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

June 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  
• BS Cornell University 1977

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
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# Senior Information Centers

## Helps Seniors **PRESERVE AND PROTECT ASSETS**

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

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

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

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

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

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

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

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




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

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

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

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

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

Veterans, their spouses and their widows may be entitled to VA benefits to help offset their out of pocket medical expense. Senior Information Centers helps clients regardless of their level assets or income. The attorney offers reasonable fees for development of legal documents or planning services. There is no cost or obligation for consultations. Telephone consultations are available for clients' families who live out of state.

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

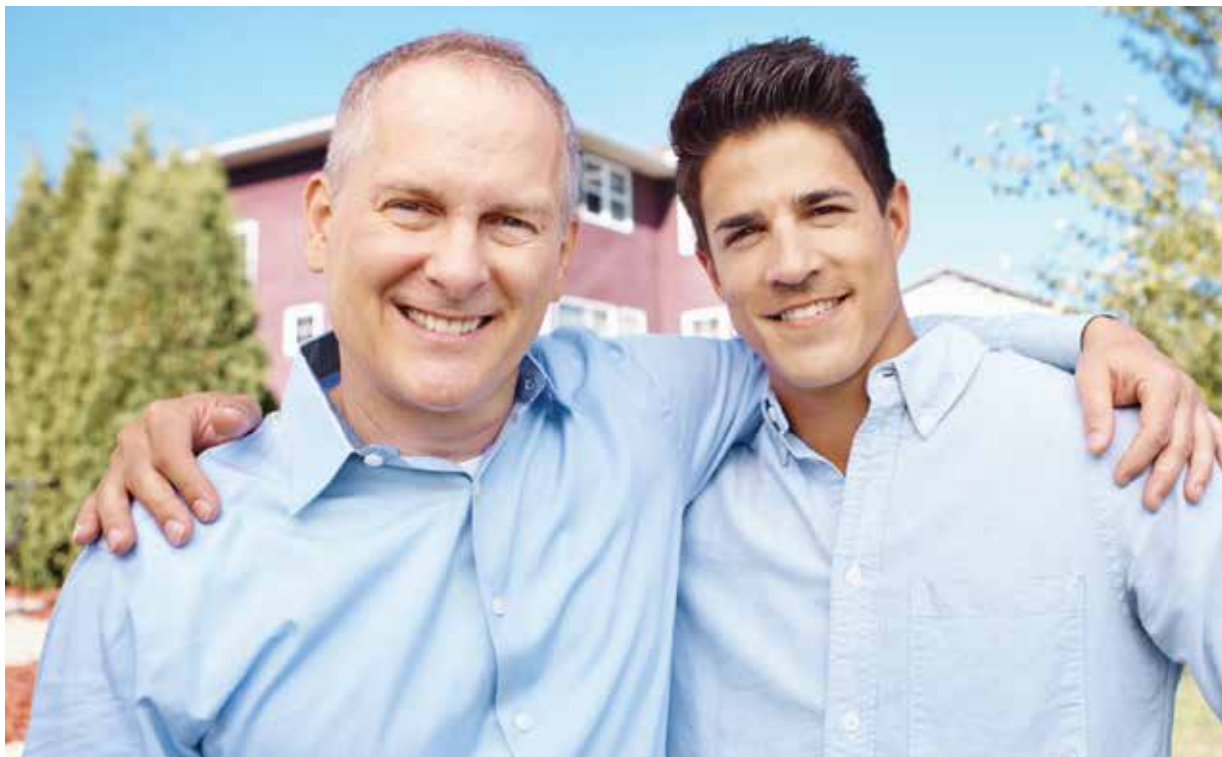
"Your involvement with us through the various challenges we faced, which extended even beyond our father's ultimate passing, was most exemplary and supportive," wrote a client's adult children. "We are truly thankful that someone who has a caring attitude, knowledge and resources to help manage elder-care issues is available for families struggling with these emotionally charged issues."

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

**For additional information about  
SENIOR INFORMATION CENTERS,  
visit [www.seniorinformationcenters.com](http://www.seniorinformationcenters.com)  
or call 800-731-8784.**

# How to Avoid Your Father's “FOLLICULAR FATE”

By Alan J. Bauman, MD, ABHRS



**A** lot of the blame for hair loss gets directed at the mother's side of the family, but today, we know that hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two. This means one of the best indicators you have is your family album. Take a look—are your parents, siblings, aunts and uncles losing their hair? If so, you may also be at risk.

But don't worry, just because you may have inherited the hair loss gene, doesn't mean your follicles will be lost forever.

With Father's Day upon us, it's a good time to talk about how advanced techniques for hair follicle harvesting and transplantation differ from “your father's hair transplant.” Unlike the artificial looking “hair plugs” of the past, these new techniques, combined with the artistic skills of the right surgeon, today's comfortable, less invasive hair transplants consistently produce undetectable, permanent, natural-looking results. If you are concerned that you have inherited your

father's tendency toward failing follicles, here is a look at some of the most advanced surgical technology that can help save you from settling for your dad's “follicular fate.”

#### **SMARTGRAFT FUE:**

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

#### **ARTAS ROBOTIC-ASSISTED FUE SYSTEM:**

The FDA-cleared ARTAS robot is a state-of-the-art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using

the FUE technique. The robot's sophisticated micron-level precision allows patients to benefit from an unprecedented level of safety; accuracy, efficiency, and comfort during their hair transplant procedure. The system also features artificial intelligence and stereovision sensors to detect and analyze follicular units — calculating density, exit-angles, orientation, and location to then proceed with precision robotic graft harvesting based on algorithms programmed by the surgeon.

#### **NEOGRAFT FUE:**

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

While these transplant procedures can provide patients with natural-looking results, it is still imperative to do your homework when researching a surgeon. One of the biggest problems with hair transplants is that many unqualified, inexperienced doctors offer this procedure and/or perform procedures infrequently. The risks for hair transplant patients include increased discomfort, surgical complications, infections, scarring, poor density and unnatural looking results. When looking for a hair transplant surgeon, make sure you consult with an experienced minimally-invasive hair restoration physician — someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and performs FUE hair transplantation on a daily basis.

