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

March 2020

South Palm Beach Edition - Monthly

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**ITCHY, FLAKING SCALP? THINNING OR  
BREAKING HAIR? TRY A SCALP MAKEOVER**

**HELP PREVENT COLORECTAL CANCER WITH  
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**LAW OFFICE OF  
ANDREW CURTIS, ESQ**

- LLM in Taxation New York University Law School 1986
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- 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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By Dr. David Steinberg,  
Pharmacist

# Ensuring our Parents Health Through Medication Compliance

**A**s the baby boomer generation ages and medications become more numerous, children and family members are charged with caring for the loved ones. This task comes not only with much stress but also with many questions. The questions often range from “Who will administer the medication when I’m not there?” “Is there a risk of my family member taking too many pills?” “How can I be sure that my family member is taking the same amount of medications he was taking

at the long term care facility?” These are just a couple of questions that we get at the pharmacy when we consult with family members and patients. As patients increase the number medications taken along with an increase to the number of physicians, the rise of medications errors is inevitable. Patients rely on family members or homecare givers to ensure compliance. We can do more. Every extra precaution or measure is well worth it when it comes to our family member. Our pharmacy has a unique system to mitigate medication errors such as over-medication and under-medication. We use, what is commonly called in the industry, a “bingo card.” It is becoming the industry gold standard and not only ensures medication compliance but puts the family at ease. It is a unit dose system where the patient’s medications are

divided into morning, afternoon, evening and bedtime. Each time slot has its own cell allowing the patient to know if the medicine was taken or not. It eliminates counting pills, filling pillboxes, and remembering doses. As a pharmacist, I hope to reduce common and preventable errors and help everyone live healthier lives. Please call TrustedMedRx with any questions at **561-613-6209** or **855-9EZ-MEDS**.



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# ITCHY, FLAKING SCALP? THINNING OR BREAKING HAIR? Try a SCALP MAKEOVER

PAMPER YOURSELF AND YOUR FOLLICLES WITH NEW SCIENCE-BASED TRICHOLOGY TREATMENTS

By Alan J. Bauman, MD, ABHRS



If your hair is not looking as healthy as it should or you think your itchy, flaky scalp is trying to tell you something – it might be time to consider a scientific ‘Scalp Makeover.’ By combining the science of trichology with a relaxing regimen of self-care, men and women are able to achieve a healthier scalp, boost healthy hair growth, all while enjoying a little pampering.

## Does Your Scalp Need a Makeover?

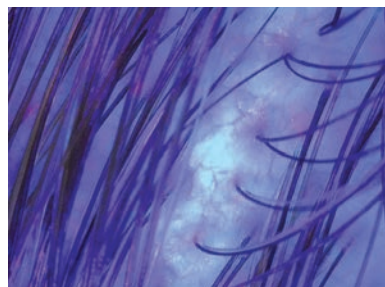
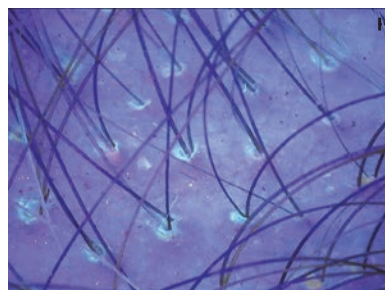
Men and women wishing to achieve the most beautiful head of hair possible, as well as those who are experiencing a “symptomatic scalp” (dry, itchy, flaky or oily scalp, excessive hair loss, shedding, damaged/dull hair or hair breakage) should consider scheduling a trichology evaluation. These conditions, while incredibly common, are oftentimes not easily treated with at-home remedies or with over-the-counter products or special

shampoos. They also may also be a sign of an underlying health problem. The good news is that a scientific trichology evaluation can begin to help decipher why you are experiencing annoying scalp symptoms and also get to the root cause of your unhealthy hair.

Let’s start by getting right to the point. Healthy hair begins with a healthy scalp. Period.

But, unfortunately, because it hides out of sight, we often forget to take care of our scalp – until concerns become noticeable – and then it’s simply too late for early prevention. It is important to remember that a beautiful head of hair starts at the scalp; this is why Trichology (trih-kol-uh-jee) is fundamentally so important. We are continually finding new evidence that links inflammation of the scalp with poor hair growth and other common hair problems.

Trichology, the study of the hair and scalp, can address many cosmetic concerns, as well as more serious issues, with the health of your follicles. At Bauman Medical, we have designed an exceptionally comprehensive medical trichology program that offers patients a wide variety of trichological therapies to boost the underlying health of the scalp and follicles, effectively treating a wide range of conditions – from frizz to limp/lackluster hair, excessive shedding or thinning, dandruff, irritated or oily scalp, fungal infections, etc.



During a Scalp Makeover evaluation, specialized ‘blue-light’ and HairCam microscopy of the scalp can reveal hair quality/quantity changes and imbalances like oxidized sebum buildup that may affect the health of the scalp and hair follicles.

## Scalp Evaluation

A scientific scalp evaluation requires special tools and special training. Your scalp’s pH, moisture and sebum levels, HairCheck trichometry measurements of hair density, quality and breakage, as well as blue-light and dual-polarized white light microphotography or dermoscopy of several areas and more, begin to tell the story of your scalp’s overall condition.

