

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

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North Palm Beach Edition - Monthly



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**BENEFITS OF MULTI-THERAPY
APPROACH TO HAIR LOSS**

**WHAT HAPPENS
AFTER YOU ARE
DIAGNOSED WITH
ALLERGIES OR ASTHMA?**

**SILHOUETTE INSTALIFT
A GAME CHANGER FOR
NON-SURGICAL FACIAL
CONTOURING AND
BODY CONTOURING**

**WHAT IS
CENTRAL SEROUS
RETINOPATHY?**

**WHAT'S THE
DIFFERENCE BETWEEN
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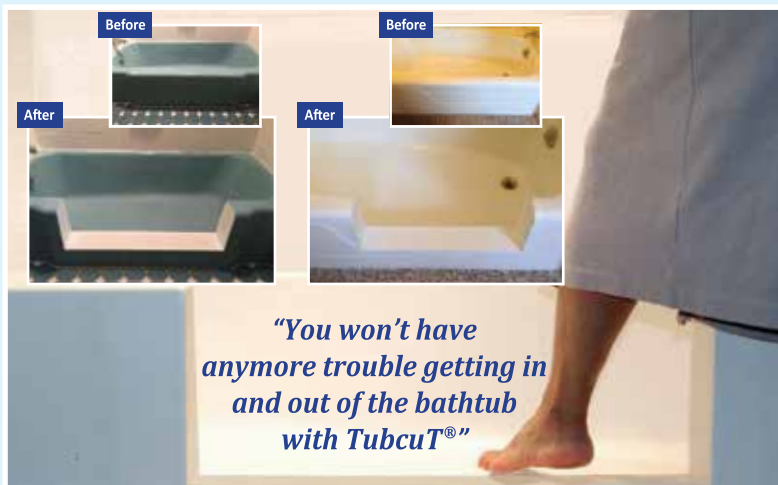
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Benefits of Multi-Therapy Approach to Hair Loss

By Alan J. Bauman, MD, ABHRS

AUGUST IS NATIONAL HAIR LOSS AWARENESS MONTH, which means it is a great time to become aware of and educated about the many tools and treatments available to help the 80 million Americans suffering from unwanted hair loss. Don't be fooled, hair loss is more than a simple cosmetic problem, it is a medical condition that can have a deep psychological impact, but also one that you don't have to live with. What many hair loss sufferers don't know is that today, unlike any other time in history, hair loss is a truly treatable condition.

TREATMENT OPTIONS

Hair loss science is progressing very rapidly and there have been several recent medical advancements that are improving the quality of hair restoration as well as helping patients assess in advance how at risk they might be.

A few of the exciting cutting-edge treatment options to consider and ask your ABHRS (American Board of Hair Restoration Surgery)-certified Hair Restoration Physician about include:

- Minimally-Invasive, Permanent, No-Linear-Scar Follicular Unit Excision/Extraction (FUE) Hair Transplant using SmartGraft®, NeoGraft®, ARTAS robotic-assisted, or other devices.
- PDOgro™ - Implanted Polydioxanone threads for hair growth
- Non-surgical 3D-Printed Hair Systems or Cranial Prosthesis
- High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)
- Compounded Formula 82M Minoxidil – a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil - designed to reduce the risk of side-effects from oral finasteride (Propecia).
- Low-Level Laser Therapy – FDA-cleared, drug-free, side-effect-free hair regrowth using powerful physician-only devices such as CapillusRX 312 or the "Turbo" LaserCap devices for at-home use.
- Nutritional & Nutraceuticals: SuperBiotin, Nutrafol & ViviscalPRO

- Hair Mass measurements using HairCheck® to help non-invasively evaluate hair loss conditions, measure early responses to therapy over time – months before they're noticeable to the naked eye -- and also determine exactly when to repeat your PRP treatments.
- Scientific "Scalp Makeover®" - evaluation, diagnosis and treatment regimens for itchy, dry, flaking or oily conditions and other scalp imbalances that can impair healthy hair growth.
- Hair Loss Risk Management - the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

BENEFITS OF A MULTI-THERAPY APPROACH

While hair loss is a treatable condition, and there are a variety of effective treatment options available, it's important for patients to understand that there isn't a quick fix. Often, as it is in many areas of medicine, "multi-therapy" or a combination of several different treatments, may have the best chance for achieving long-term success depending on the patient's risk factors, the severity of their condition, and their unique hair restoration goals.

This approach not only focuses on restoring hair that has been lost but also sets up a plan to protect the hair that you have against suffering the same fate. Again, each patient may require a slightly varied treatment regimen, but our experience shows that 90% of patients benefit from this approach. The multi-therapy treatment plan also avoids the patient putting all their eggs in one basket, so to speak, and wasting time and money on treatments that aren't giving them the results they desire.

Depending on the severity and stage of one's hair loss, the treatment regimen may be simple or more complex. Medical treatments that will synergistically help mitigate hair loss may include a specially-compounded prescription minoxidil solution, Platelet-Rich Plasma (PRP), prostaglandin analogs, low-level laser therapy, and nutritional supplements. In advanced cases, hair transplantation may be the patient's best strategy for treating hair loss. For transplant patients, a multi-therapy approach may still be recommended to protect the non-transplanted hair follicles from loss.

