

SOUTH FLORIDA'S

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

June 2020

Palm Beach Edition - Monthly

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**FREE**  

**HOW IS THE  
PANDEMIC  
AFFECTING  
MY BRAIN?**

**THE NEXT  
EVOLUTION OF  
PERSONALIZED  
BODY SCULPTING**  
TRUSCULPT ID<sup>®</sup>

**PAIN MANAGEMENT  
FOR FACET JOINT PAIN**

**HOW  
DOCTORS  
CHOOSE  
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**BAUMAN  
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"COVID-PROTECTED"  
HAIR TRANSPLANT  
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### LAW OFFICE OF ANDREW CURTIS, ESQ

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

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

# Revocable Living Trust

## ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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**About Michael P. Cohen**  
Michael Cohen is a leading expert in brain biofeedback. For over 20 years he's worked with clients, taught courses and provided consulting to physicians and mental health professionals around the world.

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# PLANNING FOR THE INHERITANCE OF A DISABLED CHILD

**How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?**

**Do you have a disabled child who will be inheriting from your estate?**

**Does this disabled child receive government benefits?**



# PLANNING FOR THE INHERITANCE OF A DISABLED CHILD

How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?

Do you have a disabled child who will be inheriting from your estate?

Does this disabled child receive government benefits?



Many families are not aware that once a disabled child (minor or adult), who is receiving government benefits, receives an inheritance all their government benefits will be stopped until the inheritance is spent down.

All parents worry about what will happen to their children after they die. Parents of adult children with a chronic disability have an additional concern: whether the child will have financial security.

Additionally, many families are not aware that with proper planning through a Third-Party Special Needs Trust the loss of government benefits can be avoided.

The disabled child can utilize their inheritance to provide for their health, maintenance, education and support. The Trusted Law Office welcomes you to contact us at (561) 998-6039 to schedule a free consultation with us to discuss your specific planning needs.




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# Bauman Medical's "COVID-Protected" Hair Transplant Facility

## Now Offering Limited In-Person Treatments, Continues Virtual and At-Home Services

**H**air loss doesn't happen overnight, even though sometimes it might feel like that. And unfortunately, hair regrowth doesn't happen overnight, either. It takes a patient and strategic approach to achieve optimal results. Our team at Bauman Medical is taking this same approach, as we begin seeing patients again. While we'd love to simply hit "restart" and open the doors - we know this situation calls for a more patient, and strategic, approach to be successful.

Here is a look at what patients can expect from Bauman Medical during this first phase of reopening as a "COVID-Protected" facility.

### Treatments Now Available

We've all had our lives uprooted and put on hold over the last two months. This has meant different things to different people, but we have all been impacted. We've had to put on hold many medical treatments and patients have had interruptions into their regimens, but we are ready to slowly and safely help our patients get back on track.

### We are again seeing in-person patients for:

- Hair Transplant Procedures
- Platelet-Rich Plasma (PRP) Treatments
- PDOgro™ Treatments

While we are excited to again offer these services to our patients, at this time we are still delaying in-office follow-ups or consultations until next month - however, we will continue to offer virtual appointments to allow our patients access to our team.

### Virtual Consults, Follow-ups

Not surprisingly, virtual visits and telemedicine are surging in popularity during these uncertain times. At Bauman Medical, telemedicine, in one form or another, has been a routine part of our practice for over two decades and has become an integral part of our practice over the past couple



*Bauman Medical's team meticulously sanitizes their "COVID-Protected" facility throughout the day and performs extensive Deep Cleaning Protocol on a nightly basis.*

of months. We are encouraging patients to continue to take advantage of this service at this time, when possible, to help keep our patients and staff safe and healthy through this transition. From the convenience of your home, without the risk of traveling, patients can connect with our team from their smartphone, tablet or computer, through services like ZOOM and other platforms, to privately discuss their hair loss questions or concerns, hair restoration treatments, initiate or refill prescriptions, answer procedure questions, as well as execute procedure or follow-up appointment scheduling.

As we all know, there has never been a greater need for telemedicine than right now, and because this has been a part of our practice for years, we are equipped to handle our patients' needs safely and effectively.

### Don't Forget About the Bauman eStore

We know that while patients may be eager to get back on track with their hair restoration treatments, they may not feel comfortable yet with visiting us in person. The good news is new offerings from the "Bauman eStore," like our new



**Dr. Alan Bauman performs an FUE Hair Transplant at his state-of-the-art "Hair Hospital"**

**Virtual PRP™ Home Kits** - which offer patients an effective at-home treatment option. The Virtual-PRP™ Home Kit is the next best thing to an in-office PRP or PDOgro treatment and combines low-level laser therapy, stem cell technology, and potent nutraceuticals in a powerful, at-home solution. This kit allows patients to begin, or continue, their hair restoration journey without sacrificing quality and effectiveness.

Additionally, our eStore is open for haircare, nutritional, laser device, and other product orders and refills (excluding prescription items) for discreet shipping directly to your home. If you have questions about what hair growth treatments you could be doing at home during this time (e.g., prescriptions, laser devices, vitamins/supplements, hair care, VirtualPRP™ Home Kit, etc.) please contact the office or set up a Virtual Consultation.

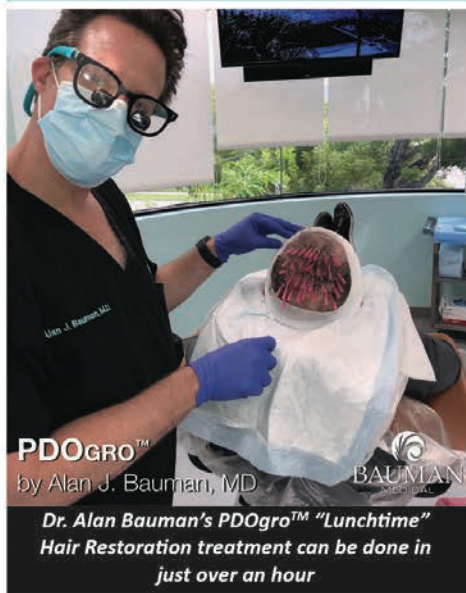
**Moving Forward**

On a closing note, we'd like our patients to know that during these uncertain times, we will continue to keep your health and safety as a top priority as we help you achieve your hair restoration goals. To learn more about the latest advancements in hair restoration, or to schedule an in-person or virtual appointment with Dr. Bauman, please visit [www.baumanmedical.com](http://www.baumanmedical.com) or call 561-220-3480.

**What Patients Can Expect at Bauman Medical's "COVID-Protected" Hair Transplant Facility:**

- We will continue to vigilantly screen our staff for ANY health issues.
- We are pre-screening patients in advance of their arrival to the office.
- We are screening patients when they arrive, including temperature checks and symptom screenings.
- We are prepared to conduct COVID testing with patients and staff if necessary
- We are limiting the number of patients in our facility, especially in waiting areas, to maintain social distancing.
- All visits will be by appointment only, no walk-in appointments will be accepted at this time.
- All patients will be required to wear a mask and all of our staff will be fully equipped with the appropriate protective gear.