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistry of the surgeon involved. Patients, therefore, should not choose their surgeon based on the tool they use, but more so on their experience and artistic ability. Do your research, ask questions, look at before-and-after pictures, and don't be afraid to ask for patient testimonials. To find a qualified hair restoration specialist, start by visiting the American Board of Hair Restoration Surgery (ABHRS), International Alliance of Hair Restoration Surgeons (IAHRS) or the International Society of Hair Restoration Surgery (ISHRS).





Male patient before and after FUE Hair Transplant by Dr. Alan Bauman



Male patient before and after FUE Hair Transplant by Dr. Alan Bauman

For more information on what kind of results you might achieve with an advanced FUE hair transplant, please visit [www.baumanmedical.com](http://www.baumanmedical.com) or call 561-220-3480.

### GENETICS AND HAIR LOSS

- There are now over 200 known DNA locations (genes and SNPs) that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two.
- Hair loss can start as soon as puberty ends, depending on your hereditary sensitivity to DHT (dihydrotestosterone).
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding – all of those put together will determine how quickly you see loss occur and how quickly it progresses.
- Because it is a recessive gene, hair loss can skip generations, skip siblings, etc.
- Many consumer DNA tests (e.g. 23andMe) include a prediction of whether you are likely to experience hereditary hair loss.

### About Dr. Alan J. Bauman



**Alan J. Bauman, MD, ABHRS, IAHRs**  
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 over 20,000 hair loss patients and performed over 8,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of "10 CEOs Transforming Healthcare in America" in Forbes.

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

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

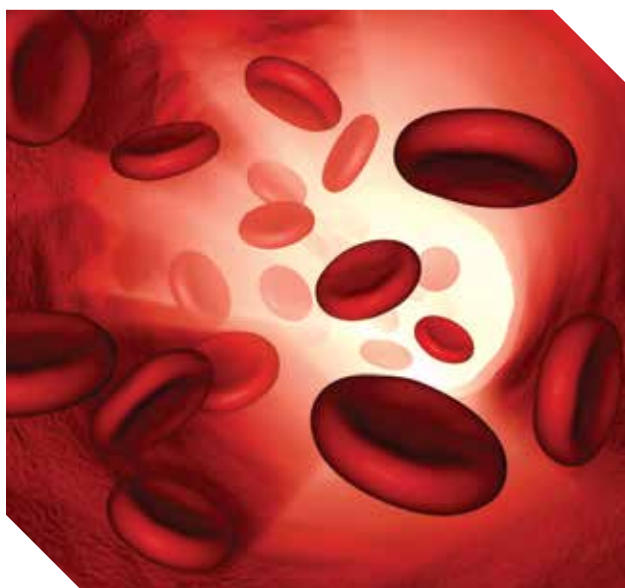


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# Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions



**P**LATELET-RICH PLASMA THERAPY, sometimes called PRP therapy, takes advantage of our blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone.

A growing number of people are turning to PRP injections to treat an expanding list of painful conditions and or injuries, including osteoarthritis. It is commonly used for knee arthritis, we also use this method on other joints as well such as shoulders, wrists, sacroiliac, ankles and hips. This is also used to help treat pain from the neck and low back. This can be used to treat disk pain and or arthritic pain from the entire spine.

When treating osteoarthritis with platelet-rich plasma, we inject PRP directly into the affected joint.

**The goal is to:**

- Reduce pain
- Improve joint function
- Slow, halt and even repair damage to cartilage

Platelet-rich plasma is derived from a sample of the patient's own blood which is easily obtained at their time of the visit. The therapeutic injections contain plasma with a higher concentration of platelets than is found in normal blood. This is also all prepared in the doctor's office.

**WHAT IS PLASMA?** Plasma refers to the liquid component of blood; it is the medium for red and white blood cells and other material traveling in the blood stream. Plasma is mostly water but also includes proteins, nutrients, glucose, and antibodies, among other components.

**WHAT ARE PLATELETS?** Like red and white blood cells, platelets are a normal component of blood. Platelets

secrete substances called growth factors and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

We use PRP therapy to treat osteoarthritis and also theorize that the platelet-rich plasma:

- Inhibits inflammation and slow down the progression of osteoarthritis
- Stimulates the formation of new cartilage
- Increases the production of natural lubricating fluid in the joint, thereby easing painful joint friction
- Contain proteins that alter a patient's pain receptors and reduce pain sensation

Platelet-rich plasma injections are outpatient procedures. Because the patient's blood must be drawn and prepared for injection, a typical procedure may take anywhere from 45 to 90 minutes.

Whether the patient has a one-time injection or a series of injections spaced over weeks or months is up to the individual patient and doctor. If a series of injections is planned, a





doctor may recommend a single blood draw during the first visit and use fresh PRP in the first injection and freeze and thaw the remaining PRP as needed for future injections. However, some experts believe freezing and thawing PRP negatively affects its usefulness and prefer to do a separate blood draw for each PRP injection. Dr. Rosenblatt believes it is safer to take a fresh sample of blood prior to any new injection.

**PLATELET-RICH PLASMA INJECTIONS REQUIRE PRECISION**

- An experienced physician, like Dr. Rosenblatt, should perform the injections. The use of imaging technology (e.g., fluoroscopic guidance) ensures a precise injection.

- Precision is important because, like viscosupplementation treatments, platelet-rich plasma injections must be made directly into the joint capsule.

Scientists are still exploring which arthritis patients should be eligible for PRP injections. While no definitive conclusions can be made, research suggests that PRP injections are appropriate for patients of all ages. Dr. Rosenblatt explains, “When appropriate,

PRP injections are an extremely safe and effective way to help treat the pain of so many different types of individuals. I have used this technique on young athletes and for older patients with joint and or spine pain with great success. It even surprises me sometimes how well this treatment works. It’s truly amazing how people with acute or chronic pain and or injuries respond to this treatment.”

