion

Depression as defined by the American Psychiatric Association is a common and serious illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

Often, we will describe depression as a "low" feeling where we just cannot "get happy". Other times we notice feeling irritable, angry, or overreacting to events, again not able to feel "happy".

DEPRESSION SYMPTOMS CAN VARY FROM MILD TO SEVERE AND CAN INCLUDE:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

As you can see, there is an overlap in the diagnosis of Depression and Anxiety because there is an overlap in the symptoms of Anxiety and Depression as well as an overlap in how you feel.

The medical solution to feeling depressed and anxious is to take medication. Specifically, an anti-depressant, which in some cases can relieve symptoms of anxiety as well as depression. But medication is only a temporary solution. We now need to find out what CAUSES my symptoms of anxiety and depression.

In **Neurofeedback** we can see this in neuron firing patterns. For example, an excessive Theta (Slow firing neurons) firing pattern in the left frontal lobe can cause major depression:

Where as a slow firing pattern in the center of the frontal lobe can cause an anxiety firing pattern:

Here's a **DEPRESSION** example:

It is suffice to say that this is why there's an overlap in medication treatment as well.

Regardless of the diagnosis, Neurofeedback helps change and balance these neuron patterns so that the symptoms improve and the brain and body function better.

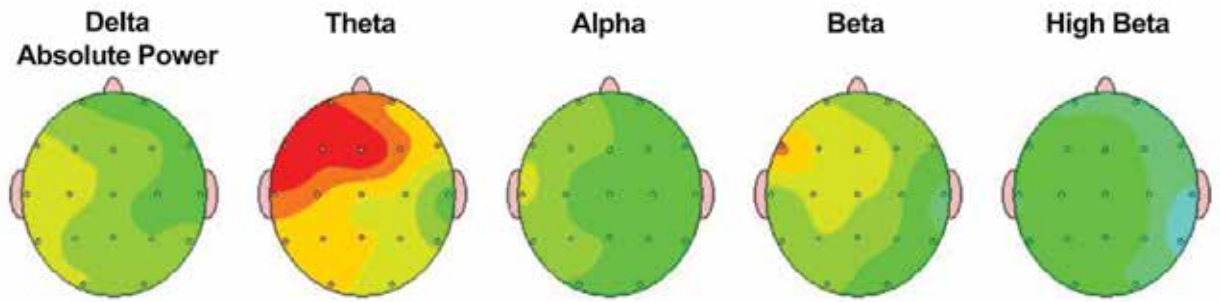
WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. Neurofeedback is a type of exercise for your brain. It allows 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 visual recognition of the changes on the screen and the auditory reinforcement of "beeps".

WHAT RESULTS SHOULD I EXPECT TO SEE AND HOW LONG BEFORE I SEE THEM?

As every brain is different, every response is different as well. Typically adults will notice feeling symptom relief within 10 sessions and notice things like being calmer, happier, sleeping better, less panic, less worrying, more relaxed and able to enjoy life. Treatments are individualized and as no two brains are alike, no two treatment plans are alike. We will evaluate your symptoms and how your brain is functioning to customize training for you. All you have to do is call our office to make the appointment!



WHAT ELSE COULD I DO TO FIGURE OUT THE CAUSE? COUNSELING

Mental health counseling can open up a world of exploration when it comes to anxiety and depression. How we cope, the connections we make, and our past trauma can all contribute to the current state functioning and feeling that we are experiencing. There is no "right or wrong" way to benefit from counseling. Rather, it's all about the "fit" and needs of our clients. At The Brain and Wellness Center we offer many different options and techniques of counseling to fit those needs. Different counseling styles and approaches for individual clients of all ages, couples and families; make us a unique and inviting place to heal and grow. Our therapists offer additional services such as EMDR, Play therapy, Cognitive Behavioral Therapy, Talk Therapy, and Couples and Family therapy.

NUTRITION

Lately, there has been more attention paid to he "gut-brain" connection. We see that malabsorption, slow metabolism, toxic metals, yeast, auto-immune disease, and inflammation are just a few of the conditions that exacerbate or cause mood changes. And these can occur from eating healthy foods such as broccoli or kale. Everyone's body is working at a unique level and what may be beneficial or healthy for one person, can cause stomach upset and anxiety for another. At The Brain and Wellness Center, we offer services that measure the mineral content in your hair.