Some examples of powerful combination multi-therapy regimens that Bauman Medical prescribes for hair regrowth include:

- Topical Compounded Formula 82M Minoxidil and Turbo LaserCap or Capillus Laser Therapy
- HD-PRP Platelet Rich Plasma with ECM and Topical Compounded Formula 82M Minoxidil
- Oral Compounded FinPlus Finasteride and Turbo LaserCap or Capillus Laser Therapy
- Topical Compounded Formula 82M Minoxidil and Oral Compounded FinPlus Finasteride
- Turbo LaserCap or Capillus Laser Therapy and HD-PRP Platelet Rich Plasma with ECM
- Oral Compounded FinPlus Finasteride and HD-PRP Platelet Rich Plasma with ECM

Because hair loss can be influenced by a number of factors including genetics, medications, lifestyle, illness, stress, diet, poor sleep, hormones, autoimmune conditions, inflammation and more, it is always important to seek out a proper diag-



Before and 12 months after FUE Hair Transplant by Dr. Alan Bauman



Before and 3 months after PDOgro™ by Dr. Alan Bauman



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

nosis from a full-time experienced ABHRS-certified hair restoration physician. Working along with your other doctors, this physician can provide a “Master Plan” for your individual hair loss situation as well as measure and track your progress over time so you know if you are reaching your hair restoration goals – or if your treatment regimen needs to be adjusted to optimize results.

TAKEAWAYS

Because science shows that you can lose 50% of your hair without it being noticeable to the naked eye, the earlier you can get started on a treatment regimen, the more likely you are to retain your current hair with the minimum amount of treatment. Just remember, hair loss is no longer inevitable, it’s optional, but only if you take action and take advantage of the effective tools and treatments available. When executed properly, hair restoration can be a fantastic, rewarding and life-changing decision that most patients regret not doing sooner.

For more information on the causes and treatments for hair loss, or to learn what treatment regimen is right for you, please visit www.baumanmedical.com or call 561-220-3480.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHR 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 9000 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.

TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair growth.
- Look for full-time hair transplant surgeons who are certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Due to the limited number of full-time, experienced ABHRS-certified Hair Restoration Physicians worldwide, prospective patients should be prepared to travel and-or consult “virtually” via phone or video-call using Skype, Facetime, etc.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions about how to achieve your desired results and what should be done to maintain them.
- The ISHRS or International Society of Hair Restoration Surgery recently urged patients to avoid unprofessional clinics and unscrupulous practices that offer unsolicited financial incentives upfront. Ask yourself if a practice offering “free consultations,” deeply discounted coupons, or financial rebates truly has your best interests in mind.
- Ask for a referral from your primary care doctor or dermatologist to a qualified, credentialed, full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.



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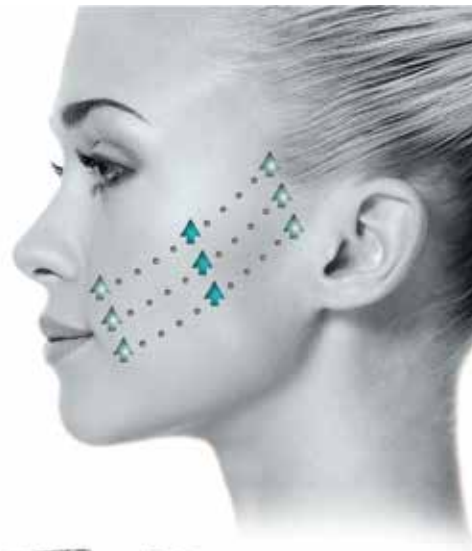
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More and more patients prefer to avoid or at least postpone surgery, or simply are not a candidate for surgery due to medical reasons. This is a good alternative for those patients.

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After the patient's needs are assessed, and the entry points are marked, a local anesthetic is injected and the sutures are placed. There is very little discomfort during and after the treatment.



Once the sutures are placed, the skin will be repositioned to obtain the desired lifting effect. The ends of the suture are then cut. The number of sutures applied depends on each individual patient's skin elasticity and condition of the skin. Possible side effects are, as with any procedure that involves needles, bruising and minor pain and swelling. This is an office procedure that takes about 45 minutes and lasts about 18-24 months. The Silhouette Instalift™ was FDA approved in April 2018 for use in the mid-face and was awarded the prestigious 2018 New Beauty Magazine breakthrough award. It has been popular in both South America and Europe for many years.

Silhouette Instalift™ now has different sutures with varying numbers of cones, depending on where on the body it is being used. The 8 cone suture is used on the face, whereas the 12 and 16 cone sutures can be used to lift butts, saggy skin above the knees, elbows and saggy belly skin. It also works well for cellulite.

Why choose Silhouette Instalift™?

- Non-surgical procedure
- Minimally invasive
- Minimal recovery time/no down time
- Immediate lifting effects
- Volumizing in addition to lifting effects due to PLLA collagen stimulation
- Sutures are entirely re-absorbable
- Natural looking

I am so excited to be able to perform this procedure right here in my office. Call today to see if you are a candidate for the Silhouette Instalift™. MD Beauty Labs (561) 655-6325.



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

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WHAT HAPPENS AFTER YOU ARE DIAGNOSED WITH **ALLERGIES OR ASTHMA?**

From the desk of Tamar N. Rubin, MD
allergist/immunologist at
Florida Center For Allergy & Asthma Care



Chances are that you have suffered symptoms of allergies or asthma that brought you to the ER or to the allergist's office. An allergist is a specialist that evaluates, diagnoses and treats allergic conditions. Once diagnosed with allergies or asthma, your physician may prescribe life-saving medications and explain a treatment plan to help you better manage your symptoms.

