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Health & Wellness[®] MAGAZINE

September 2019

South Palm Beach Edition - Monthly

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FREE

**SHEDDING LIGHT ON
ALOPECIA AREATA**

**MD BEAUTY LABS INVESTS
IN STATE-OF-THE-ART
AESTHETIC DEVICES
FOR THEIR PATIENT'S
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**WHAT IS DIABETIC
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- 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
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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contents September 2019

6 Trusts Are Not Just For The Wealthy

8 Shedding Light on Alopecia Areata

10 Pain Management for Sciatica

12 MD Beauty Labs Invests in State-of-the-Art Aesthetic Devices for Their Patient's Best Outcomes

14 What Is Diabetic Retinopathy?

16 "Cut" Your Tub? Why This Easy, Inexpensive Project Can Add Serious Home Safety

18 What Is Acupuncture?

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

21 2019 Breakthroughs in Cancer Research

22 Is Brain Training Just for Kids???

24 Medical Marijuana: Understanding the Entourage Effect

26 Licensed Medicare Consultants – Helps Navigate you Through Medicare's Confusing Maze

28 Sinus, Sinusitis and the Allergist?

30 Common Myths About Your Eyes

31 Spiritual Wellness: One Another

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by Andrew M. Curtis, ESQ



TRUSTS ARE NOT JUST FOR THE WEALTHY



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

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

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

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



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

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

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

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

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

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

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

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

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Shedding Light on ALOPECIA AREATA

By Alan J. Bauman, MD, ABHRS

SEPTEMBER IS ALOPECIA AREATA AWARENESS MONTH

and it's an important opportunity for those suffering from alopecia areata and other less common forms of hair loss, like cicatricial (scarring) alopecia, to get educated about effective new hair restoration options that can help.



ABOUT ALOPECIA AREATA

According to the National Alopecia Areata Foundation, over 6.8 million people in the U.S. have, had, or will develop alopecia areata at some point in their lives. Unlike androgenetic alopecia (common male and female hereditary or “pattern” hair loss), alopecia areata is an autoimmune disorder in which the body’s immune system mistakenly attacks the hair follicles, resulting in the sudden loss of hair. Most often, hair loss occurs in small circular zones, with the hair itself coming out in clumps, leaving smooth, bald patches of varying sizes on the scalp, beard, or elsewhere on the body. Depending on the type and severity of alopecia, sufferers may experience one or more small bald patches on the scalp that spontaneously regrow, or it may progress to full cranial hair loss, including eyebrows and eyelashes, called alopecia totalis, or total body hair loss, otherwise known as alopecia universalis.

WHAT CAUSES IT?

Unfortunately, at this time, we don’t know exactly why the immune system attacks the body’s own hair follicles, but it is believed that genetic factors may contribute to the condition as nearly 20% of affected people have a family member with the condition.

Certain other factors, such as extreme psychological stress, physiological stress, or even allergies, can trigger the condition in some people, but there is little evidence to support that stress on its own may be to blame.

Those who are affected by alopecia areata are more likely to suffer permanent hair loss if they:

- Have a family history of the condition
- Show signs of alopecia before puberty
- Have the condition for periods of more than a year at a time
- Have extensive hair loss
- Have another autoimmune disease
- Are prone to allergies
- Have fingernails or toenails with abnormal coloring, shape, texture, or thickness

TREATMENT OPTIONS

While medical treatments for hair loss have advanced dramatically over the last few decades, there is no true cure for alopecia areata. However, in recent years, we’ve seen continued improvement in treating these rarer forms of alopecia.

Before and 4 months after PRP by Dr. Alan Bauman



The most common treatment for patchy hair loss associated with alopecia is a course of corticosteroid injections into the scalp or skin. Corticosteroids may also be applied topically directly to the affected areas, as is often the case with younger children. PRP, or Platelet Rich Plasma injections, are a non-pharmaceutical treatment option with fewer side effects that have been reported to be successful in some cases, especially when combined with ECM (Extracellular Matrix) for added effectiveness.

Sometimes, these treatments are given in tandem with topical applications of over-the-counter minoxidil. If a less greasy and stronger version is desired, compounded Formula 82M minoxidil may be prescribed.

For those who haven’t been successful with available treatment options and are seeking an alternative to traditional wigs, weaves, hats or scarves, they might want to consider a durable high-quality medical-grade prosthetic hair system called a “CNC.” These cranial prosthetic devices are made with a 3D-printing process to allow each to be custom-fitted to the patient’s scalp and precisely match their skin color, often called a “second skin” or “second scalp.” 100% unprocessed human hair of appropriate color, curl, and length is then meticulously implanted in natural hair growth patterns. Painstakingly handcrafted in Italy and applied with a medical-grade adhesive, they allow patients to shower, shampoo, swim, dance, play sports or even skydive, and to style their hair normally. With monthly service appointments, these comfortable, high-end hair and scalp prosthetics last for years and are virtually indistinguishable from one’s own natural hair, allowing those with extensive hair loss to have a completely full head of hair.

And looking ahead, recent studies are demonstrating that a powerful class of anti-inflammatory drugs called Janus Kinase (JAK) inhibitors are likely to play a crucial role in the treatment of alopecia areata in the future. JAK inhibitors have not only been shown to effectively treat hair loss and stimulate regrowth in alopecia areata but may also be able to stimulate growth in the androgenetic alopecia. More research and studies are currently underway, but this is a promising treatment option for sufferers.



Before and after PRP/ACell by Dr. Alan Bauman



Traction Alopecia before and 4 months After PRP by Dr. Alan Bauman

stress, and avoiding harsh chemicals or environmental factors that can trigger the immune system.

Perhaps one of the best ways to combat alopecia, however, is through education. The

EDUCATION AND AWARENESS

Even if you've never been affected by the condition, there remains a chance that it could still affect you. As with all hair loss, the best means of prevention is to maintain a healthy scalp, and that is best accomplished by enjoying a good diet, alleviating

more we understand about the condition, the better we will be able to treat it in the future and to accept it in the meantime.

For more information on alopecia areata, or to learn what treatment option may be right for you, please visit www.baumanmedical.com or call **561-220-3480**.

SEPTEMBER IS ALSO MENOPAUSE AWARENESS MONTH, HERE ARE A FEW TAKEAWAYS FOR WOMEN AT RISK FOR HEREDITARY HAIR LOSS:

- A woman's chance of losing hair after menopause is almost just as high as it is for men at that age, but female pattern hair loss looks different.
- Female hair loss typically causes diffuse loss of hair behind the frontal hairline but it can also cause a less feminine, receding hairline in the temples.
- It's easy to miss the early warning signs of female pattern hair loss – but catching it early is key, as 50% loss can occur before it's noticeable to the human eye. There are a number of effective treatments for female hair loss, but the best results occur when they're started early on.
- Hair loss around menopause is common due to changes in hormone levels and activity, but it cannot be commonly cured with hormone replacement alone.
- Genetic predisposition, unusual levels of stress, hormonal imbalances, vitamin deficiencies, crash diets, medications, styling habits, as well as a history of illness and surgery can also be contributing factors to female hair loss.
- Most women benefit from a combination of pharmaceutical and lifestyle changes in treating their hair loss and thinning. Results are proportional to your level of discipline and compliance with the prescribed regimen and how early you begin treatment.
- Medical treatments to protect and enhance hair follicle functioning may include compounded topical minoxidil Formula 82M, platelet-rich plasma injections, Latisse/Bimatoprost or other prostaglandin analogs, low-level laser therapy, off-label anti-androgens (for post-menopausal women only) and nutritional supplements like Viviscal Professional, Nutrafol Female Core Plus, and pharmaceutical grade biotin.