As we have done since the beginning of this situation, we will continue to meticulously sanitize our facility frequently throughout the day, including disinfecting all surfaces, equipment, and seating areas before and after each patient, and performing our extensive Deep Cleaning Protocol on a nightly basis.



**PDOgro™**  
by Alan J. Bauman, MD  
**Dr. Alan Bauman's PDOgro™ "Lunchtime" Hair Restoration treatment can be done in just over an hour**

**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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# FaceTite

## WHAT IS FACETITE?

**F**aceTite provides dramatic improvement in skin laxity on the face and neck, which was previously only attainable through a surgical procedure such as a facelift. FaceTite utilizes minimally invasive radio-frequency energy to melt fat and tighten skin.

### BENEFITS

- Non-excisional • No scars • Superior body contouring • Significant body tightening results (up to 40% skin contraction observed in clinical studies)
- Uniform treatment • Consistent results
- Less bruising, swelling and pain
- Shorter downtime • Improved safety

### WHAT AREAS CAN BE TREATED?

Any areas on the face and neck with saggy skin can be treated. This includes the double chin, jowl line as well as other areas with deep lines and loose skin.

### WHAT KIND OF PROCEDURE CARE IS REQUIRED?

FaceTite is a minimally-invasive procedure performed under local anesthesia or light sedation. Post procedure, patient can go home and resume regular activities shortly after. Wearing a compression garment is required for best results.

### HOW IS THIS BETTER THAN A FACELIFT?

By avoiding a facelift excisional procedure, patients will be scar free and will benefit from reduced post-procedural swelling and discomfort. This is a less traumatic process with a natural looking final result.

### HOW QUICKLY WILL I SEE RESULTS?

Results can be seen immediately, with best results noticeable after 6-12 weeks.

FaceTite is a safe and effective minimally invasive procedure, where a wand is inserted under the skin to melt fat inside while tightening the skin on top. This is a new procedure that is the next best thing to a surgical facelift, for patients who don't want to have a dramatic surgery, this is the perfect solution.

The treatment can be performed under local anesthesia or even light sedation it provides surgical results without the scars. Patients can be assured of a minimally invasive aesthetic procedure with decreased pain, swelling and downtime, and avoid larger surgical procedures.

1 treatment is needed and results continue to improve up to 3 to 6 months afterwards.

**SAFETY:** Built-in safeguards assure high safety levels. FaceTite's proprietary technology includes the regulation of skin temperature, impedance levels, energy monitoring, and cut-off levels.

## WHAT IS BODYTITE?

BodyTite is a great solution for individuals who are looking to reduce fat without the saggy, wrinkly skin. It also helps improve saggy skin after weight loss or due to aging. BodyTite is a minimally invasive procedure that shapes, tightens and lifts without the scalpel or scar. You are left with surgical-like results without the added downtime. BodyTite uses RFAL (Radio-Frequency Assisted Lipoplasty) technology that addresses some of the shortcomings associated with traditional liposuction or surgical body lifts.

### WHAT AREAS CAN BE TREATED?

If you can imagine it, you can do it: stomach, arms, chest, knees and inner/outer thighs are some of the most common treatment zones. Multiple areas can be treated in one visit. Each zone will take approximately 15 minutes of treatment.

### HOW QUICKLY WILL I SEE RESULTS?

Results can be seen immediately, with best results noticeable after 3-6 months.

### WHAT IS THE DOWNTIME?

Depending on the treatment area, downtime can be from 1-2 days up to 10 days.

### WHAT ARE BODYTITE EFFECTS?

BodyTite gently treats fat in stubborn areas while tightening the skin, helping you sculpt your body into its ultimate shape.

BodyTite is a safe and effective minimally invasive procedure, where a wand is inserted under the skin to melt fat inside while tightening the skin on top. This is a new procedure that is the next best thing to a surgical tummy tuck, for patients who don't want to have a dramatic surgery, this is the perfect solution.

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**SAFETY:** Built-in safeguards assure high safety levels. BodyTite's proprietary technology includes the regulation of skin temperature, impedance levels, energy monitoring, and cut-off level.

## SIGNATURE MINIMALLY INVASIVE BODY CONTOURING

I have been using "Smart Lipo," minimally invasive laser liposuction very effectively for 13 years, and it took until now with the new InMode Bodytite, Facetite technology to convince me that there is a better technology available to contour the face and body. Instead of using laser technology, BodytitePro uses radiofrequency wavelength, the wavelength that is most effective for tightening skin and melting fat at the same time.

It is similar to laser liposuction in the way that only local anesthesia, so called "tumescent anesthesia" is used to numb up the area to be treated, a tiny incision is made and the fat is molten and skin tightened at the same time. Subsequently, the liquid fat is removed with a suction device. The perfect candidate is somebody with fat deposits and loose skin that cannot be improved with diet and exercise alone. Areas that can be treated are abdomen, flanks, inner thighs, outer thighs, knees, chin, neck, and jowls.

The advantage over traditional liposuction consists of the risk of general anesthesia being eliminated, more even results, less trauma and significant less downtime. What I mean by less downtime is less pain, bruising and swelling compared to traditional liposuction. Most importantly, traditional liposuction leaves people with loose skin, the Bodytite, Facetite technology is exceptional and revolutionary for skin tightening. This is the reason it is also superior to laser liposuction.

While fat reduction can be seen within 4-8 weeks, it takes 6-12 months to see the absolute end results of the procedure since skin is stimulated to tighten by itself and that process takes time. This technology is a game changer in terms of "minimally invasive body contouring."

It can be very effectively used by itself, but now I am combining this state of the art technology with (PAL) or "Power assisted liposuction" to achieve even better inch reduction. This PAL technology uses a power assisted cannula that gently vibrates, which allows the cannula to pass through fibrous tissue with remarkable ease. Once the fat is suctioned I follow it with Morpheus8, a micro-needling with radiofrequency device applied to the surface of the skin, to even further stimulate skin tightening.

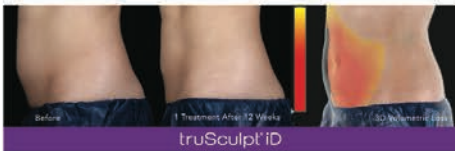
The combination of these technologies gives me remarkable inch reduction and skin tightening results. I have specifically researched technology that yields the best results and feel that this combination treatment is truly groundbreaking for non-surgical body contouring.



# THE NEXT EVOLUTION OF PERSONALIZED BODY SCULPTING

## truSculpt® iD

**W**e finally have the answer for those of us who have areas of fat on our body that we just cannot get rid of despite diet and exercise and do not want invasive liposuction, surgery or be left with sagging skin. The latest advancement in body contouring is here and it works!