How do you learn to live a happy and healthy lifestyle with your new diagnosis?

LEARN

Patient education may start in your physician’s office, but it doesn’t end there. You have a healthcare team including an allergist, allergy nurses, a primary care physician, and possibly other specialists. They will help you understand your treatment plan, necessary medications, and if allergy shots are an option for you. They will provide an action plan to help you avoid allergy triggers and to manage your allergy medications. These action plans are helpful to patients in managing their symptoms, but are also required for children at schools and after-care facilities. The American College of Allergy, Asthma and Immunology (ACAAI) and the American Association of Allergy, Asthma and Immunology (AAAAI) are the professional organizations for allergy and asthma. These organizations share useful information on their websites through articles and videos. Additionally, there are support groups where you can learn more about your diagnosis, disease management, and speak with others who can share their experiences.

LIVING WITH ALLERGIES OR ASTHMA

Adjusting your daily routine to take better care of your health can be overwhelming at first. This is especially true for children. As a parent, it’s important to educate everyone who spends time with your child on his/her new diagnosis. For food allergies, they will need to understand how to avoid certain foods and when to give epinephrine. For asthma, they will need to know which triggers to avoid and when to administer preventative and rescue medications.



Your allergies or asthma don’t have to hold you back. Having a pet allergy doesn’t mean that you will have to give your pet away. A diagnosis of exercise-induced asthma doesn’t mean you will not be able to play sports. Having a food allergy doesn’t mean that you will not be able to eat with your friends or go to celebrations.

Through better education and support, patients and their families will feel confident to live a life without fear of their diagnosis.

INSPIRE, MOTIVATE AND SPEAK-UP

Now that you learned about allergies and asthma, it’s time to educate others. Don’t be discouraged if your friends and family may be unaware of how to manage your condition. Many people have mistaken views on what these conditions are and don’t realize the impact on your life. Explaining your diagnosis, treatment, and avoidable complications will help those around you understand the steps you are taking towards healthier living. This will not only empower you to stick with your treatment plan, but it may inspire others to live healthier, too.



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CANCER SCREENINGS CAN SAVE LIVES

When it comes to treating cancer, the earlier the cancer can be found, the better. The development of improved screening tests for various types of cancer means that physicians can now identify and diagnose cancer at an earlier stage, many times before any symptoms are present. With all types of cancer, early detection and diagnosis can make a big difference and result in improved outcomes.

Recommended Cancer Screening Tests

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

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

Colorectal Cancer: Colonoscopy screening for colorectal cancer should start at age 50 and be done every 10 years – unless recommended more often by your doctor – up until age 75. This type of screening not only detects cancer early, but, in many cases, it can prevent cancer from developing by identifying and removing polyps, which are abnormal, precancerous growths within the colon.

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

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



Prostate Cancer: The PSA test is used to screen men for prostate cancer. However, it is not clear if the benefits of testing all men outweigh the risks, such as finding and treating slow-growing cancers that do not require treatment. It is important to talk with your doctor about the risks and potential benefits based on your personal and family history.

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

A Vaccine that Prevents Cancer

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

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

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

World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, 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, all to deliver the most advanced and personalized care in your local community.



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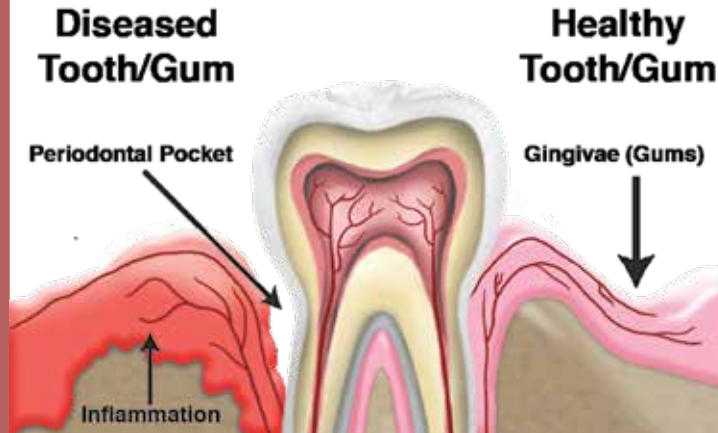
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Suite 303
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1309 North Flagler Drive
West Palm Beach, FL 33401

For more information, visit FLCancer.com

HALF OF AMERICAN ADULTS HAVE PERIODONTAL DISEASE: ARE YOU ONE OF THEM?

A Center for Disease Control and Prevention (CDC) study revealed that one out of every two adults over the age of 30 has periodontal disease. The report revealed that 47% of these cases involve more advanced forms of the disease. **In adults over the age of 65, 7 out of 10 individuals are likely to have periodontal disease.**



WHAT IS PERIODONTAL DISEASE:

The disease itself consists of chronic inflammation that affects the gum tissue and jaw bone supporting the teeth. If untreated, the situation could lead to irreversible jaw bone and tooth loss. Equally important is the more recent research linking periodontal disease to other significant illnesses such as Diabetes and Cardiovascular Disease. Periodontal disease can be considered an important risk factor for stroke and heart attack.

