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January 2020

South Palm Beach Edition - Monthly

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THAT CAN BOOST YOUR
HAIR'S HEALTH**

**PAIN MANAGEMENT
FOR FACET JOINT PAIN:
RADIOFREQUENCY (RF)
ABLATION/RHIZOTOMY**

SENIORS AGING IN PLACE

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LAW OFFICE OF ANDREW CURTIS, ESQ

- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- BS Cornell University 1977

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

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- 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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SENIORS AGING IN PLACE



For today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option

AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the

University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice—a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals can assess safety risks and make simple corrections in the home—from placing a rug on a slippery floor, to recommendations for ambulatory assistance.
2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social



activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.
8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD
9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the Cleveland Clinical Journal a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at
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 how we can support
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Healthy Resolutions That Can BOOST YOUR HAIR'S HEALTH

By Alan J. Bauman, M.D., ABHRS

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



As you begin putting your healthy resolutions into action, you may see the health of your hair improving as well. Here are some simple ways you can boost both your overall health and the health of your follicles.

Eat a healthy, balanced diet – Men and women who lack these key vitamins are more at risk of thinning and unhealthy hair – biotin, antioxidants, zinc, iron, Vitamin B and protein. Steep drops in these essential nutrients can force the hair follicles to shed their hair strands and go into a prolonged resting phase during which time no new hairs are grown. To ensure your hair stays healthy, or to give unhealthy hair a boost, make your diet is packed full of hair “superfoods,” which include: lean red meat, fish, berries, pomegranate juice, beans, artichokes, and nuts. If you can stomach it, liver, with its abundance of iron, is one of the best foods for your hair.

DON'T SMOKE – Male pattern baldness or Androgenetic Alopecia has its “roots” in the male sex hormone Dihydrotestosterone, which triggers progressive miniaturization of the hair follicles, based on age and hereditary risk factors. Social

factors such as nutrition, diet, lifestyle, stress, medications all are believed to have an impact on the progression of male and female hair loss. Smoking restricts blood flow (think vital oxygen/nutrients/etc) to the skin and follicles, accelerating age-related changes. Researchers have recently shown that the more a man or woman smokes, the worse his/her baldness is likely to be – so add that to your list of reasons to quit!

TAKE YOUR VITAMINS – Nutritional supplements like professional-grade “SuperBiotin,” Viviscal PRO--made from marine protein, or perhaps the multi-nutraceutical Nutrafol which has a version specifically for postmenopausal women – are good places to start when looking for a hair vitamin to give your hair a boost. Nutrafol Male and Female are exciting nutraceutical products because they target more than one possible trigger for hair loss and hair thinning, including inflammation, the effects of cortisol (stress hormones), free radical damage, and others. Nutrafol also has a new “HairBiotic,” a probiotic specifically for optimizing your gut microbiome for absorption of nutrients and managing inflammation for good quality hair production.

DON'T STRESS – Stress affects the body in many ways; it is important not to underestimate the power of stress. However, usually, it takes severe, traumatic stress (like that related to a severe psychological or physical experience – a natural disaster, death in the family, or crash dieting) or chronic stress over time to cause hair loss. Some autoimmune diseases of the hair and scalp that cause patchy hair loss, like alopecia areata, can be precipitated or aggravated by bouts of stress.

CHECK YOUR MEDICATIONS – There are many prescription medications that are known to be associated with hair loss. Some of the commonly prescribed categories of drugs that can exacerbate hair loss include antihypertensives (blood pressure), cholesterol/statins, hormone replacement like thyroid, birth control, testosterone, etc., certain mood modulators/antidepressants, antibiotics, anti-acne, antifungals, chemotherapy agents and more. Always discuss these side effects with your doctor before stopping any medications and ask your Hair Restoration Physician what you can do for your hair if you need to use them.



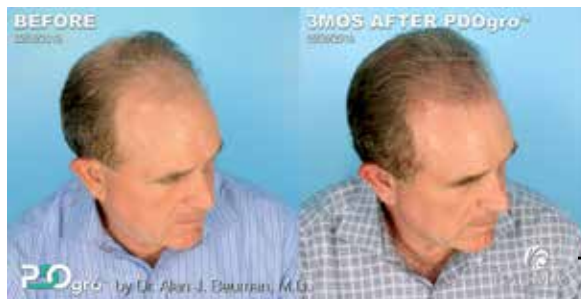
The first step is scheduling a consultation with a qualified Hair Restoration Physician.

GIVE YOUR SCALP SOME LOVE – New “Scalp Makeovers” are available to treat oily, dry, itching or flaking scalp as well as hair breakage, thinning and more. It’s sort of like a high-tech facial for the scalp. Evaluations start with a detailed scientific “Trico-Test,” performed by a trained trichologist and bespoke treatments range from sebum-regulating topical serums to scalp steaming and massage, moisturizing lotions, hair boosting stem cell-derived growth factors applied with microneedling, and organic transdermal patches.

If you’re worried about hair loss or thinning, or looking for ways to boost the overall health of your hair, it is important to consult with an experienced hair restoration physician – someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair



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



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

regrowth. Patients should look for a doctor who is a full-time medical hair loss specialist who is certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).

For more information on how advanced hair restoration treatments can help you look and feel your best this year, please visit www.baumanmedical.com or call 561-220-3480.

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.

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



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TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A Hair Restoration Physician is a doctor who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and its treatment.
- Look for physicians who are board-certified by the American Board of Hair Restoration Surgery (ABHRS), accepted members of the International Alliance of Hair Restoration Surgeons (IAHRS), recommended by the American Hair Loss Association and who have achieved elite Fellow status with the International Society of Hair Restoration Surgery (FISHRS).
- Seek out a full-time specialized hair expert, not a doctor who is a “jack of all trades.”
- Due to the limited number of board-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and take advantage of online Virtual Consultations.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after photos and references, and, most importantly, ask questions. Get a second opinion if things don’t “feel right.”
- Medical doctors who do not specialize in hair restoration (general practitioners, cosmetic and plastic surgeons, dermatologists, etc.) may not be up to date on the latest evaluation and treatment methods and hair transplant techniques. This can lead to delays in diagnosis, subpar treatment results and, in some cases, complications.