Over the years I pursued the quest to find the most effective non-surgical body-contouring technology.

So first, I had Zerona then CoolSculpting and then finally SculpSure, but none of these technologies impressed me like truSculpt® iD. This is the latest Body Sculpting technology that utilizes radio frequency wavelength to non-invasively melt fat under the skin and results in a 24% fat thickness reduction with one treatment alone. The treatment takes 15 minutes per area and multiple areas can be treated at the same time. This radio frequency technology penetrates deep to heat the entire fat layer from skin to muscle. The treatment is very comfortable, it feels like a "warm" massage and the melted fat is eliminated through the lymphatic system, through urine within 8- 12 weeks. There is absolutely no down time and all areas of the body can be treated effectively. Since radio frequency energy is being used we obtain excellent skin tightening results unlike any of the previous non-invasive body sculpting devices. In addition, there are no side effects unlike any of the other technologies.

With so many of the body contouring technologies out there, I think it would be helpful if I compare the most popular technologies available:

### Coolsculpt vs truSculpt® iD

Coolsculpt uses freezing to eliminate fat, it can be uncomfortable and can result in skin laxity.

### SculpSure vs truSculpt® iD

SculpSure can require more than one treatment for 24% reduction and is uncomfortable. Multiple areas cannot be treated at the same time and some areas cannot be treated at all with SculpSure.

### truSculpt® iD vs Emsculpt

Emsculpt is a muscle toning device, not body contouring. There is not much, if any fat reduction.

### Overall advantages of truSculpt® iD over other body contouring devices:

- multiple areas can be treated at the same time
- no side effects
- good skin tightening as well as fat-melting
- any area or size of the body can be treated
- 24% fat reduction with one 15-minute treatment

### Areas that can be treated:

- chin fat
- arms
- bra strap fat
- flanks
- hips
- inner thighs
- outer thighs
- knees.

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

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# WHAT IS MACULAR DEGENERATION?

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

**A**ge-related macular degeneration (AMD) is a deterioration or breakdown of the eye's macula. The macula is a small area in the retina - the light-sensitive tissue lining the back of the eye. The macula is the part of the retina that is responsible for your central vision, allowing you to see fine details clearly.

The macula makes up only a small part of the retina, yet it is much more sensitive to detail than the rest of the retina (called the peripheral retina). The macula is what allows you to thread a needle, read small print, and read street signs. The peripheral retina gives you side (or peripheral) vision. If someone is standing off to one side of your vision, your peripheral retina helps you know that person is there by allowing you to see their general shape.

Many older people develop macular degeneration as part of the body's natural aging process. There are different kinds of macular problems, but the most common is age-related macular degeneration.

With macular degeneration, you may have symptoms such as blurriness, dark areas or distortion in your central vision, and perhaps permanent loss of your central vision. It usually does not affect your side, or peripheral vision. For example, with advanced macular degeneration, you could see the outline of a clock, yet may not be able to see the hands of the clock to tell what time it is.

Causes of macular degeneration include the formation of deposits called drusen under the retina, and in some cases, the growth of abnormal blood vessels under the retina. With or without treatment, macular degeneration alone almost never causes total blindness. People with more advanced cases of macular degeneration continue to have useful vision using their side, or peripheral vision. In many cases, macular degeneration's impact on your vision can be minimal.

When macular degeneration does lead to loss of vision, it usually begins in just one eye, though it may affect the other eye later.

**Types of macular degeneration: dry macular degeneration and wet macular degeneration**

**There are two types of macular degeneration:**

Dry, or atrophic, macular degeneration (also called non-neovascular macular degeneration) with drusen. Most people who have macular degeneration have the dry form. This condition is caused by aging and thinning of the tissues of the macula. Macular degeneration usually begins when tiny yellow or white pieces

of fatty protein called drusen form under the retina. Eventually, the macula may become thinner and stop working properly.

With dry macular degeneration, vision loss is usually gradual. People who develop dry macular degeneration must carefully and constantly monitor their central vision. If you notice any changes in your vision, you should tell your ophthalmologist (Eye M.D.) right away, as the dry form can change into the more damaging form of macular degeneration called wet (exudative) macular degeneration. While there is no medication or treatment for dry macular degeneration, some people may benefit from a vitamin therapy regimen for dry macular degeneration.

**Using an Amsler grid to test for macular degeneration**

If you have been diagnosed with dry macular degeneration, you should use a chart called an Amsler grid every day to monitor your vision, as dry macular degeneration can change into the more damaging wet form.

To use the Amsler grid, wear your reading glasses and hold the grid 12 to 15 inches away from your face in good light.

- Cover one eye.
- Look directly at the center dot with the uncovered eye and keep your eye focused on it.
- While looking directly at the center dot, note whether all lines of the grid are straight or if any areas are distorted, blurry or dark.
- Repeat this procedure with the other eye.
- If any area of the grid looks wavy, blurred or dark, contact your ophthalmologist.
- If you detect any changes when looking at the grid, you should notify your ophthalmologist immediately.

**Wet, or exudative, macular degeneration (also called neovascular macular degeneration)**

About 10 percent of people who have macular degeneration have the wet form, but it can cause more damage to your central or detail vision than the dry form.

Wet macular degeneration occurs when abnormal blood vessels begin to grow underneath the retina. This blood vessel growth is called choroidal neovascularization (CNV) because these vessels grow from the layer under the retina called the choroid. These new blood vessels may leak fluid or blood, blurring or distorting central vision. Vision loss from this form of macular degeneration may be faster and more noticeable than that from dry macular degeneration.

The longer these abnormal vessels leak or grow, the more risk you have of losing more of your detailed vision. Also, if abnormal blood vessel growth happens in one eye, there is a risk that it will occur in the other eye. The earlier that wet macular degeneration is diagnosed and treated, the better chance you have of preserving some or much of your central vision. That is why it is so important that you and your ophthalmologist monitor your vision in each eye carefully.

**Macular Degeneration Symptoms**

In its earliest stages, people may not be aware they have macular degeneration until they notice slight changes in their vision or until it is detected during an eye exam. People who are at risk for macular degeneration should have regular eye exams to test for macular degeneration and, if diagnosed, beg.

**Dry macular degeneration signs and symptoms**

- Blurry distance and/or reading vision
- Need for increasingly bright light to see up close
- Colors appear less vivid or bright
- Hazy vision
- Difficulty seeing when going from bright light to low light (such as entering a dimly lit room from the bright outdoors)
- Trouble or inability to recognize people's faces
- Blank or blurry spot in your central vision



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**Lauren R. Rosecan**

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

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Dry macular degeneration can affect one or both eyes. You may not notice vision changes if only one eye is affected, as your unaffected eye will compensate for vision loss in the other eye.