In Dr. Rosenblatt’s beautiful freestanding interventional pain management building in Delray Beach, FL, individuals have been able to

benefit from this technique. People have flown in from all over the United States for this treatment specifically with Dr. Rosenblatt. He has been performing this procedure with great success. Every patient is evaluated by the Dr. Rosenblatt and a comprehensive treatment plan is always made. 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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# ANTY-AGING THERAPY

## EXOSOMES



ARE YOU STRUGGLING WITH AN ILLNESS OR INJURY THAT IS NEGATIVELY IMPACTING YOUR OVERALL QUALITY OF LIFE?

HAVE YOU TRIED VARIOUS METHODS TO HEAL YOUR BODY WITHOUT SUCCESS? IF YOU ARE SEARCHING FOR A NATURAL, EFFECTIVE, AND NON-INVASIVE TREATMENT FOR RECLAIMING YOUR OVERALL HEALTH AND BODY FUNCTION, THE PROFESSIONALS HERE AT MD BEAUTY LABS CAN HELP. WE OFFER CUTTING-EDGE EXOSOMES TREATMENT TO PROMOTE HEALING AND RESTORATION WITHIN THE BODY.



**WHAT IS EXOSOME TREATMENT?**

Exosome treatment is a form of regenerative medicine that utilizes a more specialized and enhanced form of stem cell therapy. Stem cells can be used to encourage healing processes as they adapt to surrounding cells. However, exosomes carry precise signals that work to instruct cells on what to do.

Exosomes are packed with proteins, RNA, and mRNA. mRNA is a powerful force for building proteins and stimulating reparative processes. These unique molecule bundles are obtained from the outside of stem cells.

**WHAT TO EXPECT**

Exosomes that are used for treatment are collected from stem cells. Once collected from stem cells, the exosomes are prepared for injection with safety and precision in mind..



During exosome treatment, exosomes are delivered to the targeted treatment area through small injections. Once delivered, they work to deliver specific instructions to the cells. Signals are directly delivered that encourage optimal intercellular communication for healing and restoration. In response, the body is then naturally healed for optimal health and wellness.

There is no required downtime following sessions, and you are free to return to your daily activities following treatment.

Results may vary for each person and can depend on the specific concern being addressed. While you may experience some initial relief, it may take a period of time to experience the best results as your body continues the natural healing process. A series of regular treatments may help you achieve and maintain optimal healing and relief.

**WHO IS A CANDIDATE?**

Exosomes treatment can be used to treat a range of health concerns. However, it is especially beneficial for those who are living with rheumatoid arthritis or other chronic joint pain. The best way to determine if you are a proper candidate is through a consultation with one of our experts.

**CONTACT US**

Don't live in pain any longer, reach out to the professionals here at MD Beauty Labs located in West Palm Beach, Fl, to learn more about the benefits of exosomes. Contact us today and schedule your consultation!



**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.

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



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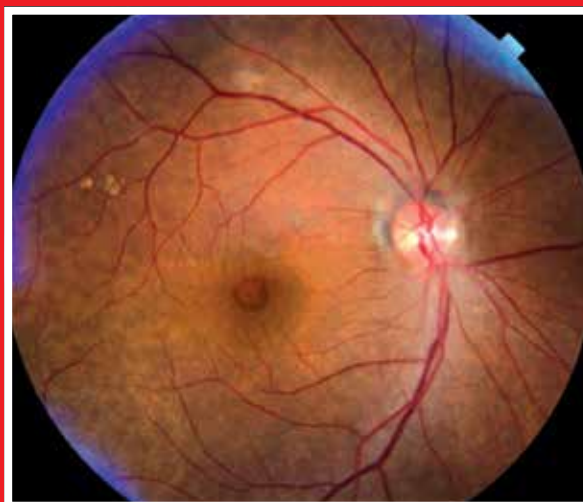


# MACULAR HOLE

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



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



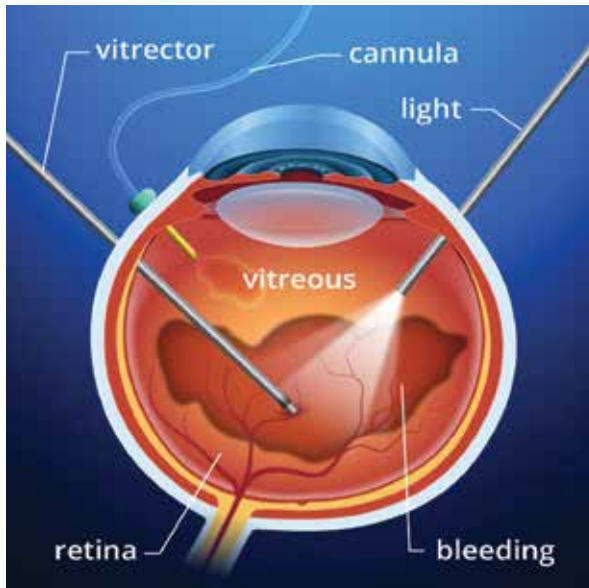
## WHAT CAUSES A MACULAR HOLE?

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

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

## MACULAR HOLE DIAGNOSIS

Your ophthalmologist will put drops in your eye to dilate (widen) your pupil. This allows him or her to look through a special lens at the inside of your eye.



**Things to know about Vitrectomy surgery for macular hole:**

- Your eye may hurt after surgery. Your surgeon will have you take medicine to help with pain.
- You will need to wear an eye patch for a short time. You also will need to put drops in your eye.
- You cannot fly in an airplane until the gas bubble is gone. This is because going up quickly in altitude can make eye pressure rise. That can cause problems with the bubble. If you have the oil there are no restrictions.
- If you need to have any other type of surgery, be sure to tell your doctor before surgery that you have a gas bubble in your eye.
- Your vision will improve as the macular hole closes. It may take several months for the hole to finish healing. How much vision you get back depends on the size of your macular hole. It also depends on how long the hole was there before you had surgery.

Then he or she will take pictures of your eye using optical coherence tomography (OCT). With OCT, a machine scans the back of your eye. This provides very detailed pictures of the retina and macula. Your ophthalmologist studies these pictures to check for problems.