## Trichology Treatment Options

Trichology clients at Bauman Medical receive a customized treatment plan based on the findings of their scalp evaluation and specific symptoms and hair and scalp health status. These treatments may include topical serums (including sebum-regulating, hydrating or blood microcirculation stimulants), nutritional guidance or supplementation, scalp steaming with ozone therapy, manual and mechanical scalp massages, exfoliating and-or stimulating scalp treatments, high frequency stimulation, herbal hair boosting transdermal patches (e.g. saw palmetto) and/or low-level laser light therapy. If indicated, medical treatments may include compounded topical or oral prescription medications, PRP Platelet-Rich Plasma or other cell therapy treatments.

The latest, most exciting scalp treatment includes Keravive by HydraFacial. Bauman Medical is one of the first clinics in the U.S. and first in Florida to add this exciting new hydrodermabrasion device to their comprehensive scalp and hair wellness program. The HydraFacial Keravive is a unique treatment specifically designed to cleanse, stimulate, nourish and hydrate the scalp for fuller and healthier-looking hair.

## Do Good and Feel Great

While these treatments are science-based, they are also thoroughly enjoyable for women and men. Similar to a massage or facial, your relaxing and therapeutic Scalp Makeover will allow you to enjoy some self-care – while treating your scalp and hair problems.





*The Bauman Scalp Makeover creates a healthier scalp to stimulate healthy hair growth, while you enjoy a relaxing, spa-like experience.*

### Highlights of the Bauman Scalp Makeover

**Science of Scalp Health:** Bauman Medical offers a science-based trichology scalp program designed to optimize the health of your scalp and improve the beauty of your hair.

**Pamper your Scalp, and Yourself:** Patients can choose from a menu of treatments designed to make them feel relaxed and pampered, while also addressing their hair care concerns, boosting hair health and stimulating healthy hair growth.

**State-of-the-art Technology:** Patients also enjoy the benefits of the HydraFacial Keravive, a unique, relaxing treatment designed to cleanse, stimulate, nourish, and hydrate the scalp for fuller and healthier-looking hair.

**Exclusive Products:** Enjoy a relaxing and spa-like experience during a customized scalp treatment with products that promote and enhance scalp health.

### Bottom line on scalp health

Many men and women aren't aware that our hair and scalp act as a barometer for our overall health. This is why you never want to dismiss any issues as merely cosmetic. By not investigating and getting to the root cause of the problem, you may be missing clues to more serious health concerns.

If you have concerns about the health of your scalp and hair follicles, or would like to learn about the Bauman Scalp Makeover, please visit [www.baumanmedical.com](http://www.baumanmedical.com) or call 561-220-3480.

## ABOUT SCALP HEALTH

- Trichology, the study of the hair and scalp, can address many cosmetic issues, as well as more serious issues concerning the health of your follicles.
- A healthy, balanced, hydrated scalp is the "fertile ground" where about 100,000 to 150,000 hair follicles reside, working hard every single day to produce those strands of beautiful keratin protein we call "hair."
- Scalp inflammation, other imbalances, and even scalp acne, can significantly affect hair follicle function causing diminished or altered hair growth, as well as other troubling physical or cosmetic symptoms.
- Today, there is a wide variety of Trichology-based therapies to boost the underlying health of the scalp and follicles, effectively treating a wide range of conditions - from frizz to limp/lackluster hair, excessive shedding or thinning, dandruff, irritated or oily scalp, fungal infections, and more.
- Bauman Medical is one of the few medical hair restoration facilities in the US that employs a full-time trichologist to help patients scientifically optimize the health of their hair and scalp.

## 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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By Aaron Rosenblatt, MD

# AVOID BACK AND SPINE SURGERIES!!!



**B**ack surgeries can fail for a devastatingly simple reason; the operation was not the right treatment, because the surgeon never pinpointed the source of the pain. As a result, patients may be just as miserable as they were before, or worse off. Unfortunately a desperate number choose to try surgery again. This is usually the wrong decision as well and this should be avoided. Statistics show also that by two years after a patient's first surgery, about 8% of patients have had another operation and by 10 years after, the rate jumps to 20%, an analysis of Washington State hospital data found.

There is no one best way to treat everyone. But the chance of finding relief for ongoing pain unquestionably lies in understanding what has gone wrong. This is not an easy task. Then seeing the most appropriate specialist for your problem and asking the right questions is quite important. With back problems, perhaps more than with any other medical condition, getting the best care at the utmost importance. The most important doctor you can see, at this point, is an Interventional Pain Management Specialists like Dr. Aaron Rosenblatt. A well qualified and certified doctor like him can evaluate a patient completely. He will order the appropriate scans and

or test needed in order to come up with a plan to properly diagnose and the treat the issues WITHOUT SURGERY.

Once all of the appropriate tests are done Dr. Rosenblatt can see what diagnostics need to be completed in his state-of-the-art pain management facility. That's why it's critical to have a thorough workup. To get a sense of the cause of your pain X-rays and MRI/CT scans can be helpful but just because these scan say you have a disc problem here and or an arthritic problem there does not mean that this is where your pain is generated from.

As an interventionalist, Dr. Rosenblatt will take this information and set up diagnostic tests within his office to properly pinpoint the exact regions of the spine which require any type of treatment. Without these diagnostic tests, the wrong diagnoses can be made and then ineffective treatment with surgery becomes likely. That's because high-tech images routinely uncover bulging discs and other "abnormalities." Dr. Rosenblatt will use this information and interventional techniques to avoid surgery.

Trouble is, many findings on scans often have nothing to do with what's hurting. If you take 100 people off the street and give them MRI's or Cat Scans, 33% of them, even if they had no back pain whatsoever, would have obvious structural problems. Data also points out that less the 5% of all patients who experience back pain will EVER require surgery but, unfortunately, a much higher percent of patients wind up with an operation. We will help avoid this situation.