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 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.

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Pain Management for Sciatica



SCIATICA TREATMENT

Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one or both sides of your body.

Sciatica most commonly occurs when a herniated disk, bone spur (arthritis) on the spine or narrowing of the spine (spinal stenosis) compresses part of the nerve. This causes inflammation, pain and often some numbness in the affected leg(s).

Although the pain associated with sciatica can be severe, most cases resolve with non-operative treatments in a few weeks with treatment that Dr. Rosenblatt can easily perform.

Pain that radiates from your lower (lumbar) spine to your buttock and down the back of your leg is the hallmark of sciatica. You might feel the discomfort almost anywhere along the nerve pathway, but it's especially likely to follow a path from your low back to your buttock and the back of your thigh and calf.

The pain can vary widely, from a mild ache to a sharp, burning sensation or excruciating pain. Sometimes it can feel like a jolt or electric shock. It can be worse when you cough or sneeze, and prolonged sitting or walking can aggravate



By Aaron Rosenblatt, MD

symptoms. Some people also have numbness, tingling or muscle weakness in the affected leg or foot. You might have pain in one part of your leg and numbness in another part. You do not have to have low back pain to have sciatic pain.

Please call Dr. Rosenblatt when self-care measures fail to ease your symptoms or if your pain lasts longer than a week, is severe or becomes progressively worse. **Get immediate medical care if:**

- *You have sudden, severe pain in your low back or leg and numbness or muscle weakness in your leg*
- *The pain follows a violent injury, such as a traffic accident*
- *You have trouble controlling your bowels or bladder*

Sciatica occurs when the sciatic nerve becomes pinched, usually by a herniated disk in your spine or by an overgrowth of bone (bone spur) on your vertebrae. More rarely, the nerve can be compressed other tissue or damaged by a disease such as diabetes. Shingles is another common cause that would require treatment.

During the physical exam, Dr. Rosenblatt will check your muscle strength and reflexes. For example, you may be asked to walk on your toes or heels, rise from a squatting position and, while lying on your back, lift your legs one at a time. Pain that results from sciatica will usually worsen during these activities.



Many people have herniated disks or bone spurs that will show up on X-rays and other imaging tests but have no symptoms. So doctors don't typically order these tests unless your pain is severe, or it doesn't improve within a few weeks.

- **X-RAY.** An X-ray of your spine may reveal an overgrowth of bone (bone spur) that may be pressing on a nerve.

- **MRI.** This procedure uses a powerful magnet and radio waves to produce cross-sectional images of your back. An MRI produces detailed images



of bone and soft tissues such as herniated disks. During the test, you lie on a table that moves into the MRI machine.

- **CT SCAN.** Can also be used for a faster imaging result or when an MRI is not allowed.

After evaluation, Dr. Rosenblatt might recommend injection of a medication into the area around the involved nerve root(s). This can help reduce and or eliminate pain by suppressing inflammation around the irritated nerve. This can greatly improve the pain and discomfort from the multiple causes of sciatica and help improve an individuals overall function. There are several different types of nerve root treatments to consider based on the location and severity of the impingement of the nerve. Usually treatment takes no longer than 5-6 minutes and can provide immediate relief!

Dr. Rosenblatt explains, "This procedure is simple and helps people of all ages to help feel less pain and function at a higher level. It is great for neck and lumbar spine pain. It will also help to avoid unnecessary spine surgery."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 17 years with great success. 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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WE ALL WANT TO LOOK AND FEEL OUR BEST, BUT SAVVY PATIENTS TODAY WANT TO AVOID COSMETIC SURGERY SINCE THERE ARE ALTERNATIVE NONINVASIVE PROCEDURES THAT ARE INCREDIBLY EFFECTIVE. THESE PROCEDURES OFFER IN-OFFICE TREATMENT AND MUCH LESS EXPENSIVE. MD BEAUTY LABS OFFERS GROUNDBREAKING TECHNOLOGY FOR THEIR PATIENTS THAT PROVIDES SURGICAL-LIKE RESULTS WITH NO INCISIONAL SCARS, LESS DOWNTIME, AND LONG-LASTING RESULTS.

In a recent study, led by Dr. Dayan, a Plastic and Reconstructive Surgeon at Massachusetts General Hospital, the effects of combined non-invasive aesthetic procedures were analyzed on various patient demographics to weigh the effectiveness on skin tightening.¹

“The demand for minimally invasive solutions to avoid traditional operative treatment continues to increase. RF (radiofrequency) technology has emerged as an effective method to safely tighten skin and reduce underlying adipose tissue. As our armamentarium expands, we have the opportunity to treat large portions of the population who were previously considered premature or borderline candidates for excisional operations. In our experience, combination RF technology (RF microneedling and bipolar RF) advances and broadens our ability to achieve tissue retraction that does not reliably occur with other energy-based devices and liposuction alone.”¹

INNMODE, a well-known medical device company that's the premier expert of combined RF technology, has been featured on news outlets and in print like The Doctors, Vogue, NBC, and EXTRA. MD Beauty Labs in West Palm offers only the most reliable and innovative procedures for their

patients. That's why MD Beauty Labs has INNMODE devices available in their two office-settings.

WHAT ARE THESE ADVANCED PROCEDURES?

BODYTITE (treats the body)

BodyTite is a minimally-invasive device for body contouring delivering results previously only achieved through excisional procedures. BodyTite is powered by directional RF, resulting in three-dimensional tissue remodeling through fat coagulation and volumetric heating. The coagulation of fat using RF-induced heat results in radio-frequency assisted lipolysis (RFAL).

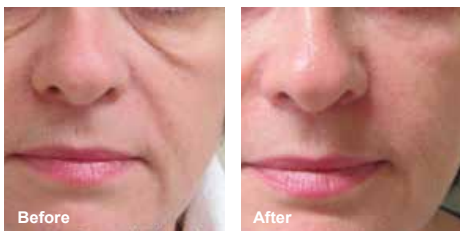
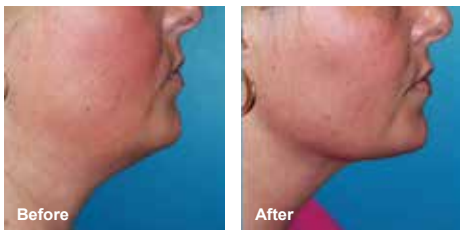
Multiple areas can be treated in one visit such as stomach, arms, chest, knees and inner and outer thighs.²

FACETITE (face and neck)

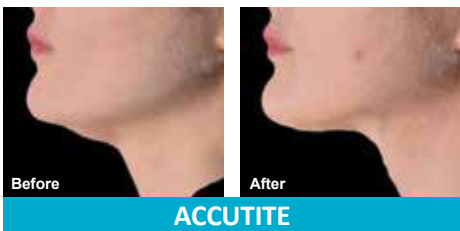
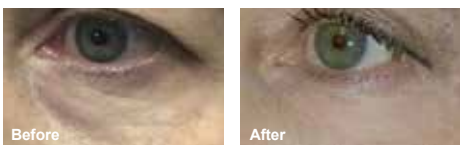
In just one treatment, FaceTite can provide significant improvements to the contour of the face and small body areas. Using RFAL technology, FaceTite is the next best thing to a traditional facelift, without the associated large scars and downtime. Any areas on the face and neck with saggy skin can be treated. This includes the double chin, jowls and other areas with deep lines and loose skin.²



BODYTITE



FACETITE



ACCUTITE

ACCUTITE (face, neck and smaller areas of the body)

AccuTite makes focal RF treatment without excisional surgery. AccuTite is based on RFAL technology delivering precision heating to remodel adipose tissue. It treats the brows, periorbital region, nasolabial fold, lower face, and neck. On the body, patients can receive AccuTite for the axilla, upper arms, abdomen etching, inner thighs, knees, and areas for women’s health and wellness.²

MORPHEUS8 (body contouring, face, and neck)

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RFAL Technology Represents the Future of Body and Face Contouring.