#### Wet macular degeneration signs and symptoms

- Distorted vision — straight lines will appear bent, crooked or irregular
- Dark gray spots or blank spots in your vision
- Loss of central vision
- Size of objects may appear different for each eye
- Colors lose their brightness; colors do not look the same for each eye

Wet macular degeneration symptoms usually appear and get worse fairly quickly.

#### Who Is at Risk for Macular Degeneration?

Recently much new information on macular degeneration has been discovered. Genetic changes appear to be responsible for approximately half the reason for individuals getting macular degeneration. Additionally, there are other risk factors for developing the disease. Many older people develop macular degeneration as part of the body's natural aging process. One large study found that the risk of getting macular degeneration jumps from about 2 percent of middle-aged people in their 50s to nearly 30 percent in people over age 75.

#### Oxidative stress and macular degeneration

Our bodies constantly react with the oxygen in our environment. Over our lifetimes, as a result of this activity, our bodies produce tiny molecules called free radicals. These free radicals affect our cells, sometimes damaging them. This is called oxidative stress and is thought to play a major role in how macular degeneration develops. Approximately 1 in 3 Caucasians have genetic changes that make them more prone to damage from oxidative stress, which can lead to macular degeneration.

#### Macular degeneration in families

Heredity is another risk factor for macular degeneration. People who have a close family member with the disease have a greater chance of developing macular degeneration themselves.

#### Inflammation and macular degeneration

Some studies have shown that inflammation (swelling of the body's tissues) may play a role in macular degeneration development. Inflammation is the way the body's immune system fights off infection or other things it considers "invaders." But an overactive immune system with its associated inflammation may be a risk factor for macular degeneration.

Smoking, high blood pressure and abnormal cholesterol and macular degeneration.

Smoking and high blood pressure are associated with the wet form of macular degeneration. Research also suggests there may be a link between being obese and having early or intermediate-stage macular degeneration develop into the advanced (wet) form.

Another risk factor for developing macular degeneration may include having abnormal cholesterol levels or having high blood pressure (called hypertension).

#### Macular Degeneration Treatment

The Age-Related Eye Disease Study 2 (AREDS2) showed that among people at high risk for developing late-stage, or wet, macular degeneration (such as those who have large amounts of drusen or who have significant vision loss in at least one eye), taking a dietary supplement of vitamin C, vitamin E, lutein and zeaxanthin, along with zinc, lowered the risk of macular degeneration progressing to advanced stages by at least 25 percent. The supplements did not appear to provide a benefit for people with minimal macular degeneration or people without evidence of the disease during the course of the study.

Following is the nutrient supplementation shown to be beneficial in lowering the risk of macular degeneration progressing to advanced stages:

- Vitamin C – 500 mg
- Vitamin E – 400 IU
- Lutein – 10 mg
- Zeaxanthin – 2 mg
- Zinc oxide – 80 mg
- Copper (as cupric oxide) – 2 mg (to prevent copper deficiency, which may be associated with taking high amounts of zinc)

Another large study in women showed a benefit from taking folic acid and vitamins B6 and B12. Other studies have shown that eating dark leafy greens, and yellow, orange and other colorful fruits and vegetables, rich in lutein and zeaxanthin, may reduce your risk for developing macular degeneration.

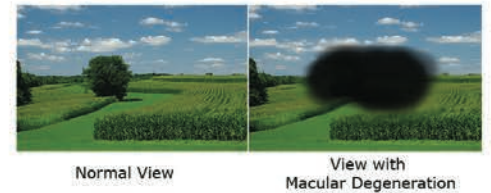
These vitamins and minerals are recommended in specific daily amounts in addition to a healthy, balanced diet. Some people may not wish to take large doses of antioxidants or zinc because of medical reasons.

It is very important to remember that vitamin supplements are not a cure for macular degeneration, nor will they give you back vision that you may have already lost from the disease. However, specific amounts of these supplements do play a key role in helping some people at high risk for developing advanced (wet) AMD to maintain their vision, or slow down the progression of the disease.

Talk with your ophthalmologist to find out if you are at risk for developing advanced macular degeneration, and to learn if supplements are recommended for you.

#### Wet macular degeneration treatment

Treating the wet form of macular degeneration may involve the use of anti-VEGF treatment, Micro-Pulse Laser Treatment of wet macular degeneration generally reduces—but does not eliminate—the risk of severe vision loss.



#### Anti-VEGF medication injection treatments for wet macular degeneration

A common way to treat wet macular degeneration targets a specific chemical in your body that causes abnormal blood vessels to grow under the retina. That chemical is called vascular endothelial growth factor, or VEGF. Several new drug treatments (called anti-VEGF drugs) have been developed for wet AMD that can block the trouble-causing VEGF. Blocking VEGF reduces the growth of abnormal blood vessels, slows their leakage, helps to slow vision loss, and in some cases improves vision.

Your ophthalmologist administers the anti-VEGF drug (such as Avastin, Lucentis, and Eylea) directly to your eye in an outpatient procedure. Before the procedure, your ophthalmologist will clean your eye to prevent infection and will use an anesthetic drop or injection of anesthetic with a very fine needle to numb your eye. You may receive multiple anti-VEGF injections over the course of many months. Repeat anti-VEGF treatments are often needed for continued benefit.

In some cases, your ophthalmologist may recommend combining anti-VEGF treatment with other therapies. The treatment that's right for you will depend on the specific condition of your macular degeneration.

#### Micro-Pulse Laser treatment for wet macular degeneration

Although most cases of wet AMD are treated with medication, in some instances thermal laser therapy may be used. Laser treatment is usually done as an outpatient procedure in the doctor's office or at the hospital.

The laser beam in this procedure is a high-energy, focused beam of light that produces a small burn when it hits the area of the retina to be treated. This destroys the abnormal blood vessels, preventing further leakage, bleeding and growth.

Following laser treatment, vision may be more blurred than before treatment, but often it will stabilize within a few weeks. A scar forms where the treatment occurred, creating a permanent blind spot that might be noticeable in your field of vision.

Usually the abnormal blood vessels are destroyed by laser treatment. However, it is likely that 50 percent of patients with wet macular degeneration who receive this laser procedure will need a re-treatment within three to five years. You may be instructed to use the Amsler grid daily to monitor your vision for signs of change.