Here's the real problem... Patients tend to think of back surgery as the BIG CURE or consider it the treatment that will work successfully. Sometimes, in our desperation to get our lives back, it may seem like a good idea to jump over





those less invasive procedures and go right to the big one. This is rarely true.

Dr. Rosenblatt says, “Per my experience, it is rarely the case that a patient I see in my office will ever require surgery for pain. I also see too many patients who have already had 1 or more back surgeries without any relief.” Surgery should NEVER be seen as worth trying for pain. This approach usually fails to help patients overcome their pain and now their spines are complicated and worse off due to after effect of surgery.

If a doctor recommends an operation, get a second opinion as soon as possible. A good surgeon should understand that you need to be comfortable with any decision and prior to having a surgery other opinions are necessary. For a truly useful second look, Dr. Rosenblatt can fully evaluate this situation and give what options exist.

Dr. Rosenblatt explains, “There have been too many times where patients were scheduled for one type of surgery and something totally different was causing their pain. Specifically, issues with sacroiliac joints, hips and other regions of the body can mimic pain which would also NOT require surgery.”

Dr. Rosenblatt continues, “I’m always trying to help a patient fully understand what is causing them a pain issue. This is usually pinpointed easily, diagnosed properly and then treated successfully without the need for any type of surgery.”

Avoiding surgery is our number one goal to help to treat a growing older and active community. At Dr. Rosenblatt’s beautiful freestanding interventional pain management building in Delray Beach, FL, he serves as the medical director and is board certified. Every patient is evaluated by Dr. Rosenblatt himself and a comprehensive

treatment plan is always tailor made for each individual. Patients are NOT seen by PA’s (physician assistants) or NP’s (nurse practitioners). You will see the doctor at each and every visit. Dr. Aaron Rosenblatt specializes in performing Interventional Pain Management procedures and also in the field of Physical Medicine and Rehabilitation. His knowledge encompasses each region of the body which can cause pain. He runs on time and does not make patients wait hours in his office to see him. He is not only a pleasure to talk to regarding pain issues, but also enjoys every day topics such as sports, movies, entertainment and current events. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

## Early Pain Treatment CAN PREVENT Prolonged Suffering!

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# SKIN REJUVENATION AT MULTIPLE LEVELS

## HAVE YOU HEARD OF **HALO AND FOREVER YOUNG BBL TREATMENTS?**

These are two new technologies that are game changers for skin resurfacing and pigmentation. Having been in the non-surgical aesthetic space for 19 years, I am very pleased to have finally discovered 2 technologies that deliver results for very common skin problems we have tried to correct for years; fine lines, pore size, skin texture, broken capillaries and even melasma. The fraxel laser was revolutionary when it first became available years ago. For the first time, skin texture was addressed with minimal downtime. However, the Halo laser is the next generation technology for skin resurfacing. Technology keeps evolving and the Halo laser is truly unique. It is a “hybrid fractional laser” that delivers an ablative and non-ablative wavelength to the same area. What does that mean?



1

**NON-ABLATIVE  
1470 MM WAVELENGTH**

This wavelength can be adjusted from 200-700 micron depth, the level in the epidermis and papillary dermis that needs to be targeted for hyperpigmentation such as sun spots and melasma, as well as texture and pore size.

2

**ABLATIVE 2940 MM WAVELENGTH**

2940 mm ER: Yag laser penetrates from 20-100 microns under the skin. It targets lines and wrinkles with significantly decreased downtime as opposed to other ablative lasers. Combining these 2 wavelengths results in ablative results, mainly improvement of wrinkles and lines with non-ablative downtime. I myself have tried it for melasma and was very impressed with the results.



In addition, combining Halo with Forever Young BBL further combats the signs of aging by correcting sun damage and broken capillaries. BBL stands for broad band light and is basically a much more advanced version of IPL that most people are familiar with. It targets the epidermis and dermis, stimulating changes in skin texture, acne scarring, skin tone, broken capillaries, as well as pigmentation. BBL reduces melasma and diminishes fine vessels that cause redness. It is a very effective treatment for rosacea. Both of these technologies, especially combined, gently treat the upper layers of the skin and take years off the neck, face, chest, hands and anywhere else where aging is visible.

**In summary areas of improvement include:**

1. Sun damage
2. Broken blood vessels
3. Fine Lines and Wrinkles
4. Scars including acne scarring
5. Large pores
6. Crepey Skin

To maintain radiant, glowing skin, a series of 3 BBL treatments 2 weeks apart combined with 1 Halo treatment at the time of the first BBL treatment yields the best results, but treatments are custom tailored according to the individual patient's needs.



**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 and 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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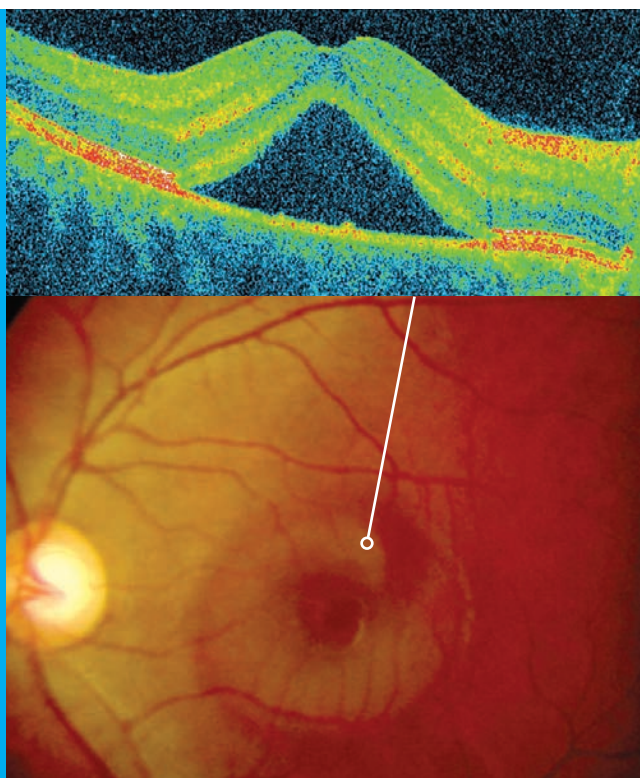