By Aaron Rosenblatt, MD

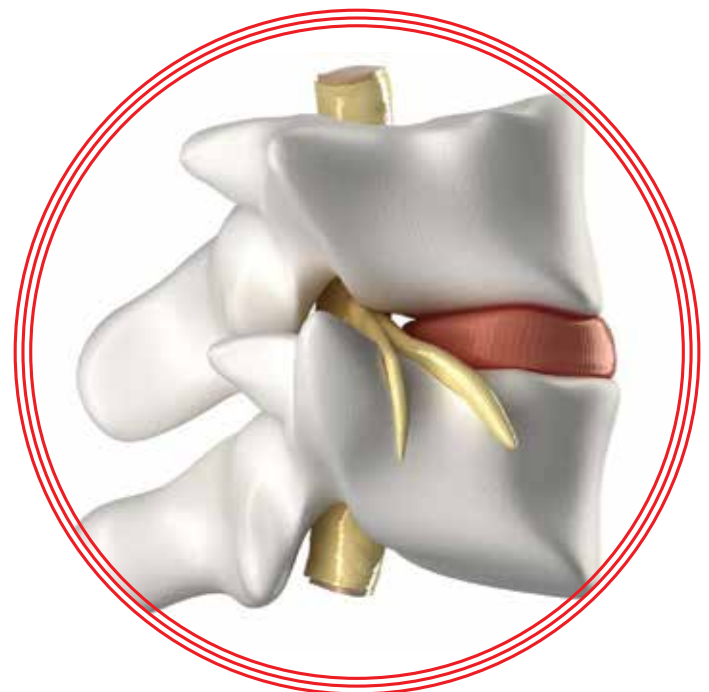
Pain Management for Facet Joint Pain: Radiofrequency (RF) Ablation/Rhizotomy



The purpose of radiofrequency (RF) rhizotomy, also known as RF neurotomy or ablation, is to reduce or eliminate facet joint pain (arthritis) and related symptoms in the neck, mid back or low back. The goal of the procedure is to interrupt communication of pain between a specific medial nerve root and the brain. The medial nerve roots innervate the spine's facet joints. This is how we feel this pain.

Before a RF rhizotomy is performed, the pain generating facet joint nerves have been identified by means of a diagnostic injection, such as a facet joint or medial branch nerve block. Other tests may include MRI. Since the medial branch nerves do not control neck or low back muscles, it is not harmful to disrupt or turn off their ability to send signals to the brain conceived as pain.

RF ablation is a precisely targeted injection that works by creating energy to destroy a facet joint's medial branch nerve. Relief from pain and related symptoms may last a year or longer. However, the medial branch nerve root regenerates (grows back) and facet joint pain may come back in years time. Results vary from patient to patient. For example, if there is instability at the segment where the RF neurotomy is performed, pain relief and its duration is less.



BASIC FACET JOINT ANATOMY

Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint is innervated by a medial branch nerve. The medial branch nerves control sensation to the facet joint. These nerves DO NOT control sensations or muscles in your arms or legs and therefore are safe to treat.

WHAT TO EXPECT DURING AND AFTER THE PROCEDURE

The procedure is performed in a sterile setting similar to an outpatient procedure suite.

Your injection site is cleaned and draped. Skin numbing medication is injected and given time to take effect.

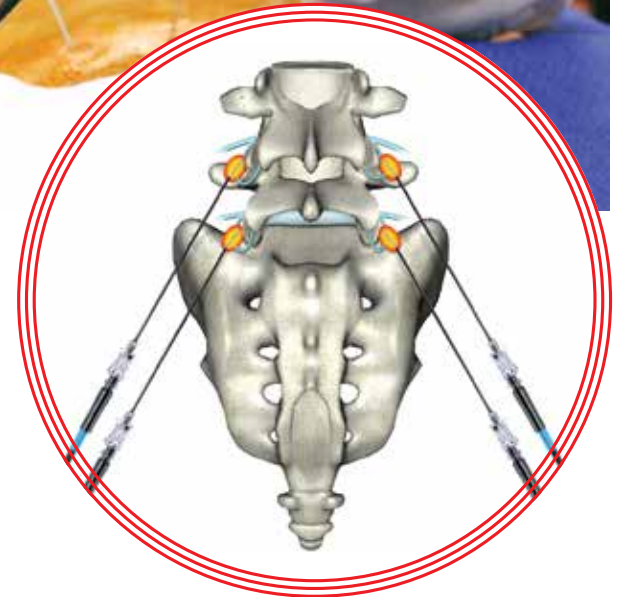
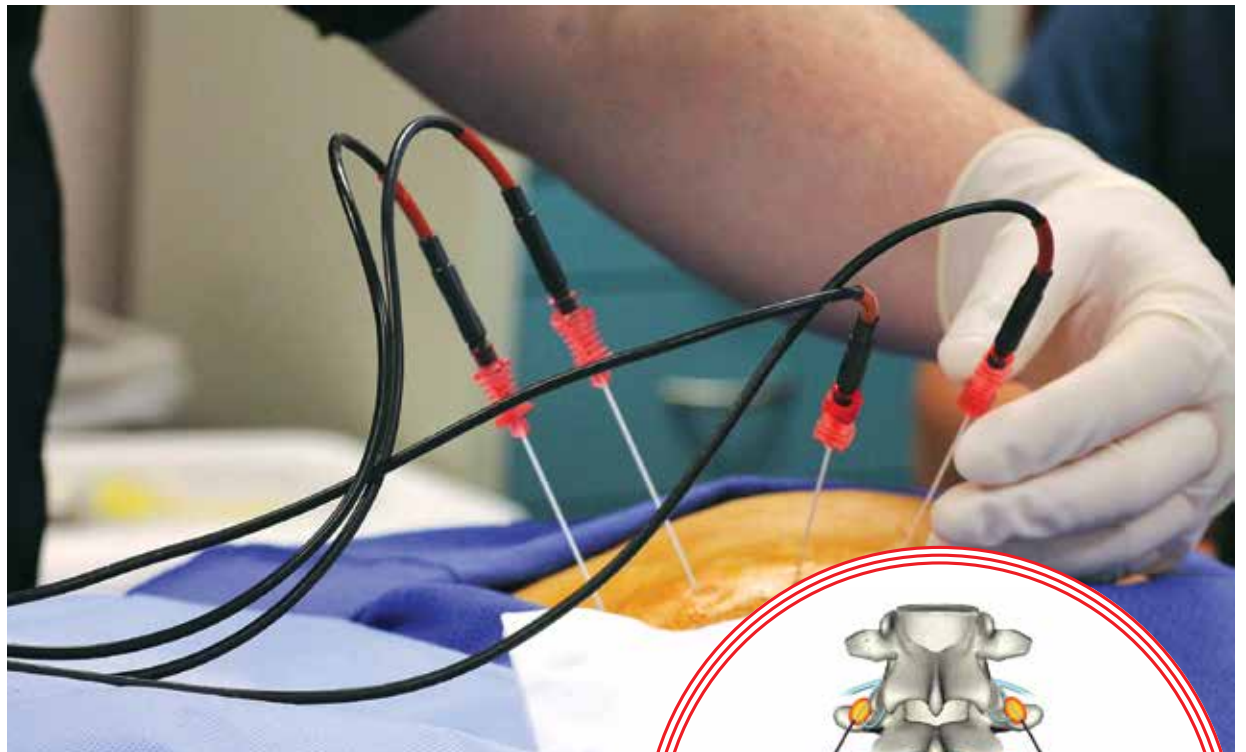
Dr. Rosenblatt uses fluoroscopic guidance (real time x-ray) to guide the needle electrode beside the medial branch nerve. Through the electrode, mild electrical current (radiofrequency) stimulates the medial branch nerve. As the electrode is energized, the nerve is changed so the patient's arthritic spine pain will improve.