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Come to MD Beauty Labs to find out why clients from across the Palm Beach area choose us to help them reach their aesthetic goals. We proudly serve residents throughout Palm Beach County, including West Palm Beach, Boca Raton, Wellington, Jupiter, Royal Palm Beach, Lake Worth, and Delray. Our team is dedicated to finding and meeting your every beauty need

DANIELA DADURIAN, M.D., MEDICAL DIRECTOR

Daniela Dadurian, M.D., specializes in anti-aging medicine, laser treatments, and cosmetic medicine. She’s traveled the world to research the safest and latest technologies on the market to provide you with the best possible treatments and care.

Dr. Dadurian received her medical degree from the University of Miami School of Medicine and is board-certified in anti-aging and regenerative medicine, as well as laser surgery. Her expertise in anti-aging techniques and her passion for excellence are reflected in the attentive personal care she gives each patient.

MD Beauty Labs offers medical, spa, and body treatments within a luxurious contemporary loft environment. We are committed to providing a revitalizing experience. Dr. Dadurian, alongside her team of nurses, medical estheticians, massage therapists, permanent makeup specialist, and medical spa concierge, is here for you.

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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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WHAT IS DIABETIC RETINOPATHY?

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

DIABETIC RETINOPATHY, the most common diabetic eye disease, occurs when blood vessels in the retina change. Sometimes these vessels swell and leak fluid or even close off completely. In other cases, abnormal new blood vessels grow on the surface of the retina.

The retina is a thin layer of light-sensitive tissue that lines the back of the eye. Light rays are focused onto the retina, where they are transmitted to the brain and interpreted as the images you see. The macula is a very small area at the center of the retina. It is the macula that is responsible for your pinpoint vision, allowing you to read, sew or recognize a face. The surrounding part of the retina, called the peripheral retina, is responsible for your side – or peripheral – vision.

Diabetic retinopathy usually affects both eyes. People who have diabetic retinopathy often don't notice changes in their vision in the disease's early stages. But as it progresses, diabetic retinopathy usually causes vision loss that in many cases cannot be reversed.

DIABETIC EYE PROBLEMS

There are two types of diabetic retinopathy:

Background or nonproliferative diabetic retinopathy (NPDR)

Nonproliferative diabetic retinopathy (NPDR) is the earliest stage of diabetic retinopathy. With this condition, damaged blood vessels in the retina begin to leak extra fluid and small amounts of blood into the eye. Sometimes, deposits of cholesterol or other fats from the blood may leak into the retina.

NPDR can cause changes in the eye, including:

- **Microaneurysms:** small bulges in blood vessels of the retina that often leak fluid.
- **Retinal hemorrhages:** tiny spots of blood that leak into the retina.
- **Hard exudates:** deposits of cholesterol or other fats from the blood that have leaked into the retina.
- **Macular edema:** swelling or thickening of the macula caused by fluid leaking from the retina's blood vessels. The macula doesn't function properly when it is swollen. Macular edema is the most common cause of vision loss in diabetes.
- **Macular ischemia:** small blood vessels (capillaries) close. Your vision blurs because the macula no longer receives enough blood to work properly.

Many people with diabetes have mild NPDR, which usually does not affect their vision. However, if their vision is affected, it is the result of macular edema and macular ischemia.



A Normal Retina



A Retina showing signs of Diabetic Retinopathy

Proliferative diabetic retinopathy (PDR)

Proliferative diabetic retinopathy (PDR) mainly occurs when many of the blood vessels in the retina close, preventing enough blood flow. In an attempt to supply blood to the area where the original vessels closed, the retina responds by growing new blood vessels. This is called neovascularization. However, these new blood vessels are abnormal and do not supply the retina with proper blood flow. The new vessels are also often accompanied by scar tissue that may cause the retina to wrinkle or detach.

PDR may cause more severe vision loss than NPDR because it can affect both central and peripheral vision. PDR affects vision in the following ways:

Vitreous hemorrhage: delicate new blood vessels bleed into the vitreous – the gel in the center of the eye – preventing light rays from reaching the retina. If the vitreous hemorrhage is small, you may see a few new, dark floaters. A very large hemorrhage might block out all vision, allowing you to perceive only light and dark. Vitreous hemorrhage alone does not cause permanent vision loss. When the blood clears, your vision may return to its former level unless the macula has been damaged.

Traction retinal detachment: scar tissue from neovascularization shrinks, causing the retina to wrinkle and pull from its normal position. Macular wrinkling can distort your vision. More severe vision loss can occur if the macula or large areas of the retina are detached.

Neovascular glaucoma: if a number of retinal vessels are closed, neovascularization can occur in the iris (the colored part of the eye). In this condition, the new blood vessels may block the normal flow of fluid out of the eye. Pressure builds up in the eye, a particularly severe condition that causes damage to the optic nerve.

DIABETIC RETINOPATHY SYMPTOMS

You can have diabetic retinopathy and not be aware of it, since the early stages of diabetic retinopathy often don't have symptoms.

As the disease progresses, diabetic retinopathy symptoms may include:

- Spots, dots or cobweb-like dark strings floating in your vision (called floaters);
- Blurred vision;
- Vision that changes periodically from blurry to clear;
- Blank or dark areas in your field of vision;
- Poor night vision;
- Colors appear washed out or different;
- Vision loss.

Diabetic retinopathy symptoms usually affect both eyes.

See a simulation of what vision with nonproliferative diabetic retinopathy and vision with proliferative diabetic retinopathy look like.

Careful management of your diabetes is the best way to prevent vision loss. If you have diabetes, see your eye doctor for a yearly diabetic retinopathy screening with a dilated eye exam – even if your vision seems fine –

because it's important to detect diabetic retinopathy in the early stages. If you become pregnant, your eye doctor may recommend additional eye exams throughout your pregnancy, because pregnancy can sometimes worsen diabetic retinopathy.

Contact your Eye M.D. right away if you experience sudden vision changes or your vision becomes blurry, spotty or hazy.

DIABETIC RETINOPATHY DIAGNOSIS

The only way to detect diabetic retinopathy and to monitor its progression is through a comprehensive eye exam.

There are several parts to the exam:

Visual acuity test

This uses an eye chart to measure how well you can distinguish object details and shape at various distances. Perfect visual acuity is 20/20 or better. Legal blindness is defined as worse than or equal to 20/200 in both eyes.

Slit-lamp exam

A type of microscope is used to examine the front part of the eye, including the eyelids, conjunctiva, sclera, cornea, iris, anterior chamber, lens, and also parts of the retina and optic nerve.

Dilated exam

Drops are placed in your eyes to widen, or dilate, the pupil, enabling your Eye M.D. to examine more thoroughly the retina and optic nerve for signs of damage.

It is important that your blood sugar be consistently controlled for several days when you see your eye doctor for a routine exam. If your blood sugar is uneven, causing a change in your eye's focusing power, it will interfere with the measurements your doctor needs to make when prescribing new eyeglasses. Glasses that work well when your blood sugar is out of control will not work well when your blood sugar level is stable.