# WHAT IS CENTRAL SEROUS RETINOPATHY?

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

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



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

## CENTRAL SEROUS RETINOPATHY SYMPTOMS

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

## WHO IS AT RISK FOR CENTRAL SEROUS RETINOPATHY?

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

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

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

## CENTRAL SEROUS RETINOPATHY DIAGNOSIS

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

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

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

## CENTRAL SEROUS RETINOPATHY TREATMENT

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

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



**The Retina Institute of Florida**

## Lauren R. Rosecan

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

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

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# HELP PREVENT COLORECTAL CANCER WITH REGULAR SCREENINGS

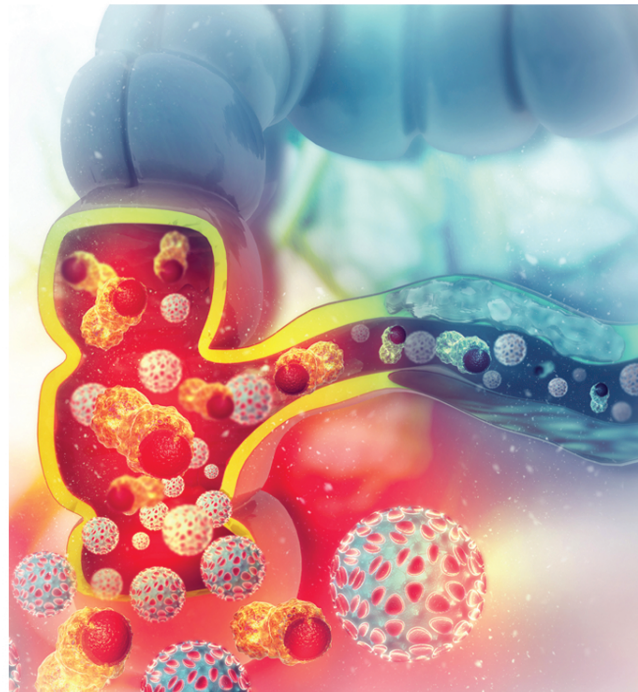
The number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades, according to the American Cancer Society. The reasons for this decline include early detection and improvements in screening methods; yet, many choose to either postpone or totally skip these potentially life-saving screening tests, thus keeping colorectal cancer as the third leading cause of cancer-related deaths in women in the United States and the second leading cause in men.

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

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

## IMPROVING TREATMENT

The type of treatment for colorectal cancer depends largely on the stage of the cancer. The three primary treatment options are surgery, chemotherapy and radiation. In addition to these treatments, targeted therapies, including immunotherapy, may be used for cases of more advanced cancer. Targeted therapies are drugs that target specific malfunctions (DNA mutations)



in the genes or proteins of cells that allow cancer cells to grow uncontrollably; these drugs, which are usually in pill form, may be given alone or in conjunction with traditional chemotherapy. Some patients with advanced colon cancer may also have a chance to benefit from specific immunotherapies. These are drugs that use your body's immune system to attack and fight cancer cells. The development of more immunotherapies is an area of ongoing research that shows great promise in the treatment of many types of cancer.

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

## WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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

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

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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](http://FLCancer.com)



# The Nutraceutical Breakthrough for Active Joints and Amazing Skin

## A New Generation of Super Nutraceuticals

For decades, the medical community has been focusing on a natural compound in our bodies called “hyaluronic acid”, or HA, and collagen, both of which are chief components of healthy connective tissue throughout the body.

HA and collagen are especially important to knees, elbows, wrist, and the spine...where they are present and responsible for joint function, lubrication, comfort, and mobility.

They are also a major component of skin...essential for hydration, tissue repair, and its youthful appearance. The problem is, as we age, we begin to lose HA and collagen.

Researchers, including those at Harvard University, had been doing everything possible to find a way that people could benefit, but the natural state of HA was too complex for the body to use. It was expensive and it had to be injected.

That’s where we stepped in.

We discovered a unique natural source of HA that naturally coexists with collagen, as it does in our bodies.

We tested and developed it into a nutrient that could actually be absorbed into the body and deep into tissues. It is a complete breakthrough in the nutraceutical community.

## Award-winning...multi-patented.

After numerous clinical trials, Super Nutraceutical was shown to improve joint health significantly, plus it also reduced wrinkles from inside-out.

## Clinical Trials show Super Nutraceutical Improves joints

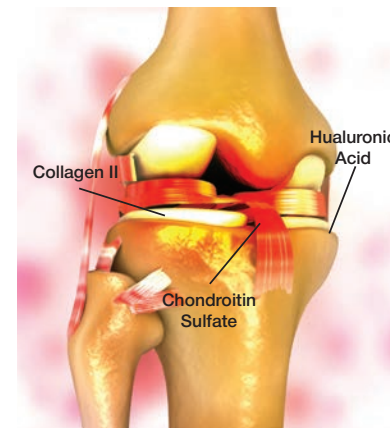
- Improves joint mobility and lubrication
- Reduces discomfort
- Promotes healthy cartilage and connective tissue

## It works...and it's documented

In an 8 – week human clinical trial, 90% of subjects with chronic joint discomfort experienced a 40% improvement in physical activity and with continued use, many experienced significant mobility.