After the procedure, the patient is moved to the recovery area where our medical staff continues to monitor you if needed.

You may be discharged home following your RF ablation. Our medical staff provides you with written aftercare and home instructions.

BENEFITS OF RADIOFREQUENCY ABLATION INCLUDE:

- Pain relief for up to 2 years
- Significant and longer lasting pain relief compared to steroid injections
- Low complication and morbidity rates



- Appreciable pain relief compared to surgery: Nearly half of back pain sufferers are not helped by surgery
- Greater range of motion
- Lower or no use of analgesics (pain meds)
- Improved quality of life
- No significant recovery time

Dr. Rosenblatt explains, "This procedure is so valuable to help people of all ages virtually eliminate their arthritic spine pain. It is great for neck and lumbar spine. It has saved people from requiring spine surgery. It is simple to perform and provides life changing relief."

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 15 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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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).

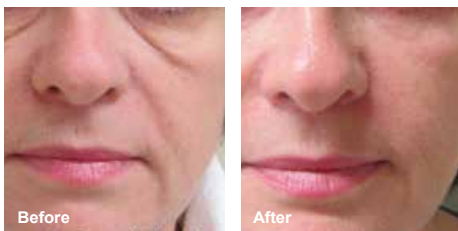
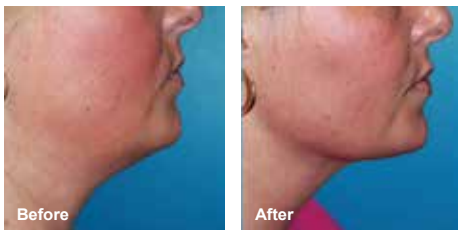
Multiple areas can be treated in one visit such as stomach, arms, chest, knees and inner and outer thighs.²

FACETITE (face and neck)

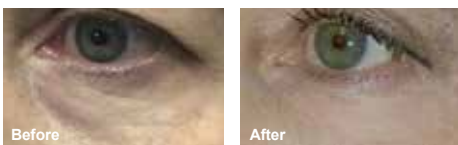
In just one treatment, FaceTite can provide significant improvements to the contour of the face and small body areas. Using RFAL technology, FaceTite is the next best thing to a traditional facelift, without the associated large scars and downtime. Any areas on the face and neck with saggy skin can be 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)

Morpheus8 is a novel technology that lets the operator discover new depths. It is the first and only full-body fractional technology adjusted for subdermal tissue remodeling, dermal treatment, and epidermal resurfacing. Morpheus8 is the deepest fractional technology with penetration up to 4000 microns.²

RFAL Technology Represents the Future of Body and Face Contouring.

- No surgery
- No scarring
- No downtime
- Skin tightening and contouring
- The most innovative, leading technology
- Offer minimally invasive procedures that deliver surgical results.²

MD BEAUTY LABS & WELLNESS CENTER

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.

Do you want to have tighter, brighter skin, and turn back the clock without surgery? Contact the experts at MD Beauty Labs today!

To schedule your appointment, please call West Palm Beach at **(561) 513-5817**, Palm Beach at **(561) 288-6678**, or visit **MDbeautylabs.com**.



Medical Director, Daniela Dadurian M.D.

* Board Certified Anti- Aging Medicine

* Board Certified Laser Surgery

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

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



Complimentary Consultation / Gift Cards

Financing Available

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discount fee, or reduced fee service, examination or treatment.

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REDUCING YOUR RISK OF CANCER

Diet, exercise and getting recommended screenings are some of the ways to lessen your risk of getting cancer.

As we begin the new year, many of us will make resolutions to get healthier. Even though most Americans know that we should make healthy choices, such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings, following these recommendations can often be difficult. Getting healthy is definitely worth the effort because, according to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer.

Each year, over half a million Americans die of cancer; the startling news is that about one-third to one-half of these deaths are linked to lifestyle choices and, potentially, could have been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get to and stay at a healthy weight throughout your life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 30.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if there is a family history of cancer.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, basal cell and squamous cell carcinomas, are highly curable. Melanoma, the third most common skin cancer, is much more dangerous.

By now, most people know a sunscreen should be used when you are going to be outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 30 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps and examining your skin, head to toe, every month for any changes. You should also have a doctor examine your skin annually.



SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that in the United States smoking causes about 90% of lung cancers; in fact, smokers are 15-20% more likely to get lung cancer than non-smokers. Tobacco products, such as cigars or pipes, also increase the risk for lung cancer, as well as throat and mouth cancers. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

ANOTHER REASON TO STOP SMOKING – BLADDER CANCER

Bladder cancer is the fifth-most diagnosed cancer in the U.S. This year, it is estimated nearly 15,000 people will die from the disease. But here's a real shocker... people who smoke are four times as prone to the malignancy as nonsmokers – especially women. About half of all bladder cancer cases in women age 50 and older are now traceable to smoking. In addition, current smokers are four times more likely to develop bladder cancer than people who have never smoked.

THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30-40% of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fat, processed foods and sugar, is generally considered healthier and can boost your immune system to help fight diseases such as cancer.

World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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



World-Class Medicine. Hometown Care.

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Palm Beach Gardens
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Suite 200
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Wellington North
1037 S State Road 7
Suite 303
Wellington, FL 33414-6140

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

For more information, visit FLCancer.com

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



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

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

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

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

Vampire Facelift

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

Vampire Facial

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

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

The O-Shot

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

P-Shot®

Penile rejuvenation for peyronie’s disease & erectile dysfunction.

Vampire Breast Lift

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

Aesthetic Treatment Centers

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



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



New Year: New You!