Your Eye M.D. may find the following additional tests useful to help determine why vision is blurred, whether laser treatment should be started, and, if so, where to apply laser treatment.

Fluorescein angiography

Your doctor may order fluorescein angiography to further evaluate your retina or to guide laser treatment if it is necessary. This is a diagnostic procedure that uses a special camera to take a series of photographs of the retina after a small amount of yellow dye (fluorescein) is injected into a vein in your arm. The photographs of fluorescein dye traveling throughout the retinal vessels show:

- Which blood vessels are leaking fluid;
- How much fluid is leaking;
- How many blood vessels are closed;
- Whether neovascularization is beginning.

Optical coherence tomography (OCT)

OCT is a non-invasive scanning laser that provides high-resolution images of the retina, helping your Eye M.D. evaluate its thickness. OCT can provide information about the presence and severity of macular edema (swelling).

Ultrasound

If your ophthalmologist cannot see the retina because of vitreous hemorrhage, an ultrasound test may be done in the office. The ultrasound can "see" through the blood to determine if your retina has detached. If there is detachment near the macula, this often calls for prompt surgery.

WHEN TO SCHEDULE AN EYE EXAMINATION

Diabetic retinopathy usually takes years to develop, which is why it is important to have regular eye exams. Because people with Type 2 diabetes may have been living with the disease for some time before they are diagnosed, it is important that they see an ophthalmologist (Eye M.D.) without delay.

The American Academy of Ophthalmology recommends the following diabetic eye screening schedule for people with diabetes:

Type 1 Diabetes: Within five years of being diagnosed and then yearly.

Type 2 Diabetes: At the time of diabetes diagnosis and then yearly.

During pregnancy: Pregnant women with diabetes should schedule an appointment with their ophthalmologist in the first trimester because retinopathy can progress quickly during pregnancy.

DIABETIC RETINOPATHY TREATMENT

The best treatment for diabetic retinopathy is to prevent it. Strict control of your blood sugar will significantly reduce the long-term risk of vision loss. Treatment usually won't cure diabetic retinopathy nor does it usually restore normal vision, but it may slow the progression of vision loss. Without treatment, diabetic retinopathy progresses steadily from minimal to severe stages.

Laser surgery

The laser is a very bright, finely focused light. It passes through the clear cornea, lens and vitreous without affecting them in any way. Laser surgery shrinks abnormal new vessels and reduces macular swelling. Treatment is often recommended for people with macular edema, proliferative diabetic retinopathy (PDR) and neovascular glaucoma.

Laser surgery is usually performed in an office setting. For comfort during the procedure, an anesthetic eyedrop is often all that is necessary, although an anesthetic injection is sometimes given next to the eye. The patient sits at an instrument called a slit-lamp microscope. A contact lens is temporarily placed on the eye in order to focus the laser light on the retina with pinpoint accuracy.

Vitrectomy surgery

Vitrectomy is a surgical procedure performed in a hospital or ambulatory surgery center operating room. It is often performed on an outpatient basis or with a short hospital stay. Either a local or general anesthetic may be used.

During vitrectomy surgery, an operating microscope and small surgical instruments are used to remove blood and scar tissue that accompany abnormal vessels in the eye. Removing the vitreous hemorrhage allows light rays to focus on the retina again.

Vitrectomy often prevents further vitreous hemorrhage by removing the abnormal vessels that caused the bleeding. Removal of the scar tissue helps the retina return to its normal location. Laser surgery may be performed during vitrectomy surgery.

Medication injections

In some cases, medication may be used to help treat diabetic retinopathy. Sometimes a steroid medication is used. In other cases, you may be given an anti-VEGF medication. This medication works by blocking a substance known as vascular endothelial growth factor, or VEGF. This substance contributes to abnormal blood vessel growth in the eye which can affect your vision. An anti-VEGF drug can help reduce the growth of these abnormal blood vessels.

After your pupil is dilated and your eye is numbed with anesthesia, the medication is injected into the vitreous, or jelly-like substance in the back chamber of the eye. The medication reduces the swelling, leakage, and growth of unwanted blood vessel growth in the retina, and may improve how well you see.

Medication treatments may be given once or as a series of injections at regular intervals, usually around every four to six weeks or as determined by your doctor.



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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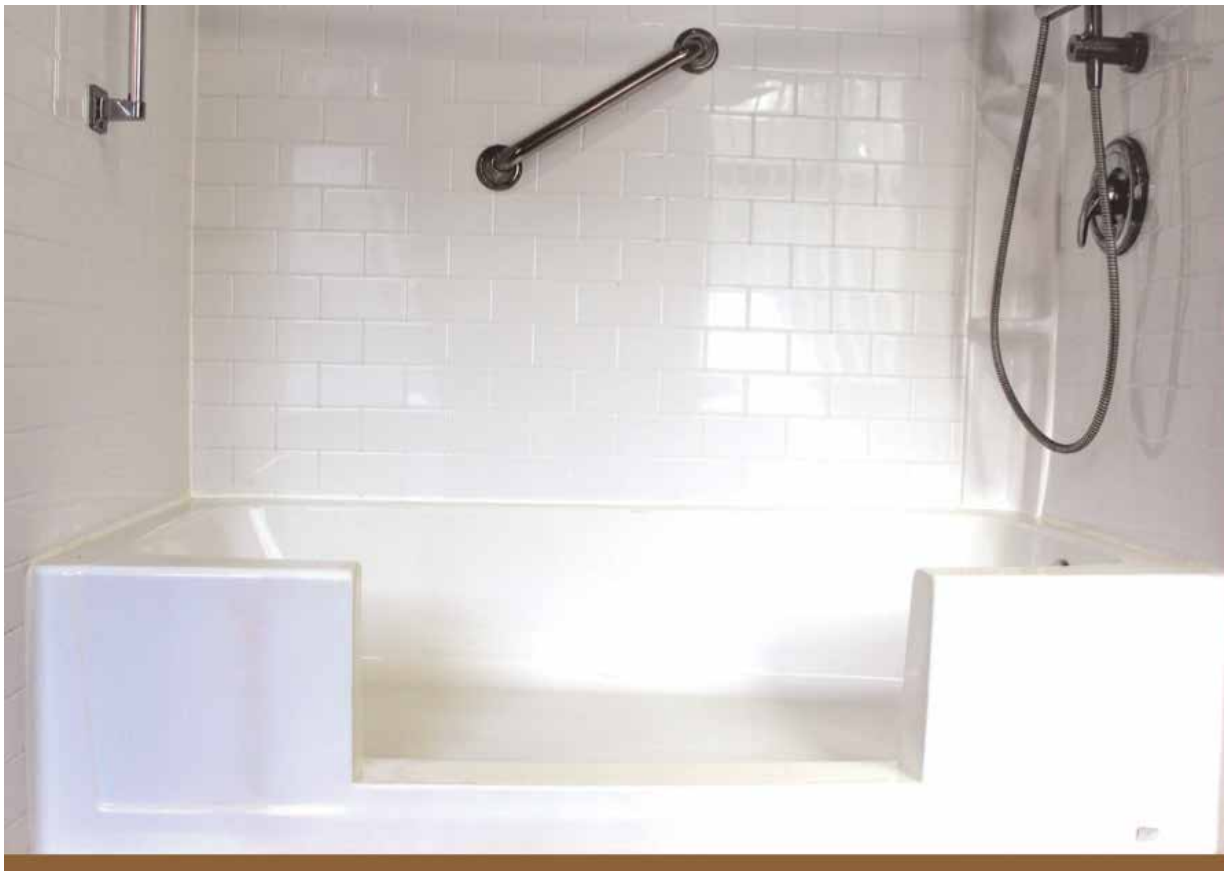


When was the last time you faced the need for a home project that you knew would absolutely solve your problem and also go easy on your wallet?