A 10-week trial enrolling subjects at an advanced stage of joint problems showed that more than 70% experienced a significant reduction of discomfort, improving their daily activities.

Joint discomfort can come with aging, strenuous work, and athletic activity, but what you’re really experiencing is the progressive degeneration of connective tissue, where both collagen and hyaluronic acid are essential.



Taken orally, in a patented, highly absorbable form, Super Nutraceutical allows you to replenish these important substances and is clinically shown to work!

Its Bio-Optimized manufacturing process produces an ideal molecular weight that your body can effectively absorb, and it mirrors the joint’s natural composition, so the body readily accepts it.

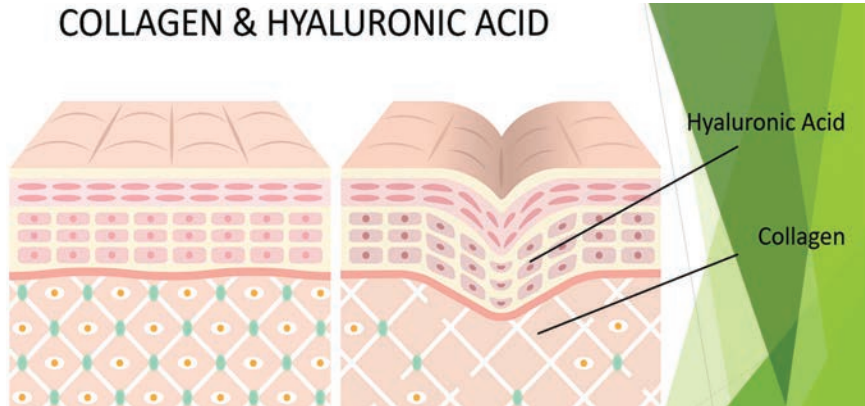
## It gets even better...you’ll look younger, longer

- Reduces deep lines and wrinkles
- Decrease dryness
- Increase skin’s collagen content
- Improves skin’s microcirculation, hydration, skin tone, and firmness

**It's hard to argue with science...it's even harder to argue with results**



## COLLAGEN &amp; HYALURONIC ACID

**Clinically tested...takes years off your appearance**

A human bioavailability study demonstrated that within 28 days, daily intake of Super Nutraceutical let to 60-fold increase of hyaluronic acid in the body, reducing wrinkles from the inside-out, without cosmetic injections.

In a 12-week human trial, dryness nearly disappeared without the use of topical moisturizers. Plus, subjects experienced a significant increase in the skin's collagen content, reduction in lines and wrinkles, and improvement in skin's microcirculation, hydration, and skin tone. Subjects also noticed a dramatic difference in their hair, nails, gums and even eyes.

*"Higher levels of HA and collagen equal younger-looking skin. This nutraceutical has been a Hollywood secret in helping some of my most visible personalities look their best."*

Jon M. Grazer M.D., M.P.H., F.A.C.S.,  
Board Certified Plastic Surgeon.

**Active Joints Amazing Skin**

The nutraceutical breakthrough that's completely changing the way we age!

Super Nutraceutical is the award-winning super nutraceutical, clinically shown to promote healthy aging, active joints, and younger-looking skin.

This state-of-the-art formula combines the multi-patented power of Super Nutraceutical with the added benefits of 13 potent, antioxidant-rich superfruits, and resveratrol, widely studied for its roles in longevity and cardiovascular health, infused into a unique liquid delivery system that provides unsurpassed absorption and fast results.

Feel what it's like to live life without joint discomfort.

See what happens to your skin.

Try Super Nutraceutical for yourself.

*"I am a runner, and my husband was an avid runner until his joints would no longer allow him to keep up such strenuous physical activity. I am so excited to report that my husband, after about a month on the product, is now back to running. My own running time has improved, my joints feel amazing and my skin looks great!"*

Stacy H. Rockport, TX

*"Since I started taking this Super Nutraceutical I can see a noticeable improvement in the wrinkles on my face!"*

Donna L. Mosinee, WI

*"I was attracted to the product for the vanity reasons for wrinkles, and I was excited when my dry and flaky skin became soft and supple in just a few weeks. But I am also happy to report that the joint discomfort is gone in my hips."*

Kathy P.- Tampa, FL

*"Since I have been taking this nutraceutical, I have no joint discomfort now and my muscles respond better and quicker with activities and exercise. I wish everyone could feel as good as I do now."*

Billy H.- Westville, OK

*"After I used this product for just three weeks, I found that I could climb stairs without discomfort in my knees for the first time in years!"*

Martynne B.- Albuquerque, NM

*"I have seen a change in my knee discomfort and I also noticed this morning that my frown lines have almost gone away! No need for any Botox now!"*

Danielle L.- Jupiter, FL



For a free health coaching assessment and recommendations on what would work best for your unique body type, please contact **Dr. Grazyna Pajunen or Tony Pajunen at 561-350-0096**

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FROM WITHIN, LLC**

<http://EffectiveCollagen.com/discomfort>

# TubcuT<sup>®</sup>

## Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



**W**isdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.



Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.

Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

The TubcuT® is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT® as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

#### IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT® creates an opening that fits your needs. Unlike cap systems, The TubcuT® adapts to you and what your lifestyle requires. With TubcuT's® exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT® threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® Follows the same exact contour of your tub there, and there is no ledge on the threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT® is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



BEFORE



AFTER



The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!