**MACULAR HOLE TREATMENT**

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



**The Retina Institute of Florida**

**Lauren R. Rosecan**

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

*The Retina Institute of Florida with four offices conveniently located in Palm Beach and Martin Counties.*

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# SLIP AND FALL TIPS

By Charles Etgen Certified Aging in place consultant

**F**alls are the second leading cause of accidents in the home and account for 8.9 million trips to the emergency room every year. Fortunately, most are preventable. With a few simple changes around the house, you can reduce your risk greatly. According to the National Safety Council there are lots of preventative measures that you can take to reduce your risk of becoming a statistic. Key problem areas include stairs and under lit, wet or cluttered areas.

## **1. KEEP THAT FLOOR CLEAN AND CLEAR.**

Clean up messes, spills and debris immediately. Clean up the things that naturally clutter the floor. Newspapers, books, shoes should all be put away. Reduce the clutter and you won't have to tap dance so much.

## **2. BANISH THE CORDS.**

Tie up those computer cords and television cords and modem cords and... All those cords can cause a nasty fall. Draw them together and tie them off.

## **3. NON-SKID AREA.**

Use throw rugs and a non-skid bottom in areas that can be slippery such as kitchens and bathrooms. Consider putting down a permanent non-skid surface that can't be removed.

## **4. LET THERE BE LIGHT.**

Upgrade the lower wattage bulbs to higher ones so you can see where you are stepping. Install night lights along whatever hallways or rooms you may use at night.

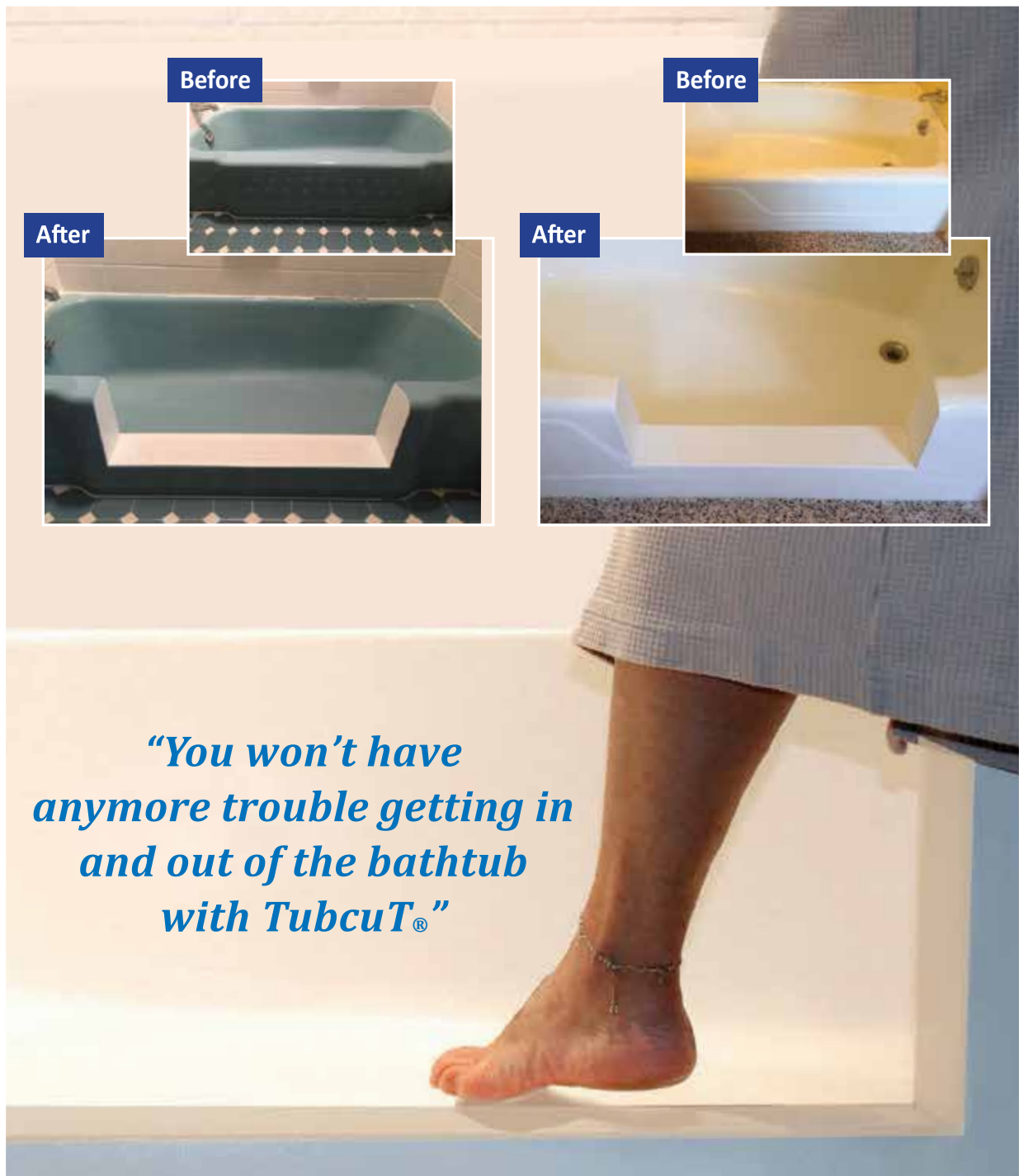




**5. KEEP A STURDY STEP-STOOL AROUND** in case you need to reach higher shelves. Better yet keep your most used items shoulder height.

**6. BATHROOM SAFETY.**

Most likely the worst room in the house is the bathroom. We have already discussed a few things you can do but what about the tub? That's a big step and for a lot of people a dangerous one. Consider these solutions: You can replace your tub with a walk-in shower or you can opt for a solution growing in popularity called The TubCut™. Here the existing tub is cut and a section is removed. Pieces are fit into place converting your tub into a walk-in shower and can be done in one day with no demolition. A Permanent Non skid surface on the floor of the tub and a few Safety Grab bars in the tub area as well as by the toilet these installations at the very least should be applied in the bathroom.