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

By Aaron Rosenblatt, MD

**T**he 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.

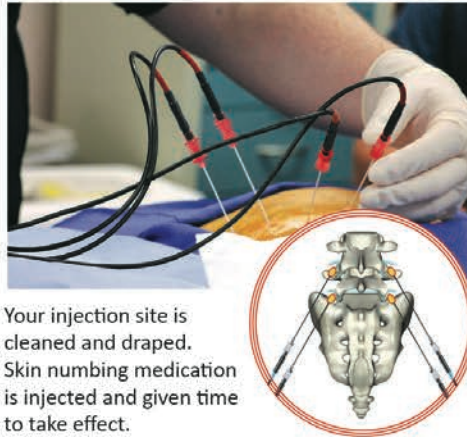
RF ablation is a precisely targeted injection that works by creating energy to destroy a facet joint's medial branch nerve. Relief from pain and related symptoms may last a year or longer. However, the medial branch nerve root regenerates (grows back) and facet joint pain may come back in years time. 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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# TELEHEALTH IS HELPING PROTECT CANCER PATIENTS DURING THE COVID-19 CRISIS

In March, 2020, Florida Cancer Specialists & Research Institute (FCS) launched telehealth services across all FCS sites statewide, allowing patients continued and convenient access to care, while mitigating the impact and spread of COVID-19. Since the implementation of telehealth, thousands of patients have taken advantage of the service and have participated in more than 16,000 virtual visits (about 22% of all patient visits) with FCS physicians and other clinicians in the past three months.

## Cancer Patients Are at Increased Risk

Cancer patients are among the most vulnerable populations in terms of contracting viral infections due to a compromised immune system, which can occur as a result of chemotherapy or other underlying health conditions, such as heart disease, diabetes or hypertension, that are often found in older adults. Wearing masks, increased handwashing, social distancing and other extra precautions help to reduce exposure to the virus. Beyond these measures, Florida Cancer Specialists has instituted visitor restrictions and other safety protocols at all of its clinics across the state and is providing telehealth visits to continue vital cancer care for those patients who are not required to come into the clinic for treatment.

## Telehealth Helps Reduce Risk of Exposure

Using video chat, FCS providers consult with patients remotely to share their laboratory results, treatment plans and more. To date, more than 600 providers, including physicians, advanced practice providers, nurses, social workers and nutritionists, have embraced the adoption telehealth not only to fulfill immediate healthcare needs in response to the outbreak, but also to support the delivery of high-quality patient-centered care. Telehealth visits are now covered by most insurance plans; patients may pay the same or possibly less than an in-office visit.



Prior to the COVID-19 crisis, telehealth did not play a significant role in oncology; however, due to the relaxation and updating of previous guidelines from the Centers for Medicare & Medicaid Services (CMS), we have now been able to introduce video meetings with our patients that maintain the high level of care and experiences our patients deserve and expect.

## Technology Makes Telehealth Simple for Patients and Physicians

Connecting providers and patients is easy, thanks to advanced technologies, which allow FCS to successfully integrate multiple electronic platforms to ensure our patients have the critical access needed for their continuation of care and communication. Further, and most importantly, personal health information is protected and secure in virtual visits, just as it is with an office visit. While telehealth is not suitable for every patient served by FCS, physicians can identify appropriate patients who are a good fit.

This virtual care solution plays a vital role in response to the pandemic crisis, maintaining patient access to care directly from home for cancer patients who are among the most immunocompromised populations. FCS was among the first cancer care groups in Florida to launch telehealth resources to cancer patients during the pandemic.

## WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, in nearly 100 locations throughout Florida. FCS is also on the leading edge of clinical trial research that provides FCS patients with access to the newest, most innovative and promising new 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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# The Latest Advancement in Refractive, Laser-Assisted Surgery for Cataracts

Dr. Monique Barbour  
Clear Vue Eye Center

**A**ccording to the American Academy of Ophthalmology, Cataracts affect more than 24.4 million Americans age 40 and older, and by age 75, more than half of that demographic will have advanced cataracts.

The usual symptoms of cataracts are blurry vision, seeing double, sensitivity to light (both natural and synthetic), trouble with night vision, and irritated eyes. The lens of the eye that is affected is behind the iris (the colored area of the eye). This lens filters light through the eye into the retina, allowing signals of the images that we see to transmit to the brain. But with cataracts, the lens is cloudy and scatters the light, causing blurred vision. If left untreated, cataracts can cause blindness.

The primary cause of the haziness of the lens is aging, but other issues can contribute to the disorder like smoking, family history, obesity, diabetes, excessive UV light (sun) exposure and disease. All of these risks are significant factors in the forming and worsening of cataracts. With cataract surgery, the Intraocular lens must be replaced. If both eyes need surgery, one will be done at a time to allow for optimal healing as well as optimal vision from the opposite eye.

**The Refractive Cataract Surgery Difference with Dr. Monique Barbour at Clear Vue Eye Center.**

**LASER-ASSISTED CATARACT SURGERY: Laser-Assisted Cataract Surgery - the latest exciting innovation available from Dr. Monique Barbour at Clear Vue with Dr. Barbour's revolutionary, high-tech implant procedure**

Removing cataracts surgically is the only option. Dr Barbour performs cataract surgery at several local hospitals and surgery centers on an outpatient basis. In most cases, Dr. Barbour anesthetizes the eye with topical anesthetics and combines a clear corneal incision with a procedure called Phacoemulsification. Using this small



incision surgical technique, a special instrument uses sound waves (ultrasound) to break apart the cataract and remove it. An intraocular lens (implant) is inserted at the time of cataract removal as a replacement for the natural lens that was cloudy. Small incision cataract surgery which does not require any stitches means a shorter recovery time so you can see clearly right away. After your eye has healed from the surgery, a change in your eyeglasses will be necessary to insure the sharpest vision. However, with Dr. Barbour's groundbreaking procedure, you might not need glasses at all.

**Latest Advancements in Laser-Assisted Cataract Surgery**

There are some exciting options available for patients considering cataract surgery. Dr. Barbour is trained on the Lensar and Catalyst femtosecond laser systems which are the newest surgical methods for assisted cataract surgery. The Lensar laser system was the first femtosecond *laser to gain approval for cataract surgery*. The laser is directed to make the entry incisions and correct astigmatism at the time of cataract surgery.

There are several options available for the type of implant that patients may choose to enhance their vision or become less dependent on glasses. The 'multifocal' or 'accommodating' type of implant helps patients achieve maximum vision potential with focusing capabilities for distance, intermediate and near. The 'toric' implant corrects astigmatism. Dr. Barbour uses both the 'multifocal' and 'toric' implants to help you achieve your goals of becoming less dependent on glasses. Alternatively, astigmatism may be corrected using the Lensar laser system and an 'accommodating' implant can be implanted at the same time to reduce the need for glasses.

To learn more about femtosecond cataract surgery, Please visit [Abbottmedicaloptics.com](http://Abbottmedicaloptics.com).

**Clear Vue Eye Center**

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- Cataracts & Astigmatism
- Dry Eye Syndrome
- Glaucoma
- Diabetic Eye Disorders
- Pterygium



**What We Offer**

Thanks to Dr. Barbour's glamorous appeal, and cutting-edge fashion style, Clear Vue Eye Center has become the spotlight in western communities.