**The Tub Cut Company**

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**VA APPROVED**

# ANYONE CAN SUFFER FROM ANXIETY

## NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC



It's human nature to seek out the reasons why we feel anxious. Very often we look at external factors for the root cause; being unhappy in a job, living situation, with family or significant others tend to be our "go to". We may also look at our past experiences, upbringing, past trauma, to explain this unrelenting uneasy feeling we have inside.

The truth is that anxiety is a pattern of neuron firing in the brain that can be present from birth. Brain neural patterns don't necessarily dictate how we will behave, however, trying to change the environment or behavior won't alter the patterns. Therefore, you can't talk someone out of anxiety. Anxiety is also not reserved for adulthood, it can cause dysfunction and issues in life regardless of age. Adults are unable to "change" their way out of anxiety and for children and young adults, you can't change their routines or discipline them from feeling anxious.

### In babies and infants, anxiety neural patterns in the brain may present as:

- Colic
- Tantrums
- Fussiness
- Sensitive
- Not a good sleeper

### As a child gets older into the toddler years it may present as:

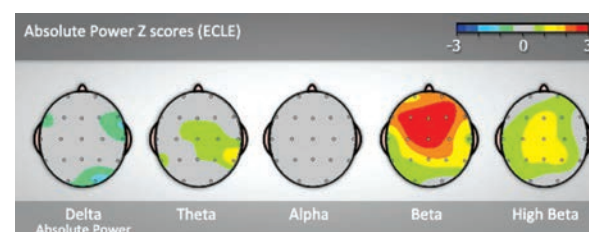
- Terrible two's, three's, and four's
- A spirited child
- Cranky, fussy, and not a good sleeper or napper
- Tantrums
- Picky or sensitive
- Difficulty with separation

I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing anxiety in young children is very difficult and not usually done unless symptoms are severe. In most cases, anxiety manifests at an older age when the symptoms are abnormal for the age or stage of development. And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

**"She didn't study for her test and that is why she's refusing to go to school today". "He's unmotivated to do anything except play video games and that is why his stomach hurts all of the time and he sleeps all day". "She just has too many activities scheduled and that's why she's overwhelmed". "He has too much homework and is up all night studying which explains why he doesn't sleep well".**

The reality of the situation is that neither your child's personality nor their hectic schedule is the culprit. It's their brain, or rather, the neural patterns in their brain, that is not allowing them to handle the workload at school, pressure with friends, feeling good, making good food choices, having a normal sleep schedule, and so on. And to make it even harder to diagnose or differentiate, anxiety patterns can look different but produce the same results.

Here is an example of one type of anxiety pattern. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others.



Very often, we contribute anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early

symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional or physical trauma. It's a pattern in the brain that they are born with.

### As a child reaches school age, anxiety may look like:

- Worrying about performance, grades
- Worrying about parents or loved ones dying
- More separation anxiety
- Fear of getting sick (vomiting is most popular)
- Fear of getting sick at school
- Social anxiety, difficulty with friends
- Feeling overwhelmed
- Nightmares or unable to sleep/fall asleep alone
- Sleep walking, talking or restless sleep
- Fatigue
- Refusal to go to school or meltdowns when going to school
- Frequent trips to the clinic
- Vocal or motor tics
- Loss of appetite or poor diet
- Somatic symptoms such as stomachaches, headaches, diarrhea, or digestive problems
- Poor grades usually due to missing school or falling behind

### As they reach the teenage and adult years, the problem can become more apparent and more severe:

- Continued worry and difficulty handling traumatic events
- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression, suicidal or homicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)



- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes, suspensions or expulsions
- Poor conduct: lying, stealing, violence
- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.

According to *The Anxiety and Depression Association of America*, "Anxiety and depression are treatable, but 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 Child Mind Institute Children's Mental Health Report."

Many health professionals believe that anxiety is a normal part of childhood and symptoms are not cause for alarm. Others believe that parenting and discipline need to be improved or implemented to treat the symptoms. In severe cases, medication is introduced as a treatment, but unfortunately, many children who suffer with symptoms, are medication resistant or not severe enough to medicate.

Adults can experience similar frustration when treating anxiety with medication. The diagnosis is a broad one and there may be very different neuron patterns causing the anxious feelings. This can cause treatment to be somewhat of a guessing game. Others struggle with side effects and dependency.

**Neurofeedback can help.** Neurofeedback can not only help reduce the anxiety symptoms specific to you, but it can "retrain" the neural patterns in the brain so that anxiety is better managed or controlled throughout your life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the anxiety patterns in the brain.

## WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, 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 • Depression • ADD/ADHD
- Sensory processing disorder • Bipolar disorder
- Seizure disorders • Auditory/visual processing
- Chronic pain/Fibromyalgia • Migraines/headaches
- Traumatic brain injuries • Stroke • Cognitive decline
- Peak performance • Oppositional defiant disorder
- Rages/mood swings • Attention/focus/concentration
- Reactive attachment disorder • Autism/Asperger's
- Learning disabilities • Obsessive compulsive disorder

## WHAT IS AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

At our center, our goal is to teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. **Examples of those positive changes may be:**

- Sleep patterns/quality of sleep
- Energy levels, calmer or more activated
- Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues
- Mood or emotions • Motivation and organization
- Feelings of Well Being • Obsessive behaviors or thoughts
- Memory/cognitions • Anxiety patterns or trauma patterns
- Coping • Regulation
- Learning, communicating, and/or performance

## 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](mailto:info@bocabraincenter.com), or text us at **(561) 206-2706** or visit our website at [www.BocaBrainCenter.com](http://www.BocaBrainCenter.com).