WHAT YOU NEED TO KNOW ABOUT A NEW ALTERNATIVE TO OLD FASHIONED LIPOSUCTION

SMOOTHER THIGHS, A FLATTER STOMACH, SMALLER ARMS; HAVE YOU EVER THOUGHT ABOUT GETTING LIPOSUCTION, BUT DON'T WANT TO UNDERGO THE PROCEDURE DUE TO FEAR, AND THE RISKS OF SURGERY? WHAT IF WE TOLD YOU THERE WAS A BETTER WAY! A SAFE AND EFFECTIVE WAY TO FINALLY GET THOSE RESULTS.

SMART LIPOSUCTION

There is a non-surgical, in-office procedure that requires no general anesthesia so there is little to no downtime Smart Liposuction FAQs (rather than Smart Lipo) is a safe, fast, and effective fat removal and transfer to sculpt the body. Fat is removed from undesirable areas such as the abdomen and can be transferred to other more desirable areas of the body such as the buttocks (also known as a Brazilian Butt Lift), breasts, and face. Hello, fuller lips and less wrinkles!

SMART LIPOSUCTION ADVANTAGES:

- Sculpts your body by removing fat, stimulating collagen production and tightening skin.
- Safe, Fast and Easy – Uses local anesthesia only, so there's no general anesthesia risk.
- Walk-in & Walk-out: You'll be back to work or play in a day.
- Smart Liposuction gets superior results compared to regular liposuction.
- Treats Cellulite – The most effective treatment currently available for cellulite reduction.
- Fat cells are permanently removed.

SMART LIPOSUCTION FAQs

Is There Any Pain or Discomfort?

While pain and discomfort are relative and experiences will vary, the procedure uses only local anesthetic and involves minimal discomfort, if any.

How Long Does the Procedure Take?

Time to perform the procedure varies depending on the amount of fat to be removed and the specific areas, but typically requires only 1-2 hours.

Can Both Women and Men Get the Procedure?

Of course! Many women AND men choose the procedure to reduce abdomen fat. The procedure can help achieve the goals of both women and men by removing fat.

Can the Procedure Tighten Loose Skin on my Abdomen?

Smart Liposuction is highly effective for reducing fat on the abdomen and other areas of the body. It may result in some skin tightening in the treated area. However, liposuction is not a skin tightening treatment. To get you the results you desire. Smart Liposuction performs laser treatment during your procedure to tighten loose skin.

How Many Procedures Are Usually Required to See Results?

Every patient's procedure plan is customized to meet their specific goals. The quantity of Smart Liposuction procedures needed to achieve desired fat reduction results is dependent on the volume of fat reduction desired and the number of areas selected.

SMART LIPOSUCTION CAN SCULPT YOUR NEW BODY BECAUSE IT IS THE MOST EFFECTIVE FAT REMOVAL PROCEDURE TO DATE – RESULTS ARE IMMEDIATE AND STUNNING!

Joint Commission Accreditation Allows 4 Liters of Fat to be Removed which is times More Fat than other Non-accredited facilities may ONLY remove 1 liter of fat by law*

- Astonishing results – You will see for yourself stunning Before & Afters during your consult of others who had similar bodies
- Laser during the procedure stimulates collagen and tightens skin
- Safe, Quick, Easy – Back to work in a Day*



BRAZILIAN BUTT LIFT - LIPOSUCTION WITH FAT TRANSFER TO BUTTOCKS

The Brazilian butt lift procedure can reshape the upper quadrant of the buttocks so that the butt is lifted and “perky”. Dr. Neil Goodman is a pioneer of the Brazilian Butt Lift, an amazing figure enhancing surgery. Laser Liposuction Body Sculpting sculpts a new figure which can give you the figure you desire but Dr. Neil Goodman is also a fat grafting expert. Fat Transfer to the buttocks is called a Brazilian Butt Lift and delivers a shape laser liposuction alone can't match.

ABOUT NEW RADIANCE

New Radiance's practitioners are the experts in their field. Our Board Certified surgeons have performed more than 7,000 Smart Liposuction procedures. Our facility is accredited, earning The Joint Commission's Gold Seal of Approval. This credential allows our experts to remove

and transfer 4x the amount of fat (4 liters vs. 1 liter for non-accredited facilities).

Check out New Radiance Patient testimonials to see why so many people trust New Radiance with their face and body!

PROCEDURE COSTS & LIMITED TIME SPECIALS

With our accreditation and experience, we are able to offer Smart Liposuction for \$2,000-\$5,000 less than other area surgeons. Affordable financing starts at around \$100 a month. **For a limited time, save an additional \$500 on Smart Liposuction by mentioning this article.**

We recommend you contact us to schedule a free consultation. Our smart liposuction surgeons will be able to provide answers to specific questions as to the results you can obtain.



Dr Neil C Goodman, MD, PC, PhD, FACOG, FAACS

Dr Neil C Goodman is Board Certified and has performed more than 5,500 procedures in smart liposuction, fat transfer to buttocks, fat transfer to breasts, fat transfer to face, aesthetics treatments and laser treatments. Dr Goodman is ready to help you achieve your body sculpting goals!

Dr Neil C. Goodman has expert-level skills and experience in liposuction procedures, liposuction with fat transfer to buttocks, breasts and face and body sculpting and esthetic treatments.

Dr Goodman has performed over 5,500 smart liposuction and fat transfer procedures transforming and sculpting patients to their personal goals. With his vast experience in tumescent lipolysis techniques, he trains doctors to perform smart liposuction and fat transfer to breast, buttocks and face. Dr Goodman is a Fellow of American Academy of Cosmetic Surgery and American Society for Lasers in Medicine & Surgery. He is the Lead Investigator and luminary for laser lipolysis equipment for Palomar Medical Technologies.

Dr. Goodman has performed over 10,000 cosmetic procedures including: smart liposuction; fat transfer to buttocks, breast and face; neuromodulators; dermal fillers; and fractional skin resurfacing treatments.

Consultations are free, book yours today!