For most homeowners, there’s usually an endless list of modifications and renovations that we need to make as both we and our homes age. And if you’re like most people, you put off projects that have more to do with your own safety or comfort.

But chances are, you or someone you know has had to deal with everyday aches and pains, arthritis, bad knees, foot or ankle problems, a handicap or overall mobility problems, aging in place, acting as a caregiver, or general worries about slip and falls in the bathtub.

You’ve probably already heard that there are ways to make your bathtub more accessible, but pushed the thought to the back of your mind because you’re worried about how long your bathroom is going to be out of commission, the cost of the project, and even if having your bathtub modified is actually going to serve its intended purpose.



WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.

If a person has difficulty lifting his or her legs over a traditional tub wall, then a portion of that tub wall can actually be cut and removed, then refinished. The cutout reduces the lift required to step or swing one’s legs into the tub, and instead turns it into a walk-in shower. The modification can be done in less than one day. Even better? The cut portion of the tub can be saved, and the project can be reversed if you want to sell your home and not lose value.

“We can do this without disturbing the plumbing or making a big deal of construction. We’re in and out of there in half a day, and then the customer is using their shower and their bathroom again by the next morning,” says Paul Echavarria, owner of One Day Bath for the past two decades. “We also have no problem with doing a complete reversal for this project, and once that’s complete, you would never know what that tub looked like before. It’s seamless and waterproof. The whole entire tub gets resurfaced so that when we’re done, the tub looks brand new again.”

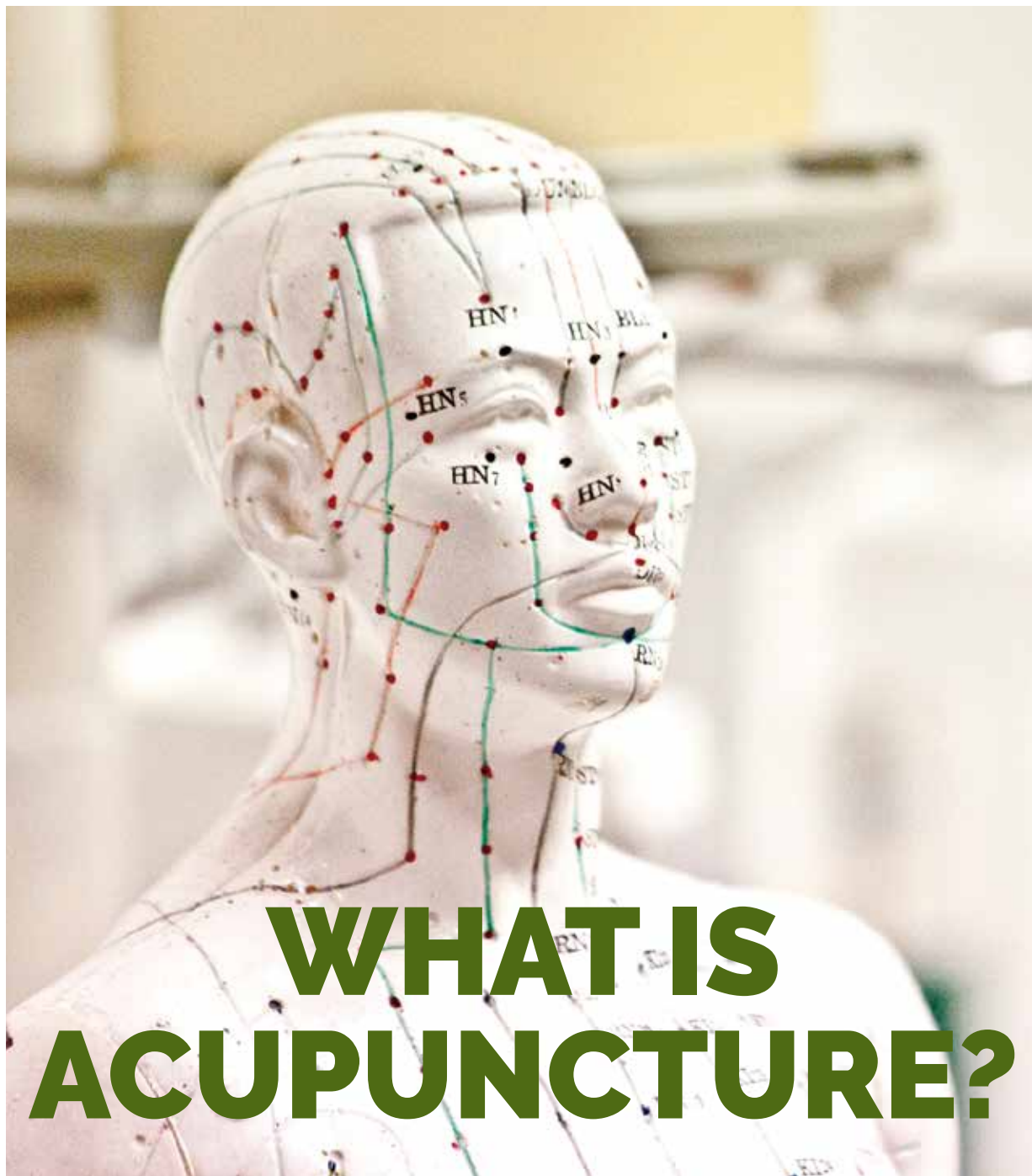
Since the original TubcuT® was first offered on the market, there have been a number of national companies offering what looks like an identical product and service. One Day Bath, however, points out that with TubcuT®, the user chooses how wide the opening is and where it starts and ends. This allows the panels to structurally become part of the tub through a strong bonding process. The panels are also made of a durable material that is easy to clean, and your tub’s color can be matched perfectly to the panel’s edge for a seamless look and watertight construction. Competitors use plastic caps or one-piece inserts, and their products are typically attached to the tub with caulk only and don’t have any of the versatility of the TubcuT®.

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WHAT IS ACUPUNCTURE?

ACUPUNCTURE is the stimulation of specific points on the surface of the skin, by the insertion of very fine, sterile, stainless steel needles, that alter various biochemical and physiological processes in order to treat a wide variety of conditions.

By: Chaas Gantt and Maria Gantt

The practice of Acupuncture is one of the integrated modalities of treatment in Eastern Asia medical system and our practice at PBAIM. This practice which has maintained popularity over thousands of years, establishes Meridians as pathways linking acupuncture points that roughly correspond to the dermatomes and myotomes in neurology, as well as the patterns of referred pain from organ pathology familiar to the medical community.

The basic foundation for East Asian medicine recognizes the energetic basis of all life. Life energy flowing through the body is called “Qi” (pronounced chee) and it is said that in the obstruction of this cyclical flow of Qi from injury or dysfunction is where dis-ease, pain or illness originates from. The theory and diagnosis strongly takes into consideration how emotions, environmental influences, diet and other external influences affect our bodies at any given time.

The theories of Western and Eastern medicine support each other, and their integration has proven to enlarge our understanding of how our bodies work on every level as well as how to better assist its optimal function.

HOW DOES ACUPUNCTURE WORK?

Several processes have been found to explain acupuncture’s effects. When acu-points or “trigger points” are stimulated, a cascade effect is set in motion which influences various systems including but not limited to the nervous system, the endocrine system and the immune system.