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- Optometry
- Optical
- Emergency Eye Care
- Botox and Dermal Fillers
- Cosmetic Lasers
- Pterygium and Eye Whitening
- Laser Vision Correction Surgery
- Community and Non-Profit Services
- Multilingual Staff
- Dry Eye Center

*To learn more about Dr. Monique Barbour and Clear Vue Eye Center and their eye health expertise, please visit our website at [clearvuenow.com](http://clearvuenow.com) and facebook page at [State-Of-The-Art Instrumentation](#) or schedule your appointment by calling 561-432-4141.*

**Monique M. Barbour, M.D.**

Dr. Barbour A Board Certified Ophthalmologist. She attended Satint Augustine's University 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 Institute de Clinica Barraquer in Bogata, Columbia. 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 diplomat 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.



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# HOW IS THE PANDEMIC AFFECTING MY BRAIN?

**O**ur brains are designed to adapt. As humans, we are not stationary...we are ever changing, adjusting, evolving, learning and growing. But what if our brain doesn't adjust? What if we get stuck and can't adapt? Or what if our routine, norms, society, and emotions are changing too fast for our brain?

A global pandemic by definition, is global. You are not alone, the entire world is responding to the same thing you are. And even though you are not alone; social distancing, quarantine and "safer at home" orders are making us feel extremely isolated.

Even if we feel like we can behaviorally adjust to the changes in the world right now, to get your brain "on board" with that can be a completely different story.

## When does my brain have to adjust?

Our brain adjusts constantly to new situations, life changes, and society shifts. Your brain has to adjust to positive and negative life events: moving, having a baby, marriage, divorce, beginning relationships/friendships and ending relationships/friendships, new jobs, leaving old jobs, recessions, boosts in income and drops in income, and even something as simple as the change of seasons or a full moon can cause our brains to make a shift. In the current situation, we are being required to make several shifts at once, with some individuals having more life changes than others. Everyone's brain, regardless of age, socio-economic status, or risk factors is being asked to shift right now. The uniqueness of this pandemic is that the impact on our social, economic and psychological well-being is intense, complicated, and prevalent. You may be experiencing some or all of these:

1. Social distancing from friends/family
2. Isolation to home, not able to travel or maintain a routine
3. Economic/financial stress



4. Unemployment or at risk of losing small business (if not so already)
5. Worry/Fear of getting sick regardless of risk factors
6. Being sick and faced with the restricted treatment and access to assistance/ isolation and stigma
7. Education concerns, meeting graduation requirements, being able to resume education or programs, uncertainty about future.
8. Losing loved ones to COVID-19 or other factors.
9. Not being able to celebrate with friends and family life events such as marriage, graduation, and the passing of a loved one.

The ripple effect of this pandemic is still being felt and new consequences are still being discovered.

## What does it look like if my brain isn't adjusting?

We usually give our brains a chance to adjust to change and eventually adapt a "new normal". However, so far what we are seeing with the current pandemic situation is that most of our brains have endured a significantly prolonged amount of stress. The changes that our brains need to "adjust" to are not known fully. The stress that is caused by this is

unmeasured. We are in uncharted waters here and none of us can fully predict nor have a reference point for the future outcome. Therefore our brains remain in a state of dysregulation regardless of our behavioral adaptation. Although we all try to be in control in order to help our brain adjust, that need for control over your life, your brain and this situation looks different in different people. We are all struggling with the same issue and our brains are trying to achieve the same goal but control behaviors vary but themes can look like:

1. Completely complying with rules, regulations and guidelines even though they are continuing to develop and evolve.
2. Refusing to comply with rules, regulations or guidelines with denial of the situation.
3. Believing in conspiracy theories or a disbelief in research, facts, or data.
4. Over-compensating by complete isolation.
5. A mix of all of the above that can shift and change as we process, grasp and try to get control of the situation.

Regardless of how you try to behaviorally control the situation, your brain may still experience:

1. Stress
2. Anxiety
3. Depression
4. Focus/concentration issues
5. Memory issues
6. Worrying
7. Fear/Panic
8. Sleep problems
9. Relationship strain
10. Increased inflammation/ headaches/ pain
11. Increase in previously treated symptoms

**What does it look like if my child's brain isn't adjusting?**

We believe that children are more resilient and can handle things better because they may not fully understand the scope or don't have the magnitude of responsibilities that adults have to juggle and adjust to. And yes, this is somewhat true. But kids are unique in that their level of awareness and understanding does change as their brains change. A young child is going to struggle with understanding why he can't resume his normal routine of going to the park, or playing with friends. This child responds with frustration, confusion, and feelings of being out of control. Where an older child has somewhat of an understanding that this is a serious issue that may affect them or their parents and responds with worry, fear, or over attachment. Parents may see all of these or more happening with their children. Special needs children that are comforted by routines and rituals, can find the current climate to be very unsettling.

Regardless of age, these situations, symptoms, and behaviors are signs of our brain's attempt to adjust. If symptoms do not resolve with a return to modified activities, it may mean that even though you have processed, rationalized, and educated yourself about returning to a balanced and peaceful life, your brain is continuing to work on adjusting.

**What can I do to help my brain adjust?**

Neurofeedback can help. Neurofeedback can not only help reduce the symptoms specific to you, but it can "retrain" the neural patterns in the brain so that "adjusting" 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
- ADD/ADHD
- Seizure disorders
- Migraines/headaches
- Cognitive decline
- Rages/mood swings
- Autism/Asperger's
- Sleep disorders
- Sensory processing disorder
- Auditory/visual processing
- Traumatic brain injuries
- Peak performance
- Attention/focus/concentration
- Learning disabilities
- Depression
- Bipolar disorder
- Chronic pain/Fibromyalgia
- Stroke
- Oppositional defiant disorder
- Reactive attachment disorder
- 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 or in a telephone consultation. 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).

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



## I Want a Dental Implant But I Will Be Leaving Soon For the Summer... What Can I Do?

**M**any of our "snowbird" patients run into this dilemma during the late winter and early spring. This particular question is one we are asked routinely with good cause. Understanding the steps of dental implant therapy can help simplify the decision process when it comes to timing treatment around your schedule.

### THE PROCESS:

Dental implants can be used in many different ways. They can serve to replace a single tooth, multiple teeth or even help restore a smile and chewing function for your whole mouth. The easiest way to understand a basic dental implant is to think about a single tooth. A tooth has 2 parts: the crown (which you see when you smile) and the root (which anchors the tooth in the bone). A dental implant is nothing more than a replacement root.

Once the tooth is extracted, a new root (the implant) can be placed in the empty socket where the old root used to live. The implant is typically hidden under the gum tissue and is not visible. As the area heals, the implant "glues" to the bone. This typically occurs with a high probability of success, but as with any procedure, there are no guarantees. It is also important to remember that medical issues and personal habits, such as smoking, can impact if the dental implant "takes". The time for this healing and gluing can vary. The range of time is determined by a number of factors based on your individual situation, but often ranges from 12 weeks to 6 months. After successfully gluing to the bone, the implant root is ready to have your dentist fabricate the crown.