### Renee Chillcott, LMHC

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



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# CORONAVIRUS



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# Replace or Keep a Tooth: How Do I Decide?

By Lee R. Cohen, D.D.S., M.S., M.S.

**T**he decision to keep or replace a tooth is a very emotional one for many patients. Beyond the concern over losing a tooth, many patients have difficulty with the idea of removing any part of their body. Typically, our patients request the most “conservative” option available. Although keeping a tooth (no matter how diseased it may be) seems conservative, it may in fact be the least conservative option that could end up in additional cost and more invasive procedures.



## Collect The Data:

Just like in any important decision, it is critical to gather all the information you can regarding the prognosis of the tooth in question. It is obvious that we need to know about the presence of decay in a tooth and the extent of its invasion. Questions such as “will this tooth need a crown?”, “will this tooth need a root canal?” and “will this tooth need additional procedures to save it?” are all good to ask.

An equally important question is, “what is the periodontal health of my tooth?” Periodontal health is the health of the gum and bone tissue supporting the tooth (think of it as the ground around the tooth). Imagine you were building a new house on the beach which stands on a pillar. Clearly you would want to know the status of the pillar. It would be important to know if the ground around the pillar was solid. If it was determined that this ground was weak or much of it had washed away, you may think twice about investing time and money building something on that existing structure.



Similarly, if the gum and bone around a tooth is compromised, it may not be worth the investment to repair a tooth (such as placing a new crown). Although a new crown may help with the decay, it would be of no use if the entire tooth was lost due to the lack of bone support around it.

Alternatively, if the tooth truly does not have a good prognosis, removing it may help save the jaw bone. This will allow for other options to replace the tooth while bone still exists (for example a dental implant). Saving the bone in this situation is actually the conservative choice. Replacing a tooth is often a lot easier than replacing jaw bone.

## Periodontal Evaluation:

A periodontal evaluation can help determine what the overall foundation around the tooth looks like prior to making your decision about the best treatment for you. This examination is painless and involves reviewing a current set of dental x-rays, measuring the “gum pockets” and “gum loss” around the teeth, checking for tooth mobility and determining the amount of healthy tooth root that remains in the bone. The above information can help predict the prognosis of the teeth.

Working with your dentist and periodontist as a team can help you decide what treatment options are available to you. Understanding the long term prognosis based on the health of the tooth and the periodontal foundation will help you make a more informed and conservative treatment decision.

Lee R. Cohen, D.D.S., M.S., M.S.

*Lee R. Cohen, D.D.S., M.S., M.S., is a Dual Board Certified Periodontal and Dental Implant Surgeon. He is a graduate of Emory University and New York University College of Dentistry.*



*Dr. Cohen completed his surgical training at the University of Florida / Shands Hospital in Gainesville, Florida. He served as Chief Resident and currently holds a staff appointment as a Clinical Associate Professor in the Department of Periodontics and Dental Implantology. Dr. Cohen lectures, teaches and performs clinical research on topics related to his surgical specialty.*

*The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (LANAP procedure) to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.*

*Dr. Cohen uses in-office, state of the art 3D Green 2 CT imaging which offers Hi Resolution 5 Second Low Dose Scans to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.*

*Dr. Cohen formerly served on the Board of Trustees for the American Academy of Periodontology and the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American College of Maxillofacial Implantology and the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.*



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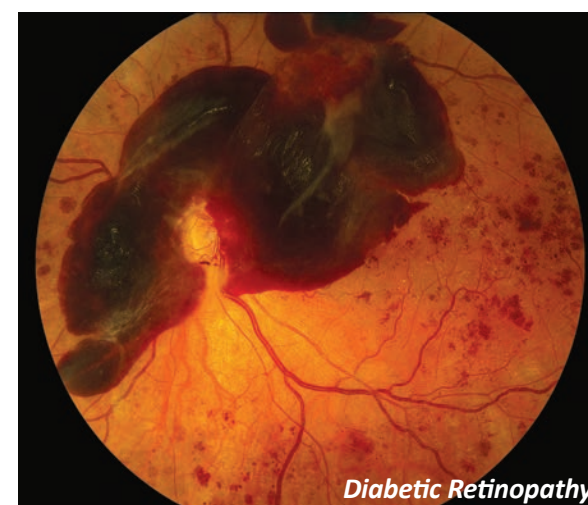
# HOW DIABETES AFFECTS YOUR EYES: AVOIDING EYE EXAMS COULD COST YOU YOUR SIGHT

Clear Vue Eye



The retina is a layer of neural tissue in the back of the eye, and it's responsible for brain communication, projecting photoreceptors, circadian rhythm regulation, light detection and neural plasticity. The retina is the only part of the central nervous system that can be visualized and studied directly. This is done via an ophthalmoscope. The information collected during the examination of the retinal pathway is important for helping to identify irregularities and brain function.

According to the American Academy of Ophthalmology, in the article cited below, an alarming number of diabetics do not get their eye exams on a regular basis. The importance of dilated exams is critical due to the damaging effects associated with diabetic retinopathy.