Acupuncture points have been shown to stimulate the central nervous system (the brain and spinal cord) to release chemicals into the muscles, spinal cord, and brain. This biochemical cascade can either change the experience of pain or stimulate the release of other chemicals, such as hormones, that influence the body’s self-regulating systems and promote physical and emotional well-being.

There are three main mechanisms that explain acupuncture’s effects:

Conduction of electromagnetic signals: Western scientists have found evidence that acupuncture points are strategic conductors of electromagnetic signals. Stimulating points along these pathways through acupuncture enables electromagnetic signals to be relayed at a greater rate than under normal conditions. These signals may start the flow of pain-killing biochemicals such as endorphins and immune system cells to specific sites that are injured or vulnerable to disease.

Activation of opioid systems: research has found that several types of opioids may be released into the central nervous system during acupuncture treatment, thereby reducing pain.



Changes in brain chemistry, sensation, and involuntary body functions: studies have shown that acupuncture may alter brain chemistry by changing the release of neurotransmitters and neuro-hormones in a good way. Acupuncture also has been documented to affect the parts of the central nervous system related to sensation and involuntary body functions, such as immune reactions and processes whereby a person's blood pressure, blood flow, and body temperature are regulated.

For more than 3000 years practitioners, first in East Asia and now worldwide, have been using acupuncture to stimulate any or all of these mechanisms depending on the condition or desired effect.

WILL IT HURT ME?

No. Depending on the sensitivity of the patient, when needles are stimulated in certain points a unique sensation can be induced. In the right hands acupuncture will not hurt.

WHAT IS FUNCTIONAL MEDICINE?

Acupuncture allows us to treat a wide variety of conditions but in certain cases, innovative lab testing is advised when diving deeper is necessary. When more complex cases arise we can utilize functional medicine to take a deeper look into the underlying cause of the dis-ease or concerns.

Functional Medicine principles view the body as one integrated system, not a collection of independent organs divided up by medical specialties. It is commonly called, the science of "why". Functional lab testing is the cornerstone of functional medicine. Functional lab testing is used to assess the overall function of your body by comparing results to an optimally healthy range vs. the standard range.

By seeing the body as one integrated system we can develop a uniquely tailored treatment plan comprised of targeted supplementation, detox programs, dietary changes, herbal medicine, exercise and lifestyle modifications. This is considered an evolution in the standard practice of medicine.

In our experience, patients who were initially relying on standardized blood panel testing, were not made aware of preexisting conditions that would ultimately lead to disease.

WHY BOTH?

Instead of looking for and treating the symptoms of disease, Acupuncture foundation and Functional Medicine principles looks at networks of function and a number of factors that are contributing to the dysfunction in your body. This integrative approach allows us to address the underlying causes of disease or even prevent a disease before it progresses.

CONDITIONS TREATED

- General pain (low back pain, joint pain, chronic and acute pain)
- Digestive disorders
- Autoimmune disorders
- Women's health concerns (Menstrual disorders, menopausal symptoms, premenstrual syndrome)
- Fertility Issues
- Post-partum support
- Mood imbalance including: stress, anxiety, depression and panic attacks
- Sleep disorders: insomnia,
- Post-surgery pain and mood support
- Migraines/tension headaches
- Arthritis/Joint Pain
- Allergies
- Fibromyalgia
- Facial paralysis resulting from Bell's palsy
- Facial rejuvenation

WHO WE ARE

Palm Beach Acupuncture & Integrative Medicine (PBAIM) is a professional alternative medical office. We are committed to helping you achieve optimal health and vitality by supporting the regenerative and balance-seeking nature of your body. Whether it be pain management, gynecological disorders, fertility issues, mood disorders, stress-management or overall health optimization, we are here to provide safe and effective alternative health care to the people we serve.



Chaas Gantt L. AP is a State Licensed Acupuncture Physician and Functional Medicine Practitioner, Board Certified Herbalist as well as Injection Therapy. In his practice, he combines the latest research in functional medicine practices, Japanese style acupuncture, NSEV and Traditional Chinese Acupuncture techniques, cupping therapy, moxibustion, clinical nutrition, targeted supplementation, botanical medicine, injection therapy, among other interventions, to address the specific needs of each of his patients. He has learned and apprenticed under renowned physicians and master acupuncturists in the United States, Europe and Asia.

Palm Beach Acupuncture & Integrative Medicine (PBAIM) is a professional alternative medical office in Lake Worth, Florida. Their mission is to partner with you on your way to enhance, regain and maintain optimum health and vitality. They combine Functional medicine, Japanese and Chinese acupuncture techniques, cupping therapy, moxibustion, clinical nutrition, Auriculotherapy and botanical medicine, among other interventions. PBAIM aims to provide safe and effective alternative health care to the people they serve.

PBAIMS strongly believes in the innate wisdom of the body. Your body knows how to regenerate and balance itself, sometimes it just needs a little support and guidance.

PBA accepts most major insurance carriers.



Please call **(561) 533-7475** to schedule your appointment or find out more at **palmbeachacu.com**



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



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

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

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

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

Vampire Facelift

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

Vampire Facial

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

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

The O-Shot

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

P-Shot®

Penile rejuvenation for peyronie's disease & erectile dysfunction.

Vampire Breast Lift

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

Aesthetic Treatment Centers

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



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2019 BREAKTHROUGHS IN CANCER RESEARCH

The American Society of Clinical Oncology (ASCO) recently published *Clinical Cancer Advances 2019: ASCO's Annual Report on Progress Against Cancer*. The report highlights the most important clinical research advances over the past year and makes recommendations for areas of focused research in the future.

Advances Continue in Immunotherapy Research

As you might expect, immunotherapy continues to be a leading area for cancer research. There have been new combinations of immunotherapy drugs this year that are addressing more cancer types than previously had been studied. There are several different types of immunotherapy treatment; however, all of these therapies use the body's own immune system to attack cancer cells. Specifically, new drugs tested in clinical trials have shown better survival rates in renal cell (kidney) cancers and squamous cell cancer of the skin.

Progress Against Rare Cancers

One of the most important advances cited in the report is the progress made in treating rare cancers, which account for approximately 20 percent of all cancers diagnosed each year in the United States. As stated in the ASCO report, "Progress has historically lagged behind the achievements made in more common cancers," because it often takes longer to recruit significant numbers of people with a rare type of cancer who are willing to participate in a clinical trial. However, this year, five major studies are making progress against various types of rare cancers:

- New combination of targeted therapies for a rare type of thyroid cancer produced responses in over two-thirds of patients.
- Treatment was developed for a rare type of sarcoma, a cancer that starts in the bones or soft connective tissue.
- New method of targeted radiation treatment was developed for patients with an advanced type of midgut neuroendocrine tumor.



- Standard treatment for HER2-positive breast cancer was shown to significantly slow progress of a type of HER2-positive uterine cancer.
- First promising therapy was developed for a rare cancer of the joints.

Advances in Cancer Diagnostics

One of the most significant achievements in the past twelve months was the result of a long-term study that demonstrated that some women with early-stage breast cancer can safely forego chemotherapy, sparing them the often-difficult side effects of treatment. The TAILORx study, which opened in 2006, confirmed that as many as 70 percent of women with hormone receptor-positive, node-negative breast cancer did not need to have chemotherapy, based on the results from a 21-gene assay. The study, which used a molecular test to assess the expression of 21 genes associated with breast cancer recurrence, provided evidence that there was no additional benefit from chemotherapy for 70 percent of women with this most common type of breast cancer.