### THE WAIT:

In a typical treatment, time is needed for the implant or implants to glue to the jaw bone. If the implant and bone have not fused and a crown is attached, it is possible to injure the site and require the implant to be removed and replaced. This can be compared to pouring wet concrete around a pipe and moving the pipe before the concrete sets. On the other hand, waiting slightly longer than necessary for the implant to fuse, does not carry the same risk.

The fact that implants need time to fuse to the bone actually fits very well with the schedules of our snowbird patients. Many of them choose to have their implants placed prior to leaving for the summer. This option allows them to use the summer months to let the area heal while forgetting the treatment has been started. When returning to the area in the fall or winter, the implants are typically fused to the bone and ready to have the dentist fabricate the permanent crowns. This sequencing is similar to baking a cake. The initial work is completed and then forgotten about until the timer is up. Spacing treatment to utilize the summer months as healing time can be an effective way to continue your treatment without delaying the final results.

Every patient's treatment needs are not the same. A complete examination is necessary to develop a plan that will meet your individual desires. In many cases, the use of the summer months as healing time can help keep your treatment on track without unnecessary delays.

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 Periosteal Laser (LANAP procedure) to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.*

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

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



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

**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.

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

### The O-Shot

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

### P-Shot®

Penile rejuvenation for Peyronie's disease & erectile dysfunction.

### Vampire Breast Lift

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


### Aesthetic Treatment Centers

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



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# PANIC ATTACKS?

## Today's Biofeedback Helps You Tackle Life Without Them (and So Can Improved Gut Health)

by Michael Cohen, Founder, Center for Brain Training



**PANIC ATTACKS** can be debilitating. They can occur “out of the blue.” They cause intense fear or discomfort. They’re accompanied by physical symptoms – sweating, racing heart, stomach issues and tight chest and extremities.

*Do you or someone you love suffer from panic attacks?*

*Do you live in daily fear that a panic attack can occur any time, any place?*

You’re not alone. Every day millions of people in the U.S. experience panic attacks, and the problem is getting worse. In fact, it seems to be an epidemic.

**You can reduce the number and intensity of your panic attacks without medication or therapy.**

Over the past 10 years I’ve seen a significant increase in the number of teens and adults coming to me for panic attacks, and I hear the same thing from my colleagues.

No one knows for sure why these numbers are increasing. I speculate that it may have something to do with environmental factors, like the **decreased nutritional value of food** and **more pesticide residues** in our food. It may also have to do with the proliferation of **smart phones**, the **internet** and **social media** – **too much screen time** and **too little sleep**.

### **Drugs don’t work for many people**

Many of the people who come to the Center for Brain Training have already gone to doctors or emergency rooms and been prescribed drugs, like Xanax, which didn’t work very well. They’re at the end of their rope.

### **The Center for Brain Training Experience**

Clients have a very different experience at our clinic.

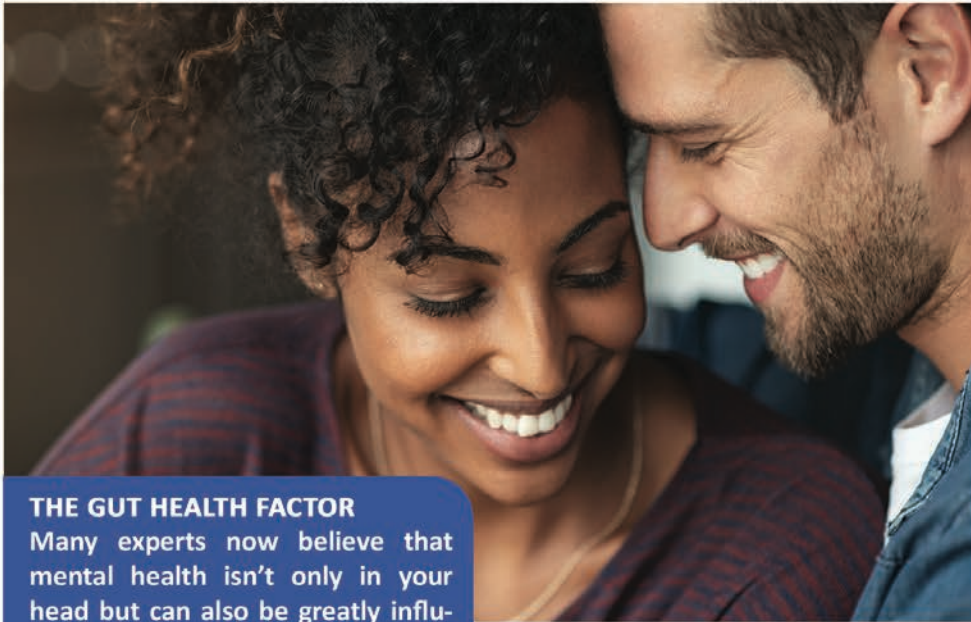
**Holistic. No drugs. No therapy. No judgment.**

**Customizing our approach to each person is a hallmark of care at the Center for Brain Training.**

We offer a unique approach to dealing with panic attacks that combines neurofeedback with body biofeedback, also known as bioregulation therapy. This combination helps re-set and calm the nervous system and breaks the cycle.

**It works for about 80% of our clients. By the fifth session, most people have noticed improvement.** (We may recommend that some people, depending on their situation, do as many as 15 more sessions to ensure that the benefits hold.)





### THE GUT HEALTH FACTOR

Many experts now believe that mental health isn't only in your head but can also be greatly influenced by your gut health. Emerging research is showing that an unbalanced gut microbiome (microorganisms that live in the digestive tract) can be highly related to panic attacks and anxiety symptoms.

As part of our comprehensive approach, we frequently recommend diet changes and special dietary supplements that can help improve gut health. We also sometimes refer our clients to a functional or integrative medicine doctor to rule out underlying physical causes.

### Case histories of panic attack sufferers

"Nicole" had worked for years as a waitress to put herself through nursing school. When she got her dream job, it soon became a nightmare. Severe anxiety and daily panic attacks made walking into the hospital every day an exercise in courage. She worried that her mental state might impact her ability to care for her patients. A year of experimenting with different medications didn't help. Desperate, she tried neurofeedback. After her third session she felt calm enough to discontinue her medication. After her fifth session she was panic-free with significantly less anxiety and was able to discontinue her neurofeedback training.

Brett\* had become so paralyzed by panic attacks that he had been unable to work or drive for two years. He was on heavy-duty mood stabilizers, an antipsychotic medication and other drugs. The medications helped somewhat but not enough for him to function. After one month of intensive neurofeedback training, his panic attacks and extreme anxiety diminished, and he was able to drive again.