IMPORTANCE OF THE STUDY:

This research is the first of its kind to evaluate patient's full mouths (not only isolated teeth) for the presence of the most destructive form of the disease, Periodontitis. Previously, it was not believed to be as widespread in our population. Results of the study revealed that the disease

occurs with a higher frequency in men than women (56% to 38%). In addition, smokers were also found to have an increased risk of periodontal disease (64%).

The significant prevalence of the disease becomes even more important when paired with the fact that it increases as we age. Today, we on average live longer and keep more of our teeth than previous generations. Clearly, living longer lives and retaining more teeth as we age, will likely lead to an even higher rate of prevalence of periodontal disease.

DETERMINING IF YOU HAVE PERIODONTAL DISEASE:

The American Academy of Periodontology recommends an annual comprehensive periodontal evaluation. This painless assessment typically includes a review of your current x-rays, along with an evaluation of the gum and bone health around your teeth. In addition, a risk assessment for future development of the disease can be determined. Fortunately, there are a number of options available when treating periodontal disease, many of which are pain free. The best option for each individual patient can only be determined after a true assessment of the teeth and gums are performed.



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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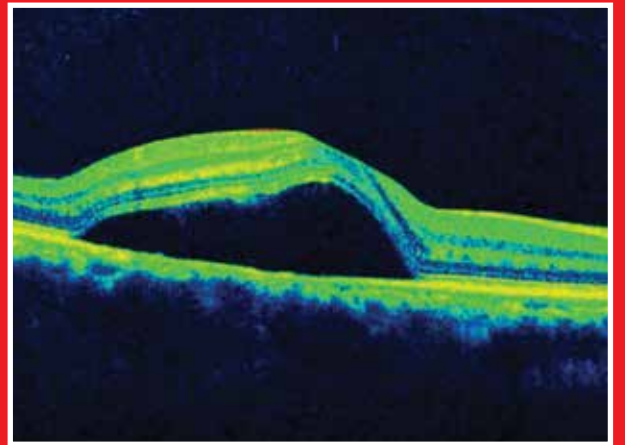
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WHAT IS CENTRAL SEROUS RETINOPATHY?

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 serous 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.



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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DON'T FILL YOUR FACE WITH SYNTHETICS

Look Younger Naturally with a Proven Technique

As more and more people are living longer, the quest for beautiful, healthy skin is a standard part of wellness and looking your best throughout the aging process. Moisturizers and serums will plump the superficial component of the skin, but when you desire real change in your tone, muscle support, and fine lines, potions will never be able to improve your facial contour.

Plastic surgery and injectables like Botox or fillers are not the only answer; there are natural alternatives. And the best part is, the answer to aging beautifully isn't costly like cosmetic procedures. For countless individuals, **cosmetic acupuncture** is the solution.

HOW ACUPUNCTURE WORKS TO REJUVENATE SKIN

Acupuncture has of course been around for centuries, providing the Yin and Yang properties to release the flow of Qi (energy, pronounced chee) to pathways and vital organs for peak health and wellness. When the tiny flexible needles are placed strategically in the dermal layer of the face or neck area (depending on your concerns), the stimulation brings notable contour along with brightness and a youthful glow.

You will first have an advanced evaluation to see which channels are blocked in your body that may be exacerbating facial wrinkles, age spots, acne, laxity, dark circles or other areas of concern. Many times the symptoms that show signs of aging on the face are brought on by blocked energy and

inflammatory responses in our internal organs. The acupuncture needles will be placed strategically in specific areas on your face and neck in need of rejuvenation.

Living in a culture that's so focused on healthy living through diet and exercise, it's hard to imagine why so many individuals are willing to fill their faces with painful synthetic injections full of toxins. The ideal solution and natural alternative is to utilize the micro-circulation technique through increasing the Qi and Xue (energy and blood-flow), which creates the youthful luminosity that most people want to achieve. As the flow of energy improves, a greater amount of vitality and blood are circulated into the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin and muscle tone.

Cosmetic Acupuncture is an effective, safe, non-surgical treatment to reduce the signs of aging. Celebrities and the elite have been getting acupuncture facials for the past 20 plus years now, but even more notable is that the treatment has been



growing in popularity by the general population that realizes the toxic-free effectiveness of the method. That is why cosmetic acupuncture is on the rise.

BENEFITS OF COSMETIC ACUPUNCTURE

- Cost effective
- No Harsh toxins
- Takes 5 to 10 years off of your appearance
- Eliminate fine lines
- Deep lines appear softer
- Firms and tones skin
- Reduces sagging jaw line
- Reduces hooded eyelids
- Decreases rosacea
- Improves muscle tone
- Increases circulation and oxygenation of the skin
- Tightens the pores
- Helps to reduce acne
- Nourishes the skin for a healthy natural more radiant glow
- Brightens the skin to reduce dull complexions

- Minimizes fine lines
- Increases collagen and elastin production
- Evens facial color and tone
- Increases lymph circulation
- Leaves skin refreshed and rejuvenated

COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS

In 6000 BC, acupuncture originated in China. Instead of needles, at that time they utilized tiny hair-thin bones. Cosmetic Acupuncture for skin rejuvenating purposes has been the treatment of choice for thousands of years in China. As early as the Sung Dynasty (960 AD – 1270 AD), acupuncture was performed on the Empress and Emperor's concubines. For centuries, the Chinese have known that beauty radiates from the inside out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance.