With this information, a world of metabolic events can be interpreted. Not only can your nutritional status be viewed but we can also learn much about how efficiently your body is working. We can detect toxic metals, mineral and element imbalances, metabolism rates and absorption issues, as well as profiles including but not limited to hypoglycemia and candidiasis.

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. 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**, or text us at **(561) 206-2706** or visit our website at **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.



7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. (561) 206-2706 www.BocaBrainCenter.com.



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

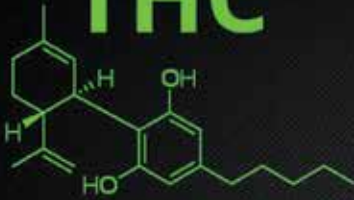
What is CBD?

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.

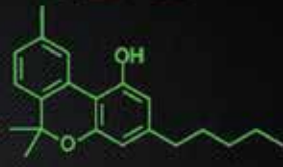
THC



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**

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.

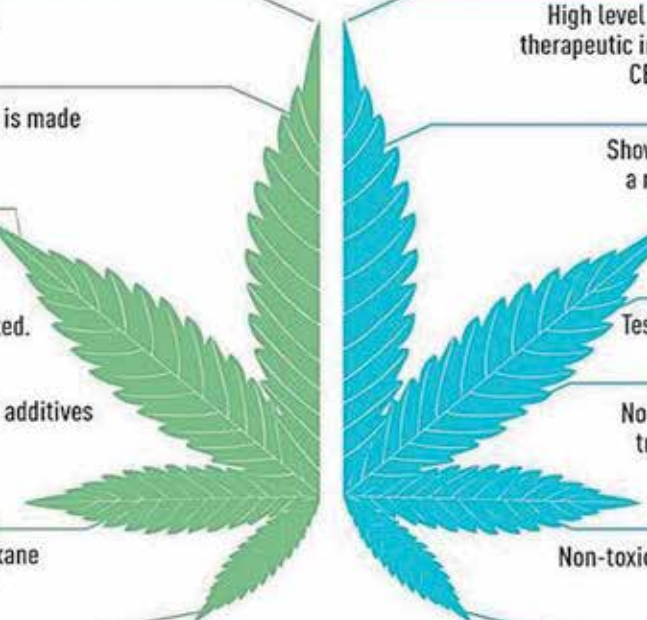
LABELS:
Show ratio of CBD/THC, a manufacturing date and batch number.

TESTING:
Tested for consistency.

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

EXTRACTION:
Non-toxic, supercritical CO2.

CANNABIS:




**6266 S Congress Ave.
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561-429-2105**



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

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

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 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 form 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 me 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 month 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 month, 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.” – Johsua

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 improvments. I can walk pain free.” – John M.



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GETTING ADJUSTED TO YOUR NEW HEARING AIDS

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

Pursuing treatment for hearing loss with hearing devices is the first step to improving your hearing loss, but there is often an adjustment period to go through before becoming accustomed to new sounds in your daily life. Sounds may sound harsh or unnatural the first time you wear a hearing aid, but understanding proper adjustments and settings will help make the transition go smoothly. The following are tips and guidelines about what to expect during your first few weeks utilizing new hearing technology.

BE PATIENT

Adjusting to your new hearing devices takes time, patience and ongoing follow up care. At first, your hearing devices may not sound “normal” and your own voice may sound hollow. You will begin to hear many sounds you have been missing such as the blinker in the car, the voices or your grandchildren or your footsteps in the hallway. Patients often report the sounds of dishes and silverware to sound loud and tinny. By documenting your experiences, your devices can be re-adjusted to work well for you.

START GRADUALLY

It may be helpful to start out slowly. Instead of going outdoors your first day with a hearing aid, stay in your home where you have more control over the sounds. Noises might sound excessively loud the first day you wear a hearing device.

There are several things you will have to get used to with your hearing aids – and the most obvious is hearing clearly. Do not be discouraged if you do not hear clearly immediately. Everyday noises may be the most challenging thing to get used to because these everyday sounds were likely not audible or unclear before wearing hearing devices. Please do not wear your hearing devices while sleeping, bathing, or swimming.