Florida Cancer Specialists (FCS) is a strategic partner of Sarah Cannon Research Institute, one of the leading clinical trial organizations in the world. The clinical research program at FCS encompasses Phase I, Phase II and Phase III trials for a wide range of cancer types. Over the past four years, the majority of new cancer treatments approved for use in the U.S. were first studied in clinical trials with FCS participation, prior to approval. To learn more, visit FLCancer.com.

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. This status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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IS BRAIN TRAINING JUST FOR KIDS???

Neurofeedback, also known as EEG biofeedback or BRAIN TRAINING, has been studied and practiced since the late 60's. It was first discovered with animals and then was used to treat adults as a part of NASA's space program. Our practice focuses on all ages and practice statistics tell us about 1/2 of our clients are over 18 years of age and 1/2 are under. Your brain is never too old or too young to learn a new behavior.

By Renee Chillcott, LMHC

WHAT IS NEUROFEEDBACK?

It is simply explained as exercise for your brain. By allowing you to see the frequencies produced by different parts of your brain in real-time and then using auditory (sometimes visual) feedback, your brain learns to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit neuron 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 appearing 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".

WHAT CAN NEUROFEEDBACK HELP ME WITH?

ANXIETY – Anxiety manifests in many ways. Symptoms can include excessive worrying, a nagging sense of fear, restlessness, overly emotional responses, negative thinking, catastrophizing, and defensiveness. Anxiety is usually present in cases of addiction, perfectionism,

being overly controlling, and behavioral issues among others. Helping people learn to calm themselves is by far the most effective solution for anxiety, and gives sufferers hope as they take control of their lives. Neurofeedback is one of the quickest and most efficient ways to teach people how to help themselves, and it's easy to learn. Learning this life skill decreases the need for dependence upon medication and improves quality of life by teaching the brain to make healthier patterns on a more consistent basis so anxiety responses are avoided and a calmer brain stays more in control.

DEPRESSION – Feelings of sadness, anxious, "emptiness," hopelessness, pessimism, guilt, worthlessness, helplessness, irritability, restlessness, losing interest in activities, fatigue and decreased energy, difficulty concentrating, remembering details and making decisions, insomnia, excessive sleeping, overeating, appetite loss, thought of suicide, suicide attempts, aches or pains are all associated with depression. Neurofeedback actually retrains the dysfunctional brain patterns associated with depression, making it a powerful treatment tool. Neurofeedback can help restore healthier brain patterns and eliminate depression by teaching the brain to get "unstuck" and better modulate itself. Brain training works on the root of the problem, altering the brain patterns affiliated with depression. Treatment can bring lasting brain changes, is non-invasive, and produces no undesirable side effects.

ADHD/ADD AND PROCESSING ISSUES – ADD/ADHD is one of the most common Neurodevelopmental disorders

of childhood and can persist through adolescence and adulthood. Those diagnosed display a number of symptoms including: inattention, hyperactivity, and impulsivity. In the brain, ADD/ADHD often displays as too many slow or too many fast neurons firing, particularly in the frontal and/or central lobes. Processing issues such as auditory, visual, and/or sensory can cause attention and focus problems as well. Because attention and focus problems are brain related, Neurofeedback allows people to work directly on the issue by training the brain to become calmer, more focused, and less impulsive. Neurofeedback is also an effective way to retrain the brain to process information in a more efficient way. When the brain improves, the behaviors will also improve.

SLEEP/INSOMNIA – Neural patterns in the brain will shift in the evenings from an awake alert state to a calm state (winding down), then a sleepy state (dozing off so you go to bed), and then finally a deeply relaxed and asleep state (sleeping). If the brain is not able to shift into this pattern easily or if there is an imbalance that causes interference in the shifting process, falling asleep and/or staying asleep will be affected. Neurofeedback has the ability to positively impact sleep because it works on the areas of the brain that allow and regulate sleep. The EEG, which shows brainwaves, clearly reflects changes in sleep stages. Training brain patterns using Neurofeedback to decrease or increase brainwave activity helps the brain normalize sleep. Evidence shows that training brain patterns impacts sleep regulatory mechanisms, and people sleep better.

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

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

HOW DOES A “BEEP” OR SOUND TRAIN MY BRAIN TO WORK BETTER?

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

HOW DO I KNOW IF IT'S WORKING?

As the brain learns, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to see changes and we can discuss what to expect during the intake appointment. For adults, changes are usually noticed within 10 sessions. Total treatment is an average of 40 sessions, however we individualize treatment; some people need more and some less. The goal of Neurofeedback is to achieve balance and flexibility so recognizing that it is working can be a challenge. First, as no two brains are alike, no two people have the same experience with Neurofeedback or learn at the same speed. Second, setting up treatment goals can also vary from person to person and as you are unable to control how fast your brain changes, therefore, you must first learn how to observe. This ability to observe can be quite challenging for some people. Up to this point in life, your brain hasn't been behaving the way you would like it to. So, observing changes requires a bit of practice. We will be discussing your experience with you when you come in for each session. And third,



you're going to be looking for an absence of symptoms. Looking for something to “not” be there definitely requires reflection rather than observance. We'll teach you how to look back at the end of an event, day, month, and even couple of months, to see if you notice things are different. And most importantly, we listen to you telling us how you “feel”.

IS NEUROFEEDBACK NEW? HAS IT BEEN RESEARCHED?

We have several journal articles, studies and books in our office for you to enjoy, however because Neurofeedback has been researched since 1960's, we cannot possibly have everything on hand. Here are a few resources.

Look up the work of:

Dr. Joe Kamiya and Dr. Barry Sterman
(Credited for earliest development of Neurofeedback).

Look for specific researched conditions:

- <https://www.eeginfo.com>
- <https://www.isnr.org>
- <http://www.eegspectrum.com>

Print Resources:

- Journal of Neurotherapy
- Neuroregulation
- Applied Psychophysiology and Biofeedback

Books:

- A Symphony in the Brain by Jim Robbins*
- Healing Young Brains by Robert Hill & Eduardo Castro*
- The Healing Power of Neurofeedback by Stephen Larsen*
- Neurofeedback in the Treatment of Developmental Trauma by Sebern Fisher*

HOW DO I GET STARTED?

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



Renee Chillcott, LMHC

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



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MEDICAL MARIJUANA:

Understanding the Entourage Effect

If you've heard or read anything about cannabis, you have definitely come across the term, "The entourage effect." Medical marijuana is made up of THC, CBD, phenolics and terpenes. The CBD is known to bind to receptors and is thought to regenerate cells and brain function, while THC helps to relax and alleviate the physical symptoms of anxiety and stress. Terpenes are made up of the green part of the plant that have additional healing mechanisms, much like those in green-leafy vegetables. The Bioactivities of phenolics include flavonoids, spiroindans, dihydrostilbenes, dihydrophenanthrenes, lignanamides, steroids and alkaloids.

When combined and taken all together, these compounds have an entourage effect within the body and can attribute to multiple modalities of healing. This **entourage effect's** ratios of THC and CBD can be adjusted and blended for specific disorders or patient needs.

There is a great deal of science that goes into combining effective amounts of THC, CBD, Terpenes and Phenolics.



THC

THC can help with pain, nausea and muscle spasms.

CBD

CBD works to alleviate anxiety, destroys cancer cells, and it is anti-inflammatory

PHENOLICS AND TERPENES

The bioactive compounds and the green, healthy components of the phenolics and terpenes, can also be tweaked to increase healing and to intensify the potency and effectiveness of both CBD and THC.