“The TubCut™ is custom fitted to each tub and gives a finished look, is weight bearing and reversible,” said Paul Echavarria of Access Designs. “We have been installing TubCuts™ for decades and we have dealers throughout out the USA & Canada”

According to Echavarria, it changes people's lives. “It just one less thing to worry about. It increases you margin of safety,” he said.



**The Tub Cut Company**  
**866-927-8247**  
**Paul@tubcut.com**  
**www.southfloridatubcut.com**



# **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.

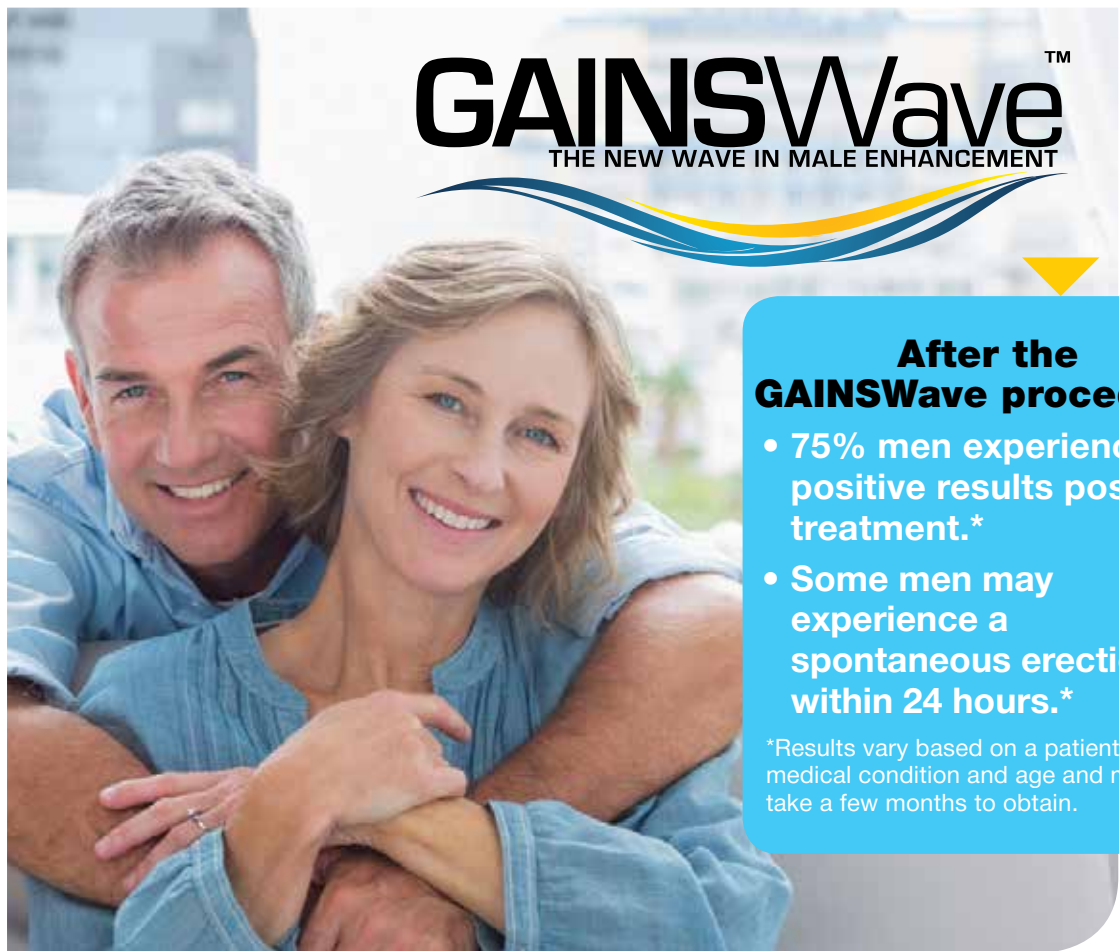
**WHY MEDICATE WHEN YOU CAN CURE?**

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.**

# HOW CAN I BE MENTALLY HEALTHY?

By Renee Chillcott, LMHC

**MENTAL HEALTH** is a broad term that encompasses our emotional, psychological, and social well-being. It can also have a profound impact on our physical well-being and daily functioning. Mental health affects how we think, feel and act as we cope with life and is important at every stage of life, from childhood and adolescence through adulthood.



At The Brain and Wellness Center in Boca Raton, our mission is to help bring education and optimal mental health to the clients that we serve. We enjoy utilizing all our skills to enhance the quality of life and bring hope towards a better future for our clients.

## HOW CAN I BE MENTALLY HEALTHY?

Being mentally healthy can be achieved in different ways for different people. At our clinic, we don't take a one-size-fits-all attitude. Instead we customize each session to fit the individual and base this on their needs, symptoms, and individual differences. We offer several different services in-house and will not hesitate to refer out for services we don't offer if they're needed. Through Neurofeedback, EMDR, and counseling, optimal mental health is within reach.

## WHAT CONDITIONS DO YOU HELP?

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

- 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

- Cognitive decline
- Peak performance
- Oppositional defiant disorder
- Rages/mood swings
- Attention/focus/concentration
- Reactive attachment disorder
- Autism/Asperger's
- Learning disabilities
- Obsessive compulsive disorder

## WHAT SERVICES DO YOU OFFER?

As mentioned earlier, our office individualizes treatment. We not only have several modalities available within our office, but we can also refer out to appropriate practitioners as well. We know that you have a lot of options, and that it can be overwhelming with the amount of services that claim to "fix your problem". Our office takes a holistic approach and does not hesitate to point you into the direction help that is most appropriate for you, regardless if it's within our clinic or not. We offer in house:

- Individual counseling for all ages
- EMDR therapy
- Play therapy
- Couples and family therapy
- Spiritual focused therapy
- Post-partum therapy
- Neurofeedback therapy
- Brain mapping
- Nutritional counseling.

## EMDR

EMDR or Eye Movement Desensitization and Reprocessing, focuses on the memories we have that were stored incorrectly and therefore continue to disturb us, even if we've reasoned them out. These memories get stored in the emotional part of our brain, so accessing them leaves us feeling as if we are still experiencing them, and all the same hurt comes back. EMDR allows the brain to tap into these feeling memories and conjoin them with more logical reasoning so that we can heal them. We don't lose the memories but we lose the emotional grip they have on us. EMDR is an effective treatment for all ages. Even small children can get "stuck" in trauma experienced early in life that the brain stores and they are unable to connect.