PRACTICE

With time, your brain will learn to interpret new sounds clearly. Ask a friend or family member to simply have a conversation or read aloud to you without any distractions in the background to get used to the amplified speech. At your follow up appointments, your audiologist will adjust the technology to make it more useful in everyday situations over time

FOLLOW UP WITH YOUR AUDIOLOGIST

Follow up adjustment visits are a normal part of the process when using hearing devices. It may take some time to get used to your hearing devices, but if it is uncomfortable or painful, it may be time to talk to your audiologist. During the trial period, you'll want to maintain communication to combat any lingering issues and determine whether they are a simple fix or more complex. It's important to remember that your hearing did not disappear overnight, so it's unlikely that you'll become completely accustomed to a hearing aid device right away. It's recommended to visit the audiologist about two weeks after getting fit with new hearing devices. Remember, losing your hearing was a gradual change and it will take time for your brain to adjust and hear the sounds you have been missing.



**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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Donate Life Month: LIFE IS A BEAUTIFUL RIDE

For the 2019 National Donate Life Month theme, Donate Life America was inspired by bicycles and the phrase “Life is a beautiful ride.” Like the donation and transplantation journey, a bicycle serves as a symbol of progress, renewal and the moving circle of life.

Bicycles come in all styles, shapes and sizes, but each is comprised of the same components, essential to supporting the rider and converting their energy into motion. Similarly, organ, eye and tissue donation offers many ways to give hope, support and strength to patients waiting, recipients and donor families. We each carry the potential to help make LIFE a beautiful ride for ourselves, and then for others, by registering as a donor, considering living donation, being a caregiver and championing the cause.

National Donate Life Month is designed to educate and encourage Americans to register as organ, eye, and tissue donors, as well as to celebrate those who have saved and healed lives through the gift of donation.

On April 12, the public is encouraged to wear blue and green Donate Life colors to raise awareness of and promote donation.

The need is great. More than 100,000 men, women and children await lifesaving organ transplants. Every 10 minutes, another person is added to the waiting list. Twenty-two people die each day because the organs they need are no donated in time.

In 2018, more than 36,500 organ transplants from 17,500 donors brought new life to patients and their families. More than 84,000 corneal transplants are performed each year to restore sight. More than 1.75 million transplants heal lives annually.

There are more than 145 million people registered as organ, eye and tissue donors. You can register too by visiting RegisterMe.org.

The final week of April, April 22-29, focuses on the powerful message of ending the pediatric transplant waiting list. Nearly 2,000 children under the age of 18 are on the national transplant waiting list. More than 500 of the children waiting are between 1 and 5 years old. More than 1,900 children received transplants in 2018.



The most frequently asked questions about organ donation - and their answers:

Q. Does registering as a donor change my patient care?

A. No. Doctors work hard to save every patient’s life, but sometimes there is a complete and irreversible loss of brain function. The patient is declared clinically and legally dead. Only then is donation an option.

Q. Will I be able to have an open casket funeral if I donate?

A. An open casket funeral is possible for organ, eye and tissue donors.

Q. Does my religion support organ, eye and tissue donation?


A. All major religions support donation as a final act of compassion and generosity.


Q. Does my social or financial status play a part in whether or not I will receive an organ?

A. A national system matches available organs from the donor with people on the waiting list based on many factors, including: blood type, body size, how sick they are, distance from donor hospital and time on the list. Race, income, gender, celebrity and social status are never considered.

Q. Why register to be a donor?

A. You can save up to eight lives and heal the lives of more than 75 people. Your registration serves as a symbol of hope to patients waiting, and sharing it with your family lets them know your decision. You can register right now by visiting RegisterMe.org.





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REPLACE BAD HABITS WITH BETTER HABITS & IMPROVE PERFORMANCE WITH VIBROACOUSTIC THERAPY.

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FROM THE MINUTE WE WAKE UP, WE ACTIVATE OUR HABITS IN AN AUTOMATIC WAY. OUR MISSIONS, SUCH AS GETTING READY TO SCHOOL / WORK ARE BASED ON HABITS.



WHAT IS A HABIT?

"A habit (or wont) is a routine of behavior that is repeated regularly and tends to occur subconsciously.... Old habits are hard to break and new habits are hard to form because the behavioral patterns which humans repeat become imprinted in neural pathways, but it is possible to form new habits through repetition." - Wikipedia

From a pragmatic perspective, habits serve a good functional purpose. Habits consume less energies when we execute things— We don't think about how to take a shower, or place dishes in the dishwasher. Driving is a habit; We get into a programmed mode which enables to arrive to our destination while talking on the phone, listening to music or think about our next vacation.