DOSAGES

There are different responses based on curves. For example, when CBD is given at a medium dosage, it's actually more effective than at lower or higher doses. However, when combined to peak the entourage effect, even lower and higher dosages of CBD are adequately effective.

The combination of these elements are what makes a full-spectrum product. If you are trying to use CBD oil over the counter, you will want to make certain that it's a full-spectrum product. This is the same reason that the source of where all of these plants come from is vital. It should be from a reputable farm that is certified and uses state of the art extraction protocols, along with expert combination and compounding formulations.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabis

(medical marijuana). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with medical marijuana, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleeping, immunity, pleasure, memory and much more.

Florida Medical Marijuana Health Center

We are a medical facility specializing in the recommendations in obtaining your Florida medical marijuana card. We have a licensed doctor on staff who is certified and accredited in the medical marijuana field.

- Schedule an appointment with the doctor
- 10-15 minute examination by doctor
- If you have a qualifying condition, you will be entered into the state system and given a patient number
- We will supply you with all state required forms and instruct you on the application process
- Once application has been submitted to the state you will receive an email in about 3 to 4 weeks with your card number.
- Once card number has been received you are able to purchase, possess, and use the medical marijuana according to your prescription.
- Your actual card will be received about a week later in the mail.



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LICENSED MEDICARE CONSULTANTS — HELPS NAVIGATE YOU THROUGH MEDICARE'S CONFUSING MAZE



Getting the most from your health plan is important to many seniors, but it is not always easy to navigate your way through all of the benefit plans and options. Your plan choices may vary depending on the county in which you live, the medical conditions you have, and your financial status.



Medicare can be confusing: **Licensed Medicare Consultants** of Palm Beach, offers their clients the most comprehensive plans to suit their personal needs, and assists them every step of the way.

It is essential to review your benefits each year between October 15th and Dec 7th. Unless there is a special exception, this is the time you can enroll, disenroll, or change your plan. This timeframe is referred to as the Open Enrollment Period (OEP).

WHAT DO I NEED TO KNOW ABOUT MY MEDICARE OPTIONS?

Medicare is a sophisticated system – maneuvering your way through the intricacies is the tricky part. You’ll want to have the best coverage based on what your income will allow.

MEDICARE HAS SEVERAL PARTS:

- Part A (Hospital)
- Part B (Physician & Out-Patient Services)
- Part C (Medicare Advantage Plan)
- Part D (Prescription Drug Coverage)

Because Medicare only covers approximately 80% of Part B expenses, most individuals will need to enroll in supplemental coverage to cover the cost associated with outpatient services.

At age 65, most people enroll in Medicare Part A & Medicare Part B. Medicare only covers about 80% of Part B expenses. You are responsible for the other 20%.

When you opt to enroll in Medicare Part C (Medicare Advantage Plan), it combines Part A, Part B, and sometimes Part D coverage. This is similar to PPO & HMO plans, which have copays or deductibles instead of the 20% balance that

Medicare does not cover. The benefits depend upon the policy you select.

SPECIAL ENROLLMENT PERIOD (SEP)

Whether you’re moving out of state or making a town move, there are opportunities to change your plan or to enroll in a new plan if necessary. Special Enrollment Period allows you to change your policy outside of the Open Enrollment Period. Typically, you have 60 days to change your plan if you move. This will enable you to either keep your existing plan or enroll in new coverage.

Having an experienced agency guide you through this intricate process is ideal so that you and your family are certain not to be left without coverage. Flown.


Because this is the season for open enrollment, it’s critical to review your plan and to seek help if you’re considering making changes to an existing plan.

Regardless of Open Enrollment and age restrictions, those that already carry a supplement plan can choose to change their plan at any time, and there are options to try and save money on those plans.



Avoid the puzzling conundrum and call Licensed Medicare Consultants today. No matter what type of insurance you are looking for, they’ll guide you each step of the way to get you the best plan that fits your needs.

Call **866-300-3520** or **561-277-6846** to find out more.

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SINUS, SINUSITIS AND THE ALLERGIST

“MY HEAD HURTS, MY NOSE IS STUFFY AND IT RUNS LIKE A FAUCET. I HAVE SINUSITIS.”

From the desk of Dr. Walter M. Ryan, III

But what is sinusitis. As with most terms in medicine the “itis” ending means inflammation. Inflammation is a way for the body to protect itself, and help with the healing process. The inflammatory process will include white blood cells and chemicals that are the work horses for inflammatory response. Among the cause of inflammation are infections or trauma.



So what is sinusitis (inflammation of the sinuses)? First what are sinuses? Sinuses are openings or pocket of air or cavities within the head- the skull to be more precise. The functions of the sinus is to make the skull lighter, help with the quality of our voice, but the primary function is thought to be help in production of mucus and the warm and moisten air before it travel to the lungs.

There are four types of sinuses-maxillary, ethmoid, frontal, sphenoid. There are 2 maxillary on each cheek; there are about eight ethmoids sinuses on each side of the nose between the eyes. The frontal sinuses are up between the eyebrows, the sphenoid sinuses are behind the ethmoids. The sinuses are lined with a mucosal layer. All of them have a drainage site at the bottom of

the cavity except the maxillary. Its drainage site is near the top like the overflow hole in a sink.

When the drainage sites swell, the air in the sinus gets absorb, which causes a negative pressure and that results in discomfort. Think of when ears get blocked when flying in a plane of diving deep under water.

What cause these the drainage site to get blocked? It can be do mechanical obstruction such as a deviated septum or nasal polyps or from inflammation of the nose either from infections or allergies.

The infections can be virus, bacterial fungus. The most common infection would be a virus. Usually a virus will last 5 to 7 days. That is why most infectious sinus complaints are not treated with an antibiotic until symptoms persist for 7 to 10 days. The symptoms may include fever, muscle aches, loss of smell, thick green mucus from the nose, bad breath, headache, pain in the upper teeth, copious amount of mucus draining down the throat.

Allergies – allergic rhinitis – cause swelling in the nasal passages. The symptoms can be runny nose, sneezing, stuffy nose, itchy nose. There is usually no significant fever no muscle aches. The individual may have a family history of allergic disorders such as asthma or eczema. The individual may be able to identify a seasonal component or a particular trigger such as dust, animals, etc. Allergic rhinitis is a risk factor for developing sinusitis.



Those are the most common causes of sinusitis – though there are others such as immune deficiencies, chronic inflammatory disease.

The diagnosis can be made by history and physical. But sometimes additional tests are necessary such as imaging (usually CT of sinus), rhinoscopy, and allergy testing (either skin testing or blood). Rarely are cultures necessary.

Treatment will depend on the finding-it can range from symptomatic treatment for viral infections, to antibiotics for bacterial infection. If allergies are the contributing cause – the treatment may range from topical nasal steroids, antihistamine, to leukotriene modifiers, immunotherapy. If there is a structural cause it may require a surgical intervention.




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Common Myths About Your Eyes

By David A. Goldman MD

Just because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eye-glasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



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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.



It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**
- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers

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Support. A powerful element in fighting cancer.

With a cancer diagnosis, every day matters. When Chris Manis was diagnosed with stage 3b esophageal cancer, Florida Cancer Specialists started his treatment within a week. Years after his cancer battle, Chris and his son, Greyson, are inseparable. And with a new set of twins, Chris and his wife are ready for the next chapter of their lives.

"As my family grows, I am forever grateful to Florida Cancer Specialists and the care they gave me, so I can continue to care for my family."

Chris Manis

-Chris Manis, Patient & Cancer Fighter

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