Several years ago, a study was conducted in the International Journal of Clinical Acupuncture, which reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The results included: the skin becoming more delicate and fair, improvement of the elasticity of facial muscles and leveling of wrinkles, a bright complexion, and overall rejuvenation.

TRUSTING YOUR DELICATE FACE IN THE HANDS OF A PRACTITIONER CAN BE INTIMIDATING, THAT'S WHY WHEN YOU CHOSE TO HAVE COSMETIC ACUPUNCTURE, IT'S IMPERATIVE TO SEE AN EXPERIENCED LICENSED ACUPUNCTURE PHYSICIAN AND DOCTOR OF ORIENTAL MEDICINE.



For over 20 years, Dr. Yanhong Meng has been practicing acupuncture. She is a licensed Acupuncture Physician and Doctor of Oriental Medicine. Dr. Meng graduated from Shan Dong Traditional Chinese Medicine University in 1996. In 1996, Dr. Meng began practicing at the Shan Dong Lai Wu Traditional Chinese Medicine Hospital, and for three years worked under the direct guidance of Dr. Gu Dao Xia, the inventor of Acupuncture Point Nutritional Injection Therapy.

Dr. Meng attended Shen Yang Western University from 1999-2001, where she deepened her knowledge of Traditional Chinese Medicine (TCM) Theory and Practical application in conjunction with Western Medicine. In 2002, Dr. Meng completed a rigorous clinical rotation at the Beijing Traditional Chinese Medicine University.

Also, from 2002-2004, Dr. Meng operated a TCM Clinic in Dublin, Ireland. After moving to the United States, Dr. Meng graduated with honors from The Atlantic Institute of Oriental Medicine in 2007, where she received her Masters in Oriental Medicine. Since 2007 she has owned and operated Meng's Acupuncture Medical Center in Palm Beach Gardens, Florida.

If you want to look younger, please call Meng's Acupuncture Medical Center today at (561) 656-0717

Dr. Meng, MD (China), AP, received her medical degree from the prestigious Shandong University in China and has also completed several advanced training courses in oriental medicine from well-respected TCM hospitals in China. She has over 18 years of experience as a doctor of Chinese medicine. She has owned and operated Meng's Acupuncture Medical Center since 2007.

LOSE WEIGHT, REDUCE STRESS, ACHIEVE OPTIMUM HEALTH

Call Today for Details and Schedule Your **FREE Consultation Appointment**

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ASK THE AUDIOLOGIST

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



According to the Better Hearing Institute, hearing loss is now the third most common health problem in the country today, behind only arthritis and heart disease with more than 50 million Americans suffering from its effects. There are some common questions Dr. Luzon Coveney gets from patients in regards to their hearing, hearing loss and hearing devices. Here are answers to a few of the most common:

1. HOW DOES HEARING WORK?

Sounds start as moving waves and enter the ear canal, and then the sound will vibrate your eardrum and send the signal through your middle ear bones, to your permanent hearing organs, or your cochleas. Then the cochleas transmit the sound to the brain to be processed into speech and other sound information. The brain takes the sound coming from both ears to be able to tell where sound is coming from.

2. WHAT CAUSES HEARING LOSS?

Hearing loss can be caused by a variety of factors. There are a few major factors that can additively affect hearing:

- **Genetics** - Hearing loss can have a familial link.
- **Natural Aging Process** - the slow deterioration of hearing over time can get more progressive the higher up in age we go.
- **Toxicity/Trauma** - Head trauma or a fall can sometimes affect the physical parts of the ear which transmit sound. Some medications are toxic to the ears (ototoxic). See this pdf for more information on ototoxic medications: www.chhearing.org/sites/default/files/Ototoxic_Brochure.pdf
- **Noise Exposure** - Two types of sound exposure can cause noise-induced hearing loss: prolonged noise exposure or a sudden, loud, single burst of sound like a bang from a firecracker. Always wear hearing protection if you are in a high noise environment to prevent any hearing loss.

3. WILL MY HEARING GET WORSE?

There are no predictions when it comes to hearing loss changes. I recommend baseline hearing evaluations if you feel you are having difficulty. Then as years go on, if you feel your hearing has changed or after exposure to dangerously loud noises, your hearing can be re-tested and compared to previous results.

4. IS THERE ANY SURGERY THAT CAN HELP CORRECT HEARING LOSS?

90% of hearing loss is permanent and cannot be corrected with medication or surgery, however with hearing devices such as hearing aids and assistive listening devices we can get better speech understanding in a variety of difficult listening environments. There are 10% of patients who may be a candidate for medical intervention. If determined by your audiologist during your appointment that your hearing loss is correctable, a medical referral to your primary care physician or ENT specialist will be determined at that time.



5. WHAT IS TINNITUS?

Tinnitus is often referred to as ringing in the ears and is most commonly associated with noise exposure. By definition it is perception of sound in one or both ears or in the head when no external sound is present. While there is no cure for tinnitus, there are treatments and therapies used to reduce the impact of tinnitus in your everyday life. A tinnitus evaluation can be performed by an Audiologist in conjunction with hearing testing.

6. WHY I NEED TWO HEARING AIDS?

Hearing happens at the level of the brain. If you are diagnosed with hearing loss in both ears, it will always be medically recommended to correct the loss in both ears because the brain needs sound coming through both of your ears equally and evenly to process the best signal possible. Using just one hearing aid when a hearing test result indicates that you need two, reduces your brain's hearing and understanding by 50%.