To find out more, please visit **SmartLipoHealthWellness.com.**

Palm Beach Gardens
Wellington
Fort Lauderdale
Port St. Lucie

(561) 570-2830



*"I highly recommend Dr. Goodman! He is wonderful. His staff is amazing and very accommodating! His follow up is great, and makes sure you are completely Satisfied!!" – Kimberly **

*"New Radiance Florida Liposuction has done for me what years of diet and exercise couldn't. I had a double chin and wobbly underarms so that short sleeves were embarrassing. Now, my unflattering upper arm fat is gone and my neck and chin make me look 40 pounds lighter plus my skin feels smoother and tighter. Sleeveless clothes are now part of my wardrobe again for the first time in years." – Sandy **

*"I definitely had problem fat on my abs, hips, and thighs lower buttock area and it made it difficult for me to get clothes to fit my figure. The exercise and dieting routines I did didn't effect those areas. There are several SmartLipo centers that I could go to but I chose New Radiance Florida Liposuction because I had a friend who also had the procedure done there and she looked great. I felt safer going there considering that it was an Accredited Facility. I am so glad that I did as I am now a well-sculpted and happy client with a beautiful derriere." – Tracy B **

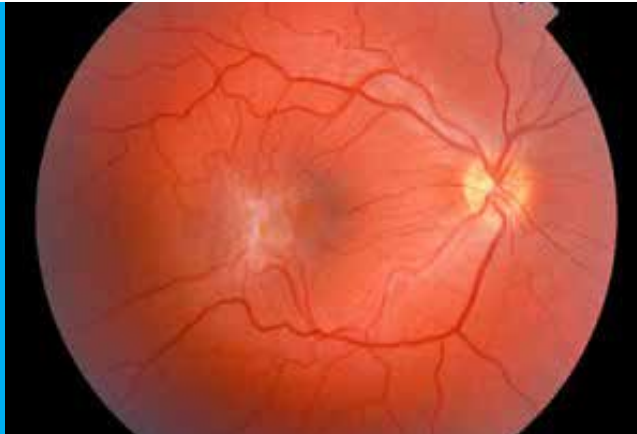
*"Following the delivery of third child, I was left with a tummy with a bulge of fat that and nothing I did could persuade it to go away. I also had sagging, loose skin that I felt it looked terrible. I didn't ever want to put a bathing suit on again. Smart Lipo Ultra laser liposuction at New Radiance Florida Liposuction perfected my tummy, leaving me looking almost the way I looked like prior to my kids, doing wonders for my figure and self confidence. I can now even wear a bikini. Thank you New Radiance." – Barbara Simon **



WHAT IS A MACULAR PUCKER?

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

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



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

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

MACULAR PUCKER CAUSES

As you age, the vitreous – the clear, gel-like substance that fills the middle of your eye – begins to shrink and

pull away from the retina. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or bulge.

Other eye conditions associated with macular pucker include:

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

MACULAR PUCKER SYMPTOMS

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

Symptoms of macular pucker range from mild to severe. Usually macular pucker affects one eye, although it may affect the other eye later. Vision loss can vary from none to severe vision loss, although severe vision loss is uncommon. A macular pucker does not affect your side (peripheral) vision.

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





MACULAR PUCKER DIAGNOSIS

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

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

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

MACULAR PUCKER TREATMENT

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

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

In most cases, while vision improves after macular pucker surgery, it generally does not return to normal. It can take up to three months for vision to fully recover. On average, about half of the vision lost from a macular pucker is restored; some people have significantly more vision restored, some less. In most cases, the visual distortion of macular pucker is significantly reduced.



The Retina Institute of Florida

Lauren R. Rosecan

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

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

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“CUT” YOUR TUB?

WHY THIS EASY, INEXPENSIVE PROJECT CAN ADD SERIOUS HOME SAFETY

ONE DAY BATH’S TUBCUT® ADDS CONVENIENCE AND PROTECTION FOR ALL AGES



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.



BEFORE



BEFORE



AFTER



AFTER

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®.

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

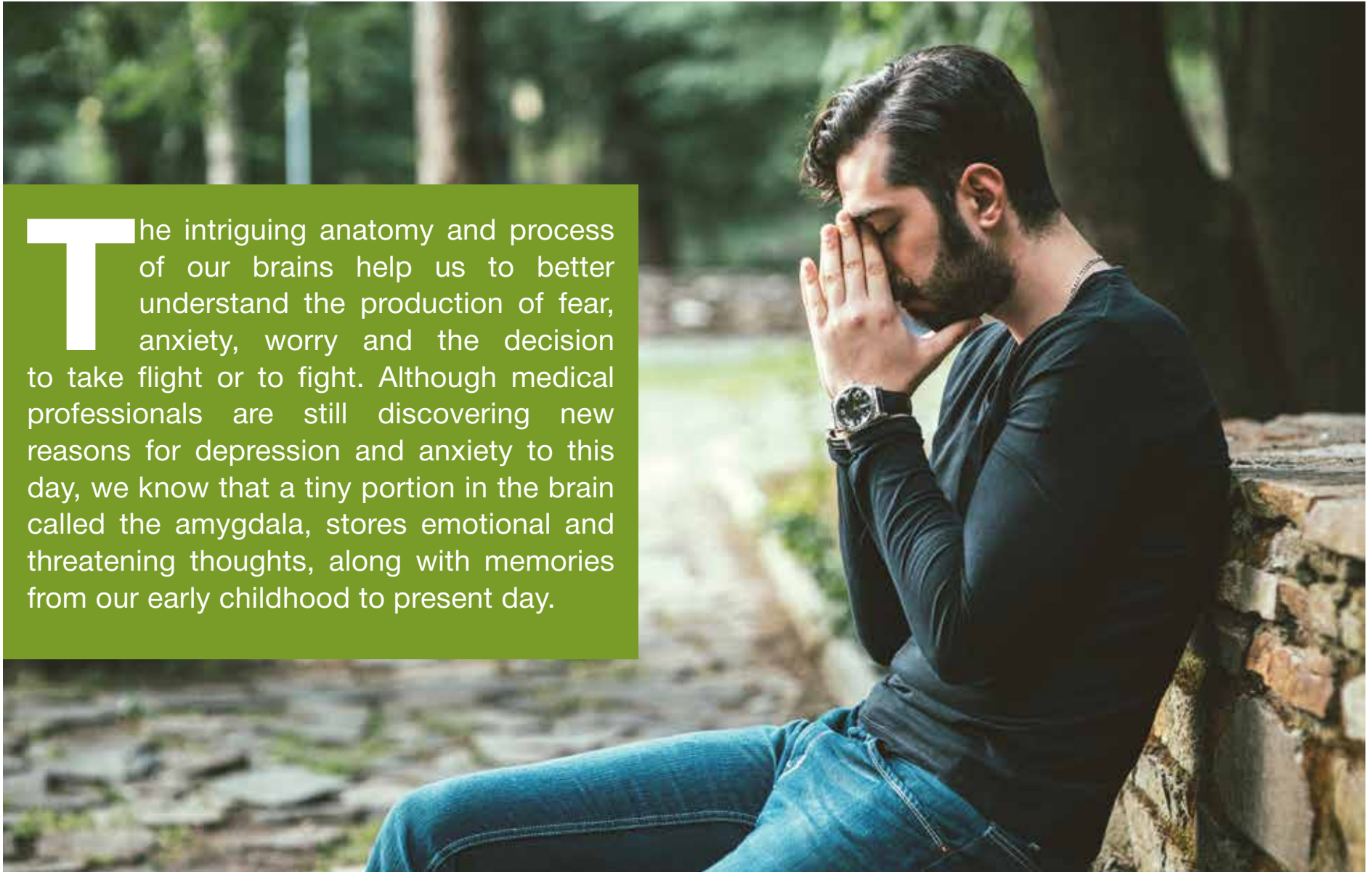


The Tub Cut Company
866-927-8247
Paul@tubcut.com

www.southfloridatubcut.com

CAN CBD RELIEVE ANXIETY & DEPRESSION?