*Diabetic Retinopathy*

## **SIXTY PERCENT OF AMERICANS WITH DIABETES SKIP ANNUAL SIGHT-SAVING EXAMS**

People with diabetes are at increased risk of developing serious eye diseases, yet most do not have sight-saving, annual eye exams, according to a large study presented at AAO 2016, the 120th annual meeting of the American Academy of Ophthalmology.<sup>1</sup>

**A**ll of us should be getting our regular eye examinations to make sure our eyes are healthy, but the importance of people with diabetes getting their recommended exams is critical. In both type 1 and type 2 diabetics, high blood sugar damages the delicate blood vessels in the retina. This damage is called diabetic retinopathy. In diabetic retinopathy, serious complications can cause significant vision loss if left untreated. Sudden vision loss from these complications, such as, a vitreous hemorrhage, or tractional retinal detachment is extremely threatening issues that can cause blindness.





### Monique M. Barbour, M.D.

Dr. Barbour is a Board Certified Ophthalmologist. She attended Saint Augustine's College in Raleigh, North Carolina where she received her bachelor's degree in Pre-Medicine. Dr. Barbour graduated with honors from Howard University College of Medicine in Washington, D.C. and completed a residency in Ophthalmology at the Albert Einstein College of Medicine in Bronx, N.Y.

After residency, she completed a Glaucoma fellowship at Georgetown University in Washington, DC and a Refractive Surgery fellowship at the world renowned Instituto de Clinica Barraquer in Bogota, Colombia. Dr. Barbour has been the medical director of Clear Vue Laser Eye Center, a state-of-the-art vision care center for the past 15 years. As a diplomate of the American Board of Ophthalmology and a member of the American Academy of Ophthalmology, she is dedicated to providing the highest quality of ophthalmic care. Dr. Barbour speaks multiple languages including Spanish.

Researchers at Wills Eye Hospital in Philadelphia have found that more than half of patients with the disease skip these exams. They also discovered that patients who smoke – and those with less severe diabetes and no eye problems – were most likely to neglect having these checks.<sup>1</sup>

The researchers collaborated with the Centers for Disease Control and Prevention to review the charts of close to 2,000 patients age 40 or older with type 1 and type 2 diabetes to see how many had regular eye exams. Their findings over a four-year period revealed that:

- Fifty-eight percent of patients did not have regular follow-up eye exams
- Smokers were 20 percent less likely to have exams
- Those with less-severe disease and no eye problems were least likely to follow recommendations
- Those who had diabetic retinopathy were 30 percent more likely to have follow-up exams

One in 10 Americans have diabetes, putting them at heightened risk for visual impairment due to the eye disease diabetic retinopathy. The disease also can lead to other blinding ocular complications if not treated in time. Fortunately, having a dilated eye exam yearly or more often

can prevent 95 percent of diabetes-related vision loss.<sup>1</sup>

Eye exams are critical as they can reveal hidden signs of disease, enabling timely treatment. This is why the Academy recommends people with diabetes have them annually or more often as recommended by their ophthalmologist, which is a physician who specializes in medical and surgical eye care.

Please call **561-432-4141** to schedule your Clear Vue Eye appointment today.

#### Reference:

<sup>1</sup> American Academy of Ophthalmology, **Sixty Percent of Americans with Diabetes Skip Annual Sight-Saving Exams** reiterates the importance of dilated eye exams in preventing vision loss, OCT 20, 2016, Chicago, <https://www.aao.org/newsroom/news-releases/detail/sixty-percent-americans-with-diabetes-skip-exams>



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



**A**s 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.

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### COOLTONE: A GAME CHANGER IN BODY SCULPTING

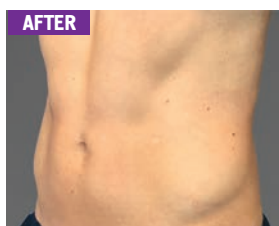
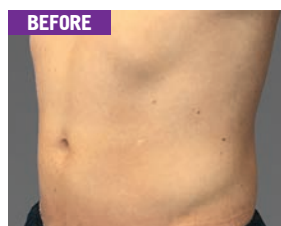
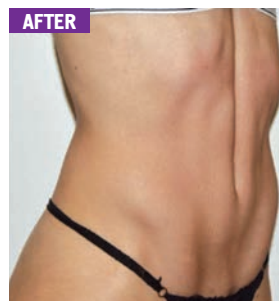
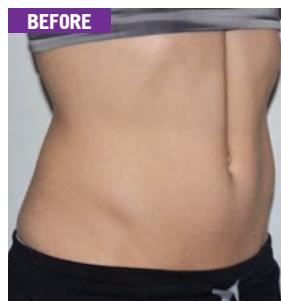
For years the demand has been high for noninvasive procedures to melt and freeze fat away, but now we're also seeing a garnered interest in noninvasive procedures to intricately tone and sculpt the body. The medical device and biotech company, Allergan (makers of Botox and CoolSculpting) has a new technology that is FDA cleared to sculpt the body with expert precision and toning via MMS, which stands for magnetic muscle stimulation. MMS causes involuntary muscle contractions in the tiny muscle fibers, which creates stronger muscles. This technology to strengthen, tone, and firm the muscles of the abdomen, buttocks, and thighs.

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# Laser Cataract Surgery: What you should know

By David A. Goldman MD

**W**ith every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femto-second laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes then Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

**Is it more comfortable?** No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



**Does this mean there are no advantages to laser cataract surgery?** Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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# Spring (Change) is in the Air

Brent Myers

**S**pring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”* (Romans 12:2)

Note what Paul says:

**Act differently.** *“...don’t copy the behavior and customs of this world...”* Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

**Think differently.** *“...a new person by changing the way you think...”* There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

**Be different.** *“...let God transform you into a new person...”* Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)



*Spring is here!  
Change is here!  
Hope is here!  
Embrace it.  
Love it. Live it.*

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