7. WHAT HEARING AIDS ARE RIGHT FOR ME?

You don't just purchase hearing aids, your treatment plan is provided by a qualified audiologist to listen to your individual hearing concerns and make the best recommendation for your specific listening needs. There are hundreds if not thousands of different hearing aids on the market today, and choosing a trusted Audiologist is the first step to finding the hearing aids that are best for you. Then, you and your audiologist create a plan together to meet all of your expectations for better hearing. As an Audigy Certified professional, I believe in providing the highest level of patient care. Please visit my website at www.hearingcarefl.com for more information and let us be your home for hearing healthcare.



*Dana Luzon Coveney,
Au. D., FAAA,
Doctor of Audiology*

Dr. Dana Luzon Coveney has a Doctorate in Audiology and over 10 years of clinical experience in the field. She has been the clinical director of Audiology & Hearing Aids of the Palm Beaches since 2010. Dr. Luzon Coveney is skilled in diagnosing and treating hearing loss and tinnitus through her expertise which results in better living through better hearing. She is dedicated to providing the finest quality, most advanced diagnostic and treatment services and products in an honest, fair, and patient-focused environment. Dr. Luzon Coveney is heavily involved in community outreach locally and abroad.

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Your home for hearing healthcare*




MEDICARE
ADVANTAGE



VS

MEDICARE
SUPPLEMENT



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

There 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 co payments, 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.

LICENSED MEDICARE CONSULTANTS

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local # **561-277-6846**

Tackling ADHD and Processing Issues

Without Medication

By Mike Cohen, Director and Chief of Neurotechnology



Here's a statement that might surprise you.

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

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

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

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

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

STEP ONE: The Brain Map

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

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

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

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

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

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

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

STEP THREE: Re-evaluate changes, assess progress

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

WHY THIS SYSTEM WORKS

Research shows that there must be functional connections between key areas of the brain in order for attention and learning to take place easily. Without them, attention and certain types of learning are extremely difficult and can cause enormous frustration.

Malfunctioning connections can result not only in attention problems but can also contribute to dyslexia and other reading problems, dyscalculia (difficulty with math) and/or processing problems. Furthermore, the resulting frustration can often look like ADHD.

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



Learn more about neurofeedback at our free informational seminar

Wednesday, August 14, 6-7:15 p.m.

Call **561-744-7616** for details or visit **www.CenterForBrain.com**

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

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

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

ABOUT CENTER FOR BRAIN

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



Michael Cohen, Director and Chief of Neurotechnology

Mike is one of the leading experts in brain biofeedback. For more than 20 years he has helped children and adults feel better who suffer with a wide range of problems including ADHD, anxiety, insomnia, and learning and processing issues. He has taught neurofeedback to over 2,500 healthcare professionals, including medical doctors, all over the U.S. and the world.

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

CLIENT STORIES

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

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

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



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www.CenterForBrain.com

*ISNR is the International Society for Neurofeedback and Research.

KNEE PAIN

Doesn't Mean You
Need Surgery—
**Alternative Therapy
Approved by the FDA
for Knee Arthritis Relief**

DO YOU HAVE KNEE PAIN? Does it keep you from certain activities? Do you take medication for knee pain? Do you have knee pain after exercise? Do you have difficulty going up and downstairs? Are you considering knee replacement surgery? Have you tried everything to get rid of knee pain without success? If you have answered yes to any of these questions you need to know your options.



Currently, an estimated 27 million people suffer from knee osteoarthritis, making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think their only option is surgery. Knee replacement surgery is indeed necessary for some people; however, there is a less invasive approach to relieving knee pain and potentially avoid surgery.

Causes of knee osteoarthritis

- Joint misalignment
- Postural imbalance
- Trauma
- Repetitive strain or overuse
- Abnormal gait pattern
- Age
- Previous knee injury
- Overweight
- Improper joint alignment

If you've been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take—there is another option. With knee arthritis, the cartilage breaks down and wears away leaving the bones to rub together causing pain, swelling, and stiffness, and limited range of motion in affected joints.

The American Academy of Rheumatology recommends the use of Supartz for one potential treatment option for osteoarthritis of the knee. Supartz has been shown to be effective for thousands of individuals relieving their knee pain without surgery.

At the Advanced Spine & Joint Institute, their goal is to give you the best chance of preventing knee replacement surgery, which is what arthritis frequently involves if left unprotected or untreated.

With knee replacement surgery, once done, there is no turning back to a more conservative approach. A total knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis.

Supartz is a gel like substance similar to the synovial fluid in your knees, which reduces inflammation and increases cushioning and lubrication of your knees immediately. Supartz is a purified compound, which is found naturally. This treatment protocol is used to treat the symptoms associated with arthritis.

Countless numbers of patients have experienced successful results with the Supartz treatment and are now experiencing life once again without knee pain.



"I was told I was bone on bone and needed replacement surgery. Knees are very important to me, as I am a dancer. I decided to address the problems and began injections. What a difference this is made in my life. Words cannot express how grateful I am for all that has been given back to me. Icing on the cake is I'm getting triple twirls (I'm 82 years young), which I have not done in years I highly recommend this treatment." – Patricia M.

Why do knee injections often fail? What is different about the Supartz procedure?