The intriguing anatomy and process of our brains help us to better understand the production of fear, anxiety, worry and the decision to take flight or to fight. Although medical professionals are still discovering new reasons for depression and anxiety to this day, we know that a tiny portion in the brain called the amygdala, stores emotional and threatening thoughts, along with memories from our early childhood to present day.



There are neurotransmitters throughout the entire body that send signals to the brain, alerting you instantaneously of real or perceived danger. Stress is made up of both psychological and physical symptoms. The psychological part creates the nervousness, fear and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea and shortness of breath.

When anxiety disorders are left untreated or undertreated, several areas of the brain like the hippocampus (regulates emotions) and the prefrontal cortex (decision making, planning abilities) shrink causing long-term damage.

The standard care is behavioral therapy, counseling, and anti-anxiety medications. The problem is treatment is often just not enough due to the

brain's complexities, and anti-anxiety meds are addictive and very often fail to keep working for many patients.

WHAT'S THE ALTERNATIVE?

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabis (industrial hemp). The structure of cannabis interacts directly with our cells. Our natural



endocannabinoid system works synergistically with industrial hemp, 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.

CBD oil is known to show beneficial results for seizures, neurodegenerative disorders, cancer, autoimmune diseases and other chronic ailments. What is CBD oil? Well, most of us have heard about the health advantages of Hemp or Marijuana, but the major difference with CBD is that it has none of the psychoactive factors or intoxicating effects of cannabis. The THC level (the chemical that makes one high) is removed through an extraction process. In most cases CBD oil is primarily free of the mood-altering components, this is especially the case with the CBD oil used in Your CBD Stores' organic products.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) through intermingling directly with our cells. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial reactions in the body.

Even though it is not prescription, CBD derived from Hemp Oil is becoming a trusted source of many medicinal benefits. CBD can be used to target many conditions.

Recent studies have shown the following potential health benefits of CBD oil:

- Alleviates Seizures
- Arthritis
- Controls & eases muscle spasm
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- Anti-psychotic
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Some people walk in the rain, others just get wet. ~ Roger Miller

By Renee Chillcott, LMHC

Have you ever wondered why a rainy day makes one person sad and depressed and another happy and full of energy? The answer lies in the idea that Brain Waves control our thinking, emotions, and feelings rather than the environment, events or weather.

What are Brain Waves? The dictionary defines Brain Waves as electric impulses in the brain or a sudden, clever idea. But is that all they are? Why are they so important to us? Brain waves are generated by the building blocks of your brain – the individual cells called neurons. Neurons communicate with each other by electrical changes. We can see these electrical changes in the form of brain waves as shown in an EEG (electroencephalogram).

Brain waves are measured in cycles per second (Hertz; Hz is the short form). We describe this as “the number of times the neurons go up and down in a second”. Brain Waves are described in categories based on HZ. Delta, Theta, Alpha, BETA, High BETA, we also refer to these as firing patterns or “Brain States”. Although we need these brain waves to function, if they are not balanced or if the firing patterns are disproportionate, we can experience problems with functioning or “Dysfunction”. Let’s take a look at the different Brain States.

Delta waves travel at about 0-4 HZ or 2-5 HZ. Delta waves are the slowest of the brain waves and have their biggest role during sleep. Delta waves help us regulate into deep, restorative sleep. Delta waves are also responsible for unconscious body processes such as hormone production (melatonin and HGH are among a few) as well as heartbeat regulation, kidney functioning and digestion. While awake Delta waves play a role in calming, empathy, intuition and learning. An excess of Delta waves can be associated with seizures and learning disabilities. A lack of Delta waves can be associated with attachment disorders and early development trauma.

Theta waves travel at about 4-8 HZ or 4-7 HZ. Another slow moving wave, Theta also has a role in sleep. Theta makes us sleepy and causes us to doze off in front of the TV before going to bed. Theta also plays a role in calming us down and thus can affect focus and concentration. “In order to be focused, we must be calm”. Theta also has the job of regulating bodily functions such as digestion and healing. It is believed that slower waves produce more blood flow in the brain, a response that can heal injury or illness. When we have an increased amount of blood flow, we may experience and uncomfortable feeling in our heads (headaches, migraines) that is also known as inflammation. And an increase in Theta waves needed for digestion after a big meal can make us sleepy. Increased Theta in the brain compared to its counterpart, BETA, can cause difficulties with focus and concentration leading to symptoms of ADHD and if too many are located in the frontal lobe, we can feel depressed.

Alpha waves travel at about 8-11 HZ or 8-12 HZ. The last of our slow moving brain waves Alpha’s major role is in calming. Alpha and Theta are closely connected when it comes to meditating and finding an “inner calm” state. When the brain is calm, creativity, insight, productivity, positive mood, positive thinking, relaxation and learning are all increased. Alpha waves also help us with our internal dialogue. This happens when you’re thinking of something in your head before you do it or say it. Self-reflection and self-esteem are also closely linked to Alpha waves. Therefore, if we have too many Alpha waves or an imbalance of them, we may experience too much daydreaming or internal dialogue. We may have trouble connecting externally and be “in our heads too much” as is often the case with Autism. Although Alpha waves can promote relaxation, an excessive or disproportionate amount in the brain can cause anxiety.

BETA waves are divided into at least 3 categories: Low BETA, Middle BETA, and High BETA. For our purposes, I am going to describe High BETA waves separately.