"My skin was crawling. I was sick to my stomach all the time and my whole body felt like it was shocking me." That's how Aaron\* described the debilitating and tortuous months when he was so engulfed by the flames of panic and sudden-onset anxiety that he couldn't sleep, stopped eating and shut out everything and everyone he cared about.

After doctors – and medications – couldn't help, he found his way to the Center for Brain Training. After three months of neurofeedback, body biofeedback and CBD oil he was "back to his old self 100 percent."

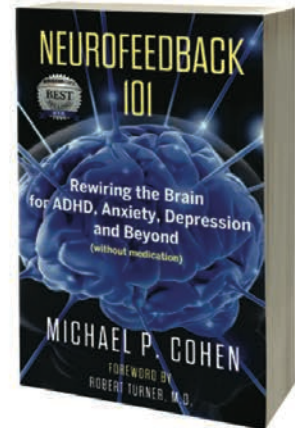
\*Names changed to protect confidentiality

To learn more about how we can help improve your anxiety or gut health, contact my office or go to:  
<https://www.centerforbrain.com/conditions/anxiety/>



### Michael Cohen Director and Chief of Neurotechnology

Mike is one of the leading experts in brain biofeedback. For more than 25 years he has helped children and adults feel better who suffer with a wide range of problems including ADHD, anxiety, insomnia, and learning and processing issues. He has taught neurofeedback to over 3,000 healthcare professionals, including medical doctors, all over the U.S. and the world.



**Interested in learning more about neurofeedback?**  
 You'll have all your questions answered in Mike Cohen's new Amazon best selling book *Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication)*.

Available in paperback or Kindle format on Amazon.



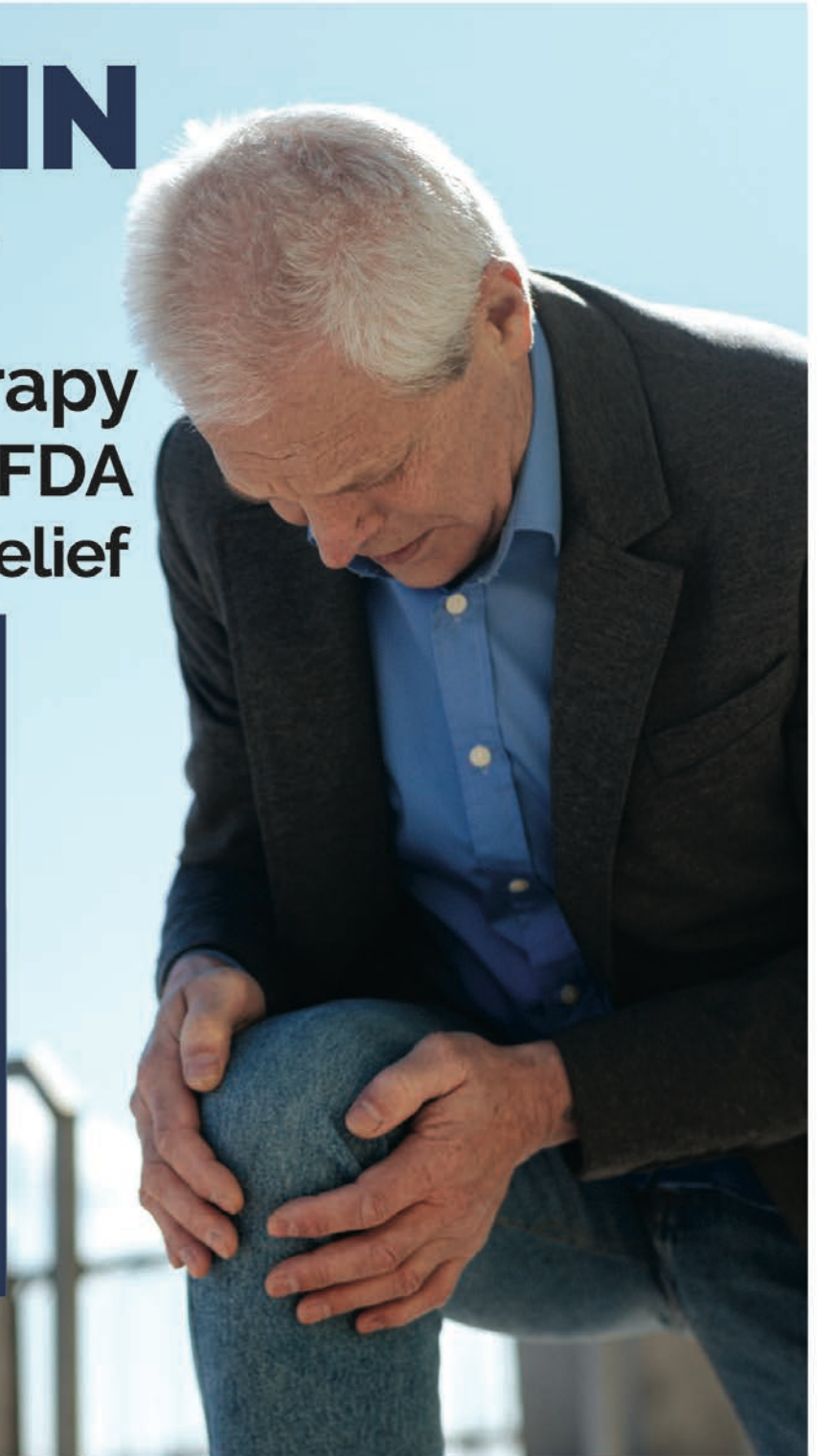
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# KNEE PAIN

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

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

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



**Causes of knee osteoarthritis**

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

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

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

At the Advanced Spine & Joint Institute, their goal is to give you the best chance of preventing knee replacement surgery, which is what arthritis frequently involves if left unprotected or untreated. Their medical practitioner will inject directly into your knee joint using a high-tech medical device called a fluoroscan to pinpoint the exact location intended with extreme accuracy, which provides the best possible outcome from each injection.

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

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

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

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

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

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

The **Advanced Spine & Joint Institute** offers the latest therapies and technology to relieve joint pain more effectively without drugs or painful surgery. Their protocol system offers many people a safe and straightforward technique to relieve chronic joint pain. They offer a no-cost, no-obligation consultation where you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options will be for your specific knee pain issues.

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



**Benefits**

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

With so many people suffering from knee arthritis, the demand for this procedure has been overwhelming. Please call (561) 721-0492 now to schedule your appointment. To learn more, please visit their website at [advancedspineandjoint.com](http://advancedspineandjoint.com) or Facebook page.

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Clinical Associate Professor, Shands Hospital (UF)  
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LANAP (Laser Periodontal Therapy) Certified  
Past President, Florida Association of Periodontists

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## How Doctors Choose Surgeons

By David A. Goldman MD

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

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

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

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



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Brent Myers

## You Deserve a BREAK TODAY...

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

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

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

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

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

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

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

### *His Model*

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

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

### *His Command*

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

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

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

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

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