- They perform blind injections without image guidance
- They use antiquated equipment from as far back as 2001, even in some of the largest hospitals.
- They use Cortisone, which can have side effects

Most blind injections result in needle misplacement. With this much inaccuracy, it's no wonder most people never find relief. When properly injected into the knees, supartz helps to cushion and lubricate the knee joint, nurturing the cartilage for natural pain management. This solution helps to restore normal function to the knee, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.

The Advanced Spine & Joint Institute offers the latest therapies and technology to relieve joint pain more effectively without drugs or painful surgery. Their protocol system offers many

people a safe and straightforward technique to relieve chronic joint pain. They offer a no-cost, no-obligation consultation where you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options will be for your specific knee pain issues.

Benefits

- No surgery
- Little to no recovery time
- Immediate reduction in pain
- Return to normal activities shortly after treatment
- Accepted by most major insurances and Medicare

With so many people suffering from knee arthritis, the demand for this procedure has been overwhelming. Therefore, the Advanced Spine & Joint Institute had to limit the number of no-cost, no-obligation consultations. Please call **(561) 721-0492** now to confirm your appointment. To learn more, please visit their website at www.advancedspineandjoint.com.

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JOINT INSTITUTE**

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RejuvaWAVE®

**ReGAIN Your Sexual Vitality with
RejuvaWAVE®**

the Gold Standard in WAVE Therapy for ED

Want to put the spark back in your relationship? REJUVAation Medical Center offers two revolutionary procedures RejuvaWAVE® and RejuvaEnhancement that turn back the clock on sexual vitality and vigor. With these advanced procedures, men of all ages can enjoy a spontaneous, active sex life once again, as they did in when they were much younger.

Simply Men's Health REJUVAnation Medical Center is a leader and pioneer in the field of men's sexual health. They use exclusive, patented, state-of-the-art equipment RejuvaWAVE® (acoustic-pressure wave) combined with RejuvaEnhancement (umbilical stem-cell procedure) to reverse and cure the underlying cause of erectile dysfunction. No pills. No needles. No surgery.



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

RejuvaEnhancement® Amniotic Stem Cells



- REPAIR
- REGENERATE
- RESTORE

These procedures naturally improve blood flow to the penis by stimulating the growth of new blood vessels and opening up blood vessels by removing micro-plaque. They optimize sexual performance, enhance size and fullness of erections, increase sensation, and reverse ED and Peyronie's Disease. Patients have seen incredible results in a very short amount of time.

"I'm in my '70s and have diabetes, bypass surgery and prostate cancer," says one patient. "I had tried everything and thought my sex life was over until I came to Simply Men's Health. The results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. I feel like Superman!"

Owner of Simply Men's Health REJUVAnation Medical Center, Joan Katz, M.D., a Harvard-trained



physician in preventive and anti-aging medicine adds, "Simply Men's Health was designed to be a haven for men to confidentially restore men's sexual vitality. With our exclusive RejuvaWAVE®, we reverse the underlying cause and restore spontaneity."

All exams and procedures are done by male physicians and medical providers. Men of all ages can benefit from the treatments exclusively found at Simply Men's Health, including younger men who want to enhance size, optimize their sexual performance and improve their sexual health.

The medical center, specializing in regenerative medicine, also treats and cures other common issues, including hair loss and low testosterone, and uses stem cell therapies for anti-aging, sports injuries, knee pain, arthritis and chronic conditions.

- RejuvaWAVE® Shockwave Therapy to Cure ED and Peyronies Disease (PD)
- Non-Surgical Hair Restoration
- RejuvaEnhancement Priapus Shot
- Bio-Identical Testosterone Hormone Replacement
- Umbilical and Amniotic Stem Cell Therapies for Auto Immune Conditions and Chronic Diseases
- Knee and Joint Umbilical and Amniotic Stem Cell Therapies
- IV Anti-Aging Regenerative Medicine
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By Charles Etgen Certified Aging in place consultant