Low BETA waves range from 12 HZ - 15 HZ and Middle BETA waves range from 15 HZ – 20 HZ. Both of these BETA ranges are what we call our “Alert and Awake” brain states. BETA waves are also known as “working

waves” and are responsible for several “behind the scenes” processes in the brain and body. BETA waves keep blood flow moving and can help reduce inflammation, detoxify, promote cellular repair and restoration, as well as keeping us mentally “sharp”. BETA waves aid in our regulatory functions such as hormone production, thyroid, and autonomic nervous system as well as improving our memory, attention and focus, performance and energy levels. BETA waves are important in sleep and wake and decreased amounts can cause insomnia, ADHD, learning problems, memory issues, depression and anger among other issues. Increased BETA disproportioned to calming waves can cause anxiety, hyperactivity, and overactive thyroid/adrenal system.

High BETA waves range from 18 HZ to 40 HZ. High BETA waves are very important in our brain but are most easily out of balance. Fear, anxiety, excitement, and stress are necessary and important functions of our brain and nervous system. We must be afraid to cross the street without looking both ways and need to feel stress and anxiety about meeting work deadlines. After a stressful or exciting event, calmer neuron patterns are supposed to take over and High BETA is supposed to reduce. Problems occur if this doesn't happen and/or if the brain stays in a state of high arousal. Trouble with sleep, anxiety, hyperactivity, impulsivity, anger and learning can result.

If I can't feel or see these brain waves, how do I know if they are balanced or firing properly?
Neurofeedback or EEG Biofeedback can determine and fix these patterns.

WHAT IS NEUROFEEDBACK?

Neurofeedback, has been studied and practiced since the late 60's. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider “range of motion” in brain states, much like physical therapy does for the body. While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen.

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

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

WHAT IS AQEEG (QUANTITATIVE EEG) OR BRAIN MAP?

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

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

IS THERE ENOUGH RESEARCH?

Neurofeedback has been researched since the 60's. Here are some resources for research. We have several journal articles, studies and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. 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
A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback (Curtain Up) Paperback – 31 May 2001 by Jim Robbins.
Healing Young Brains: The Neurofeedback Solution Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.

HOW DO I GET STARTED?

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



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central

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



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WHAT IS ACUPUNCTURE and DOES IT REALLY WORK?

By Chaas Gantt and Maria Gantt

We've all heard of people touting the benefits of acupuncture, stating it cured their TMJ, Arthritis or alleviated autoimmune symptoms. The stories are limitless, but are they true? Can acupuncture really reduce symptoms, regenerate tissue and nerves, give someone more energy and stave off illness?



The practice of acupuncture is just one of the integrated modalities of treatment in TCM and our practice at Palm Beach Acupuncture. 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.

When these points are stimulated with needle insertion, 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 to attain the desired regulation and restoration of optimal function.

Similar to a sprinkler system to a garden, the body is constantly working very efficiently to supply the right amount of water, blood, and different nutrients to cells across the body. It is in the obstruction of this supply from injury or dysfunction of any of the

systems within our bodies that the origin of dis-ease, pain or illness originates from:

- **General Pain (Low Back Pain/Neck Pain/Hip Pain/ Leg Pain/Joint Pain/Frozen Shoulder)**
- **Stress & Anxiety/Depression/Panic Attacks**
- **Migraines/Tension Headaches**
- **Arthritis/Joint Pain/ Rheumatoid Arthritis**
- **Allergies (Food, Seasonal, Pollen)**
- **Infertility**
- **Sciatica**
- **Bell's Palsy**
- **Allergic Rhinitis**
- **Car Accident Related Disorders**
- **Fibromyalgia**

- **Low Energy/Adrenal Fatigue/ Chronic Fatigue Syndrome**
- **Common Cold & Flu**
- **Insomnia**
- **Digestive Related Issues**
- **Lyme Disease**
- **Immune Health/Auto-Immune Disease**
- **Post Traumatic Stress Disorder (PTSD)**
- **Addiction**
- **Women's Health**
- **Lyme Disease**
- **Immune Health/Auto-Immune Disease**
- **Post Traumatic Stress Disorder (PTSD)**
- **Addiction**
- **Women's Health**

ACUPUNCTURE HAS BEEN AROUND FOR THOUSANDS OF YEARS!

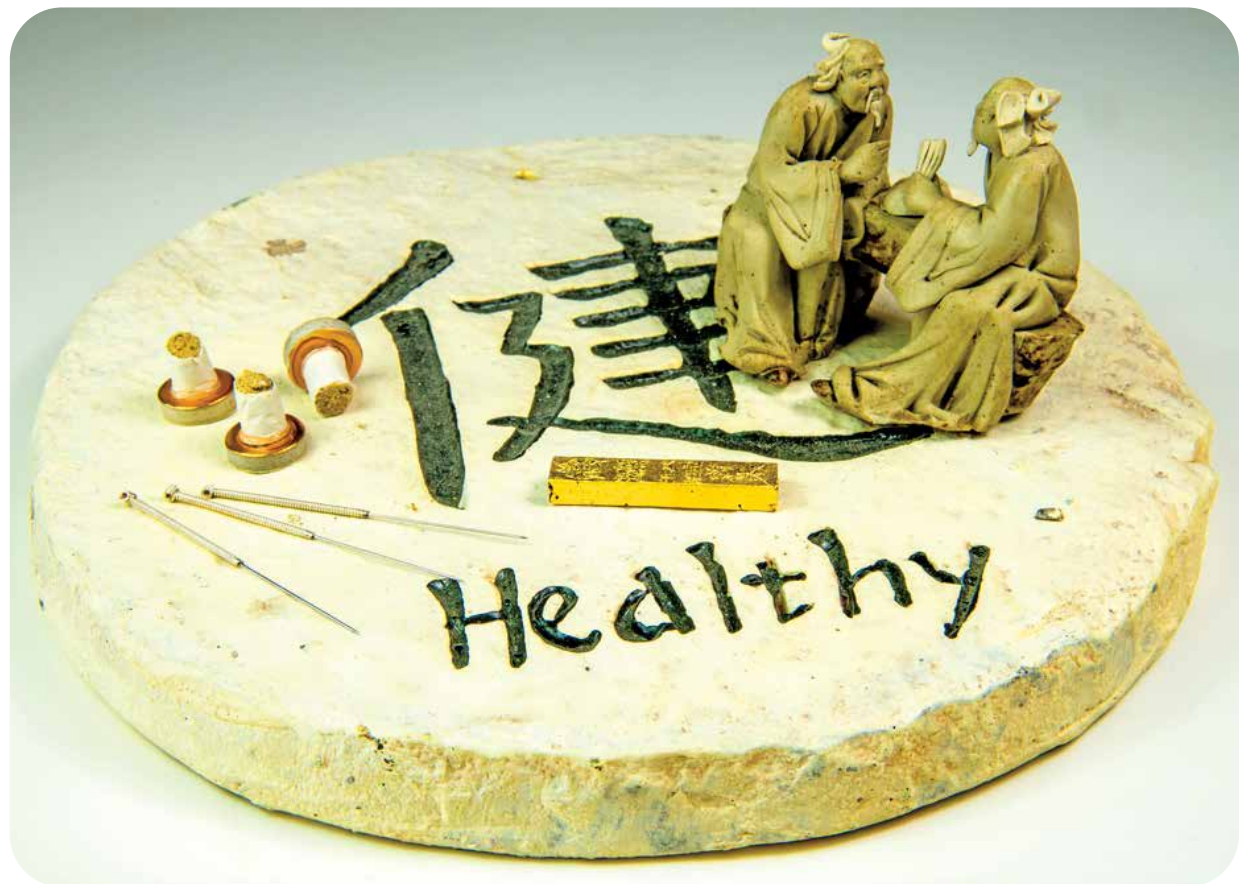
In 6000 BC, acupuncture originated in China. Instead of needles, at that time they utilized tiny hair-thin bones. Cosmetic Acupuncture for rejuvenating and healing purposes has been the treatment of choice for thousands of years in China. As early as the Sung Dynasty (960 AD – 1270 AD), acupuncture was performed on the Empress and Emperors concubines.