## What are the Symptoms that can be helped by EMDR?

- High anxiety and lack of motivation
- Depression
- Memories of a traumatic experience
- Fear of being alone
- Unrealistic feelings of guilt and shame
- PTSD
- Difficulty in trusting others
- Relationship problems

**IS EMDR NEW?**

Since the initial medical study in 1989 positive therapeutic results with EMDR have been reported with the following populations:

- People who have witnessed or been a victim to a disaster
- Clients suffering from PTSD (post-traumatic stress disorder)
- Suffers of panic disorders and anxiety attacks
- Suffers of phobias
- Chemically dependent clients
- Persons exposed to excess loss
- Crime victims
- First Responders
- Accident or burn victims

EMDR is similar to that of REM sleep, when our eyes move as we sleep, our brain is able to process the information we have collected through the day. In an EMDR session, your eyes are guided with hand movements or tappers, back and forth at a good pace. While the movement is happening, you may experience different memories, thoughts about the memories, feelings may come up and they may sometimes be intense. Through this process, you will be guided and supported. By the end of the process, your memory, and thoughts about the memory will be different. It won't hold the same feelings for you anymore, and you may see yourself, and indeed your life, in a new way.

EMDR is a powerful with children as well, helping them move past fears and behaviors triggered by past events. It is done through play and can help move children through tough times with less stigmatizing affects. The children continue to work through therapy in play, with the EMDR allowing the brain to work out their feelings much faster.

**COUNSELING**

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:**

**Kristan Torres, LMHC - Hope Christian Counseling**  
Hccounseling.com

**Tina Landeen, LCSW – Harmony Family Counseling**  
Myharmonytherapy.com

**Renee Chillcott, LMHC – The Brain and Wellness Center**  
Bocabraincenter.com

**Roxanne Grobbel, JD, LCSW, RPT-S – Insight Counseling Center**  
InsightCounselingandEducation.com

**Dr. Jennifer Rubolino, EdD, LMHC**  
Drjenniferrubolino.com

**Staci Morey, LCSW**  
stacimoreylcsw@gmail.com

**NEUROFEEDBACK**

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. It is exercise for your brain; 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, increase, 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 an auditory reinforcement of "beeps" and sometimes through visual reinforcement of changes on the screen. Neurofeedback is an effective treatment for all ages. From infants to geriatric, everyone benefits from improving brain patterns.

**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 an independent specialist be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). 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.

**NUTRITIONAL COUNSELING**

"I eat a healthy diet, why am I still struggling to feel well?" Malabsorption, slow metabolism, toxic metals, yeast, auto-immune disease, and inflammation are just a few of the conditions we see that exacerbate or

cause mental health difficulties. 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 Nutritional Counseling services that look at your brain, body and eating patterns along with deciding appropriate nutritional testing. As with all treatments, the nutritional counseling is completely individualized for what your goals are and what your body needs.

**Elissa Erman of Universal Coaching Services** is a Registered Nurse, as well as a certified Diabetes Educator®, Certified Wellness Coach, Certified Health Coach and holds a certificate in Plant-Based Nutrition.

**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](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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**(561) 206-2706**  
[www.BocaBrainCenter.com](http://www.BocaBrainCenter.com).

# 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.” – 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 improvements. I can walk pain free.” – John M.*

**FATHER'S DAY SPECIAL**  
 Learn how you can receive Complementary RejuvaWAVE® Treatments,  
 not one, not two, but the COMPLETE 12 sessions of RejuvaWAVE®  
 for **FREE**  
 Call **855-511-WAVE**  
 or visit **www.REJUVAnationMedicalCenter.com** or **www.Rejuvawave.com**



**Call TODAY,  
 Get your life back  
 tomorrow  
 855-511-WAVE**

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# ARE YOU PASSIVE, REACTIVE OR PROACTIVE WITH REGARDS TO YOUR WELLNESS-HEALTH-WELLBEING?

**W**e humans, are creatures of habits. Habit get us into automatic ways of behavior and give us an illusion that we control the situation we are in, and a sense stability and security. Many people justify this tendency with a common sense view: “why change something that is working ok?”

Before we **recommend to be proactive with regards to the bond between your WELLNESS-HEALTH-WELLBEING, Let's first define these well-known concepts – so that we are on the same page:**

**Health** is our bio-physio-psychological state of our being. It is influenced by our genetic tendencies and the interaction with the environment. (inner body environment and the external one). We are usually alerted by negative healthy signs after an annual physical exam if the results are out of the averaged range.

**Wellness** are the conditions in the external world of physical and social conditions which influence how good we sleep, the variety of healthy food that is available, the space available to move our bodies, the ways we reduce mental, emotional and physical stress daily, and the atmosphere which enable us to take care of ourselves.

**Wellbeing** – are the inner conditions of balance and harmony of our mental, emotional and physical dimensions as we solve problems and conflicts, remove negative emotions and manifest joy and creativity.

**Though we like to be in “the zone of the known, stable, and expected” life is a constant change.**

If you wear imaginative quantum glasses and look inward, every time your eyes blink, your heart beats, or you breathe, millions of electrochemical processes take place. Emotions, thoughts, believes impact our physical body and vice versa – if we are in pain, stressed, or don't sleep well, or don't eat healthy food, these conditions drain our vitality and make us behave from survival mode (fight, fly, freeze). In such situations, we act with no patience, and our perception and decision making are off tune.

There is a dynamic interrelation between our health, wellness and wellbeing. Therefore, we need to be proactive in keeping a preventive balanced healthy life style and mange our life with attention and care.

## HOW DO YOU CARE OF YOUR 37.2 TRILLION CELLS?

Western culture teaches us to rely on experts. After all it makes sense. With all the accumulated research, science, technology, knowledge and data, we need to get the best proffesional advice in any field in our life, specially when it comes to our health. **The question is – are you passive, reactive or proactive.** Do you view the specialists as gurus or as advisors? Do you follow them with closed eyes or do you explore alternatives before taking a decision of how to move forward?