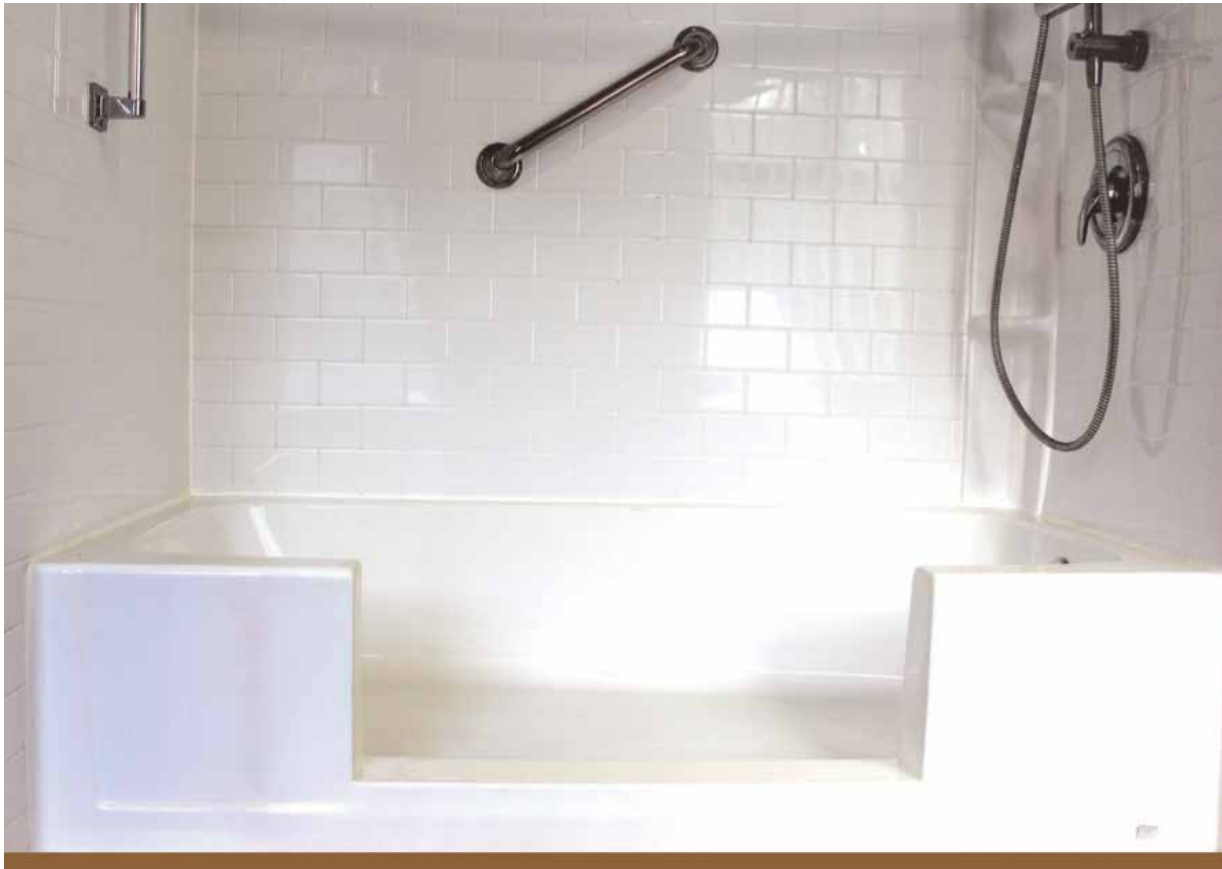


Imagine being able to safely and easily get in and out of your tub and enjoy the warm, soothing water without fear of slipping or falling.

Bathrooms can often be a dangerous place for the aging population because of unforgiving slippery surfaces, or because the height of a traditional tub is difficult to climb over. At One Day Bath, we ask: Why walk over your tub when you can walk through it?

One Day Bath offers two convenient and budget-friendly options for revitalizing your bathroom, completely with your safety in mind: The TubCut, which is custom-fit to your tub to become an integral part of the bathtub with a seamless, factory appearance; and the tub to shower conversion, which is a specially designed acrylic shower system that includes a shower surround.

“A lot of people are perplexed about how the TubCut works. When folks first take a look at it, they think that it goes over the existing tub. Instead, it actually modifies your existing bathtub into a walk-in shower. There’s no ripping out, no mess, no demo and no high expense,” says Paul Echavarria, CEO of One Day Bath. “Or, people will ask us, ‘Won’t the water come out?’ and our answer is that a simple shower curtain can stop the water from coming out, just like any other shower.”



“YOU WON’T HAVE ANYMORE TROUBLE GETTING IN AND OUT OF THE BATHTUB WITH TUBCUT®”

Why is the TubCut becoming such a popular option for bath modifications? It gives you the same convenience and access of getting into a shower that a traditional renovation would – only, the TubCut is finished in less than one day, and costs significantly less (and doesn’t involve touching any of the plumbing). Even better? TubCut is the only shower conversion that can be reversed by saving the cut out section and using it to restore your tub to its original condition. In the event of the sale of your home, the modification won’t take away value. The process of working with the One Day Bath team is simple, and gets you into your new tub as soon as possible.

“When you talk about a TubCut, that’s a simple process and we can quote you a price right over the phone,” says Echavarria. “It’s all based on the width of the opening, so with just a few questions we can give you the exact cost of the project. And, there’s no deposit.”

If a customer is interested in the traditional tub-to-shower conversion or they want a consultation to go over both options, a One Day Bath representative can visit their home with materials outlining both processes. Regardless of which choice is made, the turnaround time for either project is less than 24 hours. With a tub to shower conversion, there are a few additional

decisions that need to be made, such as the walls (liner system), style of doors, and the fixtures.

“As far as practicality is concerned, most homeowners are just looking to solve the ‘problem’ of the existing bath being unsafe. The TubCut solves the problem and because of the reversibility, it mimics the same thing that a shower stall would give you and it’s practical for budgets of any level.

“Our clients are happy with the installed product,” says Echavarria. “I’ve been installing the TubCut for 27 years, and have never had a failure. And the bottom line is, it makes accessibility simpler.”



The Tub Cut Company
866-927-8247
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Protecting Your Eyes

By David A. Goldman MD

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

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

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

Eye Injury Facts and Myths

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

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

For all eye injuries:

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

If your eye has been cut or punctured:

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

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

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

In case of a chemical burn to the eye:

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

To treat a blow to the eye:

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

To treat sand or small debris in the eye:

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

DAVID A. GOLDMAN



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

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

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

Dr. Goldman speaks English and Spanish.

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

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

But I knew I had a choice.

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

1. DON'T HAVE ALL THE ANSWERS.

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

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

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

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

BREAKING THROUGH



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

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

Brent Myers

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Chris Manis

-Chris Manis, Patient & Cancer Fighter

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