Chaas Gantt L. AP

Nationally accredited and State Licensed Acupuncture Physician and Functional Medicine Practitioner, Board Certified Herbalist and Injection Therapy Certified.

In his practice, he combines the latest research in functional medicine practices, Japanese style acupuncture, NSEV, homeopathy, cupping therapy, moxibustion, clinical nutrition, targeted supplementation, botanical medicine, injection therapy, among other interventions, to address the specific needs of each of his patients.




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WHAT IS A CLINICAL TRIAL AND WHY ARE THEY IMPORTANT?

Clinical trials are the building blocks upon which all new medications owe their existence. Without a clinical trial performed using a new medication, it would be impossible to know if the medication worked, much less what, if any, side effects it had. Literally no new treatments for any existing condition could be developed unless subjected to the rigorous testing performed during a clinical trial.

So, what exactly is a clinical trial, how is it performed, and who regulates it?

A clinical trial is conceived by a person(s) or an organization (typically a pharmaceutical company), interested in PROVING that a particular medication (or device) works better than either placebo (sugar pill), or the currently accepted treatment for that condition (standard of care). In the most common type of a clinical trial, called a “double blind, randomized” trial, neither the patient, the physician charged with overseeing the trial (the Principal Investigator), or anyone else at the research site or in the patient’s family, knows

if the patient is getting the study medication or the placebo (double blind). The choice is made arbitrarily, typically by a computer (randomized). Both the likelihood of receiving the actual study drug (instead of placebo) and the length of the trial may vary considerably depending on which drug and condition is being studied. When all the subjects required have been enrolled in the trial, often numbering in the thousands, and the trial duration has been reached, often lasting 2 or 3 years, the data can be analyzed to draw conclusions regarding the drug's effectiveness and side effect profile. All of these activities are under great scrutiny from entities called institutional review boards, as well as by the FDA at the federal level.

Currently, billions of dollars are being directed towards finding a cure for arguably America's

greatest health care crisis, Alzheimer's Disease. It has been estimated that there are 5-6 million Americans who suffer from this progressive, fatal condition which steals the very essence of who the poor sufferer once was, leaving the physical shell, but stealing the underlying personality and other features which combine to make us who we are as individuals. The annual cost of this blight has been estimated at \$18.3 million/hour, or \$236 billion/year, and the number of afflicted increases each year.

It is no wonder that there are currently dozens of Alzheimer's clinical trials being offered by many, if not most, of the world's largest and most respected pharmaceutical companies devoted to finding a cure, or at least a treatment that will arrest or slow the inevitable progression of cognitive deterioration. Each of these companies

has committed the hundreds of millions to billions of dollars it costs to run a single trial. Great strides in this quest have been made, but the lynch pin to this endeavor, the "sine qua non", is the person and family who volunteer to participate in the trial, giving his or her body and time in an effort to potentially benefit themselves, but also millions of others. Without volunteers, it would be impossible to move the needle of science forward.

I urge anyone who is concerned about a memory disorder, or specifically Alzheimer's Disease, to seek a discussion with a specialist, preferably one who is familiar with the research "landscape", to better understand the options available for treating this terrible scourge. Not only might you benefit, but your children and their children as well.



Mark A. Goldstein, MD, CPI
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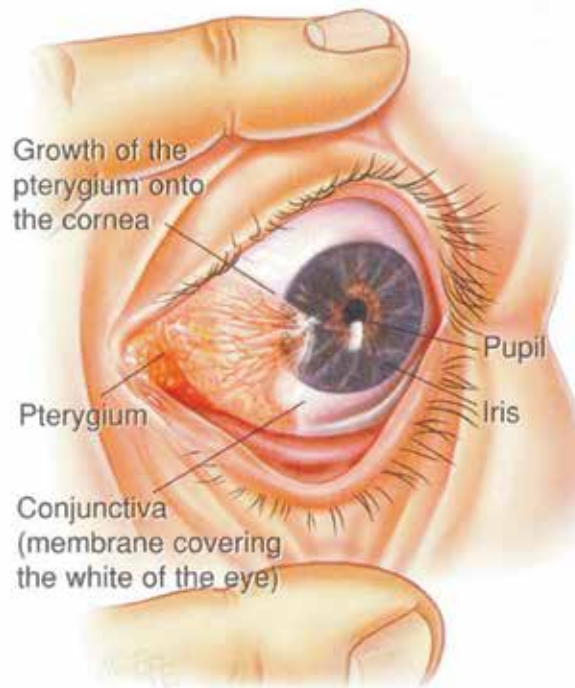
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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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SELFIES



A SELFIE is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “Let us make human beings *in our image, to be like us. . . So God created human beings in his own image.* In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “. . . we are God’s *masterpiece. . .*” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers

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Joyce Dean has more energy than most 70-year-olds. She’s full of stories about love, family and her days as the first African American professor at Edison Community College. 25 years ago, Joyce went for a routine annual physical. She was diagnosed with advanced multiple myeloma—a cancer with a grim prognosis at the time. She was referred to Florida Cancer Specialists, and she’s been a patient ever since.

Living with cancer hasn’t been easy, but with over two decades of compassionate, cutting-edge care, and a little faith, Florida Cancer Specialists has shown Joyce that when hope and science join forces, great outcomes can happen.

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