Many people ignore their inner organs until they ache as a way to remind you that they exist. “You suddenly realize you have a liver. Why didn't you take care of your liver in the first place”?

If your approach to life is holistic and integrative and your medical dr. doesn't support this approach, do you replace him /her?

## WELLNESS ON DEMAND, DEMAND WELLNESS

Wellness on Demand, Demand Wellness is a new proactive approach to take care of yourself.

Let's observe the second part first – **Demand Wellness** in every space you stay for many ours of you day. – at home, at school or at work, in public spaces and in health institutions. The owners/ leaders of space should provide:

1. Healthy food
2. Space to move your body freely
3. Conditions to reduce mental, emotional and physical stress daily
4. Space to take a nap
5. Conditions to manifest your personal creativity
6. Physical echo friendly environment of air circulation, high quality of water, plants and inspiring design of public and personal space
7. Social echo friendly atmosphere of positive communication and dialogue
8. Condition to improve performance and evolvment

**Wellness On Demand – is your role to proactively generate inner conditions of wellness in you.** Can you feel inner home in your bodymindspirit and filter out negativity and chaos? In fact, **Wellness on Demand is your wellbeing.** The core steps to maintain and sustain good wellbeing is reducing stress daily, moving your body, eating healthy food to nourish your cells, sleeping good quality sleep and manifest creativity to be inspired and joyful from within.

## OUTSOURCESING Wellness@Work

Many startups, small/medium businesses, entrepreneurs and solopreneurs or businesses such as lawyers and real-estate agencies don't priorities investing in their employees' wellness. Sometimes their motivation in creating a minimum program of fitness and diet simply derives from getting discount on health insurance.



**The truth is that if leaders and managers create a culture of wellness at work, and invest in their employees, they will benefit from great natural support, loyalty and motivation and less days of absence.**

It's very simple – when you truly care for your employees – they feel at home at work and invest their attention, time and better performance.

If you don't know how to create wellness@work program, or you don't have a human resources manager, contact Avigail berg-Panitz – the writer. Avigail (MA in Holistic Health) partners with Dr Ken (Chiropractor) to offer workshops, tools and service of Wellness on Demand, Demand Wellness.

Parents, schools & health institutions, and other leaders, are welcome to contact us and explore how to increase life quality with our fresh wellness approach we call **7P: Proactive, Preventive, Personalized, Positive, Passionate, Persevering wellness-health-wellbeing Perception.**

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# WHAT DO YOU WANT?

## Replacing Missing Teeth

A good majority of the questions we answer pertain to how patients can replace their missing teeth. There are a multitude of ways this can be accomplished. The more important question that needs to be addressed first is “what do you want?” In our experience, the response to this question can vary widely. Some patients are fine with empty spaces in their mouths, some are fine with appliances that can be removed (taken in and out of the mouth) while others insist that they want “glued in teeth”. Knowing “what you want” is paramount to deciding what types of treatment options are ideal for your needs.

No one treatment is right for everyone. Each patient has individual needs, desires and issues. Below is a short list of common options patients often consider when replacing missing teeth. Please understand that these therapies may not be applicable to everyone based on their individual situations.

### REMOVABLE DENTURES:

Dentures are appliances that replace missing teeth and are taken in and out of the mouth. They typically rest on the gums and if used on the upper arch, usually have plastic that covers all (or part) of the roof of the mouth. Dentures can be used if a patient is missing some or all of their teeth. Most often, this option is the least expensive but it does come with some drawbacks. If replacing all teeth, the denture rests on the gum and bone. These hard and soft tissues shrink over time which typically leads to rocking of the denture. The dentures can be relined by the dentist and adhesive used to help stability, but patients often report a change in how food tastes due to the amount of plastic used.

### CROWNS AND BRIDGES:

These techniques have been used for years and can be very effective. An existing tooth or teeth can be ground down to a stub and the decay removed. A mold can be taken and sent to the laboratory where a “cap” or “crown” is fabricated. This cap can be cemented onto the remaining tooth stub. In some cases where a few teeth are missing, multiple caps that are connected (a “bridge”) can be used to fill the empty spaces. Decay can reoccur under these new caps (or bridges) leading to the need for them to be replaced. In some occasions, multiple procedures are needed before the dentist can make a crown or bridge such as periodontal surgery or root canal therapy.



### DENTAL IMPLANTS:

Dental implants are nothing more than a tooth root replacement. When a tooth is removed, there is an empty space in the bone where the tooth root used to be. A new root (shaped like the root removed) can be placed into the location. This new root is made of titanium and can never get a cavity. Typically over a number of months, our body’s bone “glues” to the new root. Once this gluing occurs, a cap or bridge can be made to connect to the implants just as it can be done on tooth roots. Other options exist where implants can be used to help secure dentures so that they do not rest on the gums and do not slide or move while you wear them. In some instances, the use of implants to support dentures can allow you to have less plastic in your mouth. Although no one has a crystal ball, implants can last the rest of your life.

Once it is clear what YOU want and a full examination (including x-rays and sometimes a 3D scan) completed, it becomes easier to determine the least expensive and most conservative way to achieve your goal. It is important to remember that no patient is exactly the same and that each patient may have limitations of their options due to their desires or their specific situation.

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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# 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 re injected 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

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# CLINICAL TRIALS

As of 2019, there are over 15 million cancer survivors in the United States, and approximately two million of them have survived for 20 years or longer, according to the National Cancer Institute. Some of the reasons cancer survival rates have dramatically increased over the past two decades can be linked directly to such things as improvements in early detection methods, more advanced therapies, and to genetic research and clinical trials which are responsible for developing more effective drugs.

## Cures for Cancer Will Come from Clinical Trials

The future cures for various types of cancer will all come from clinical research, yet not many adult cancer patients participate in clinical trials. Why? Many times it is because clinical trials are misunderstood and patients fear being “a guinea pig.” In clinical trials for a life-threatening disease like cancer, no one who participates in a clinical trial is ever treated like a guinea pig. In fact, such great precautions are taken on behalf of patients who participate in clinical trials that, many times, their cancer treatment goes beyond standard care protocols.