The problem starts with our bad habits. They may be destructive to our health, wellness and wellbeing.

WHY DID WE START OUR BAD HABITS ANYWAY?

Obsessive or too much drinking, eating, smoking, computer gaming are examples of bad habits. They started to serve a purpose of an escape of stress and/or conflict and /or social pressure, and / or a desire.

At some point many people with bad habits understand their negative consequences on their personal life and the impact on the significant people they interact with at home and at work. That is awareness. – Aha moment of facing yourself in the mirror and saying: "this is not good for me, it's harming my relationship or my job, what shall I do? ..."

For some, the awaked awareness in itself, and realizing the negative impact of the bad habit may lead to a decision of adopting better lifestyle and stop the bad habit. For instance – some people decide to stop smoking and they do it all at once. In most of the cases, however people may try better habits as a replacement but it will be very challenging, non-consistent and eventually they will be stuck with the bad habit. If you read again the definition at the beginning of this article, you understand that once a habit is embedded as a neutral pattern it creates conditioning of bodymind – a pattern of behavior that is activated in certain circumstances.

HOW CAN WE REPLACE BAD HABITS WITH BETTER HABITS?

You may go to a hypnotherapist or a psychotherapist which may be effective, depends on their professional expertise, their personality and the chemistry between you two.

You may also explore what triggers from the external world and your internal conditions activate your habits. Observe your 24X7 and write a journal. This is a great opportunity to realize what causes you to operate in an conditioned bodymind way.

HOW CAN VIBROACOUSTIC THERAPY HELP IN THE PROCESS TO REPLACE BAD HABITS WITH BETTER ONES?

Vibroacoustic therapy equipment (mats/ pillows /teddy bears) is a wellness generic, holistic and integrative balancing therapeutic modality and self- help tool. Olav Skille the inventor of Vibroacoustic Therapy (Norway/ Finland), found the correlation between specific harmonic low sound frequencies and reduction of pain and stress in various parts of the body. In addition, other frequencies help reduce insomnia, fatigue and anxiety. **One of the frequencies brings you into deep meditation or self-hypnosis state of being. In this inner mental condition, you can insert a new positive habit to replace the bad one.**

The steps to replace a bad habit with a better one:

1. Calm and clear the desktop of your mind and reduce mental, emotional and physical stress while having a Vibroacoustic Therapy session. **Vibroacoustic Therapy is the easiest, soothing, most effective and effortless way to reduce stress daily.**



2. Focus on visualizing imagery and/or positive experience, which manifests in your mind, that resonates as a good replacement of the bad habit. For instance, if you come back from work, drink 3 beers and eat potato chips. What comes to your mind as a replacement for a beer? Vegetable juice with pepper? Seltzer with ginger? and instead of potato chips? Fresh cauliflower, carrots and cucumbers?
3. Write a scenario which describes how you activate the new habit and visualize a huge X on your current

habit. Record yourself describing what happens as you are enjoying the flavors and the taste of the new habit and play it while you have an additional session on the mat in a self-hypnosis mode. When the time comes to the regular 3 beers ritual, with awareness, activate and replace it with the new scenario. Only this time in real in your living room.

4. Add some physical exercises on the Vibroacoustic Therapy mat to feel good, active and happy.

At the beginning the new scenario will take place as result of will power and awareness. The more you activate it into your life, it will be embedded in your subconscious as a new positive habit that will come naturally. Motivation and passion will grow as your bodymind realize the benefits of drinking and eating healthier substitutes and feeling good and vital.

Life is a serious game of awareness. With Vibroacoustic Therapy you can stop being a slave to your bad habits and start being a creative self-manager of your being.

Vibroacoustic Therapy may be a great added modality to psychotherapists and hypnotherapists.



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.

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.

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Vibroacoustic therapy is a wellness balancing platform and does not replace medical diagnosis and treatment.

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SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

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

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

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

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



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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I Have A Wait Problem

Brent Myers

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

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

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

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

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

Waiting is expected by God.

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

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

God uses waiting to build our character.

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

Waiting is rewarded by God.

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

Waiting is the fruit of our faith.

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

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



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