## Debunking the Myths

Aside from the misconception about being a guinea pig, patients who are considering participating in a clinical trial for cancer are often concerned that they might be given a placebo or a drug that will prove to be ineffective. The truth is that in some types of clinical trials (specifically those that are investigating something simple such as a new cold medication) some participants are given only a placebo. However, in clinical trials for cancer, a participant is never given anything less than the current standard of care.

All participants in oncologic clinical trials will be given the best standard treatment available for their particular type of cancer; then in addition to that standard treatment, they may be given the new drug that is being tested or a placebo. No participant is ever given a placebo alone.



## Increased Participation in Clinical Trials Means Faster Approval for New Treatments

According to the American Cancer Society, there are hundreds of promising new cancer drugs and therapies currently undergoing research. The average time for a new drug to be approved is seven years, and many times clinical trials cannot be conducted because of a lack of patient participation. If more cancer patients participated in clinical trials, there would be more new drugs available sooner in the future. Don't miss the opportunity to be a part of finding the cures for cancer.

Florida Cancer Specialists & Research Institute (FCS) is a recipient of the national ASCO Clinical Trial Participation Award and a strategic partner of the Sarah Cannon Research Institute, one of the largest clinical trial organizations in the U.S. As such, FCS offers access to more national clinical trials than any other private oncology practice in Florida; and, if you qualify to participate in a clinical trial, you can do so in the comfort and convenience of your local FCS cancer center.

## World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, throughout Florida. 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.



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# What's the Difference Between **MEDICARE ADVANTAGE** and **MEDICARE SUPPLEMENT** **INSURANCE Plans?**

**T**here are different ways that you can receive your Medicare coverage, or add onto that coverage. Medicare Advantage and Medicare Supplement Insurance are options that may sound familiar, but they're quite different. They do have one main thing in common: they're both offered by private insurance companies.

There are two options commonly used to replace or supplement Original Medicare. One option, called Medicare Advantage plans, is an alternative way to get Original Medicare. The other option, Medicare Supplement (or Medigap) insurance plans work alongside your Original Medicare coverage. These plans have significant differences when it comes to costs, benefits, and how they work. It's important to understand these differences as you review your Medicare coverage options.

Original Medicare, Part A and Part B, is a government health insurance program for those who qualify by age or disability. Part A is hospital insurance, and Part B is medical insurance. There are some out of pocket costs associated with Original Medicare, such as copayments, coinsurance, and deductibles. To help with those costs, if you are enrolled in Original Medicare, you can purchase a Medicare Supplement (Medigap) Insurance plan.

**Medicare Advantage plans** offer an alternative plan; you're still enrolled in the Medicare program; in fact, you must sign up for Medicare Part A and Part B

to be eligible for a Medicare Advantage plan. The Medicare Advantage plan administers your benefits to you. Depending on the plan, Medicare Advantage can offer additional benefits beyond your Part A and Part B benefits, such as routine dental, vision, and hearing services, and even prescription drug coverage.

If you decide to sign up for a Medicare Advantage plan, you will want to shop around because costs and coverage details are likely to vary significantly.

## **MEDICARE SUPPLEMENT INSURANCE PLANS**

**Medicare Supplement insurance**, also known as Medigap or MedSup, is also sold through private insurance companies, but it is not comprehensive medical coverage. Instead, Medigap functions as supplemental coverage to Original Medicare. Current Medigap plans don't include prescription coverage.

Medigap plans may cover cost like Medicare coinsurance and copayments, deductibles, and emergency medical care while traveling outside of the United States. There are 10 standardized plan types in 47 states, each given a lettered designation (Plan G for example) Plans of the same letter offer the same benefits regardless of where you purchase your plan.

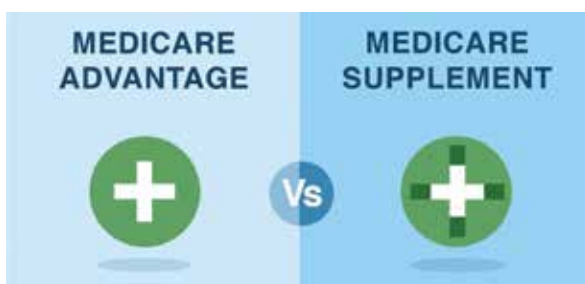
You will want to compare the Medigap policies carefully, because while benefits are standardized, the costs are not, meaning they could fluctuate widely depending on the insurance company offering the plan and location.

If you decide to sign up for a Medigap policy, the best time to enroll is actually 6 months prior to turning 65, as this is when the plans will be their cheapest. If you wait until 3 months or less before turning 65 to sign up for coverage, you will pay on average 10% more. This period of time up until 6 months after you turn 65 is called , Initial Open Enrollment period. If you enroll in a Medigap plan during this period, you can't be turned down or charged more because of any health conditions. But if



you apply for a Medigap plan after age 65, you may be subject to medical underwriting; and your acceptance into a plan isn't guaranteed.

Let Licensed Medicare Consultants educate you on the differences in coverage so you can make the best decision based on your individual situation.



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# How Doctors Choose Surgeons

By David A. Goldman MD

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

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

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

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



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Brent Myers

# You Deserve a BREAK TODAY...

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

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

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

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

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

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

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

### *His Model*

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

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

### *His Command*

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

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

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

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

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## Optimism. A powerful element in fighting cancer.

Marissa Lenney was diagnosed with stage 3 inflammatory breast cancer five weeks after her daughter, Adrianna, was born. Marissa's family rallied around her as the doctors at Florida Cancer Specialists started her treatment less than 24 hours after her diagnosis. Being treated just 15 minutes from home allowed Marissa to soak up as many mom moments as she could. Florida Cancer Specialists' quick response and her family's support helped Marissa picture a future where she could be with her daughter.

*"By getting treated locally at Florida Cancer Specialists, I was able to spend more time with the people who matter most — my family."*

*Marissa*

*-Marissa Lenney, Patient & Breast Cancer Fighter*

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