

S O U T H F L O R I D A ' S

Health & Wellness[®] MAGAZINE

July 2020

Palm Beach Edition - Monthly

www.sflhealthandwellness.com



FREE



SILHOUETTE INSTALIFT

**PLATELET-RICH-PLASMA
(PRP) THERAPY
FOR PAIN CONDITIONS**

**THERE'S A LOT MORE
TO MEDICAL MARIJUANA
THAN SMOKING POT**

**DON'T STRESS
ABOUT HAIR LOSS**

**SENIORS AGING
IN PLACE**



**INTERVENTIONAL PAIN MANAGEMENT
PHYSICAL MEDICINE & REHABILITATION**



- **Compassionate Care**
- **Prompt Appointments**
- **State-Of-The-Art Technology**
- **Sedation Available Upon Request**
- **Platelet Rich Plasma Therapy**

- Back/Neck Pain
- Facet Joint Pain
- Hip, Knee And Shoulder Joint Pain
- Joint Osteoarthritis
- Failed Spine Surgery
- Sacroiliitis
- Spinal Stenosis And Sciatica
- Rib Pain/Fractures & More...



Aaron Rosenblatt, MD
Board Certified

**Early Pain Treatment
CAN PREVENT
Prolonged Suffering!**

american PAIN CARE specialists
back to work, play & life

13722 S. Jog Road, Suite A,
Delray Beach, FL 33446
Web: www.improvepain.com
Book An Appointment With Us Today!
561-819-6050



TRUSTED HOMECARE SERVICES

Our mission is to assess the needs of each client to help them maintain their independence while living in their own homes and communities.

Services



- Healthcare Staffing Services
- Licensed RNs and LPNs
- Companion/Homemaker
- Assisted Living
- Respite Care
- Live-in Care
- Personal Care
- End of Life/Hospice Care
- Chronic Illness/Disability Care
- Meal Preparation
- Housekeeping
- Shopping & Errands
- Transportation to Doctor Visits



TRUSTED HOMECARE SERVICES

CALL US TO RECEIVE
1 DAY OF NURSING CARE
FREE, RESTRICTIONS APPLY

561.314.3976
WWW.TRUSTEDHCS.COM



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

The Cost of a Revocable Living Trust

Single Person
\$399⁰⁰

Married Couple
\$499⁰⁰

(plus incidental costs)

**VA/MEDICAID
BENEFITS
YOU MAY
QUALIFY**

Regardless of your assets

Serving Florida seniors throughout the state since 1989

Offices located in
Boca Raton and Fruitland Park, The Villages

Call Today! 1.800.731.8784
www.elderplanner.com

BREAKTHROUGH HAIR GROWTH SOLUTION

BENEFITS BUSY EXECUTIVES

Non-invasive. No blood sample. No downtime. No recovery.

Your lunch-hour hair growth solution is our breakthrough **PDOgro™** procedure.

Pioneered by Alan J. Bauman, MD, **PDOgro™** is just one of many advanced hair restoration options for men and women that can work for you.



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Alan J Bauman, MD, ABHRS, IAHRs



#1 Top
Hair Restoration
Surgeon

Call **561-220-3480** to schedule your in-office or virtual consultation with a **nationally recognized hair loss expert.**

1450 S. Dixie Hwy, Boca Raton, FL 33432 | **CALL 561-220-3480** | **BAUMANMEDICAL.COM**
See before & after images at **BAUMANMEDICAL.COM**



BEAUTY LABS
SPA AND WELLNESS CENTER

Daniela Dadurian, M.D.
Medical Director

Board Certified Anti-Aging
and Regenerative Medicine
Board certified Laser Surgery

A LUXURY MEDSPA FEATURING THE LATEST IN LASER TECHNOLOGIES

- Botox / Juvederm
- Skin Tightening
- Medical Facials
- Smart Lipo
- Tattoo Removal
- Cellulite Reduction
- Weight Loss
- Toe Fungus Removal
- Skin Resurfacing
- Laser Hair Removal
- VI Peel
- Ulthera- Skin Tightening
- Pellet Hormone Therapy
- IV Vitamin Therapy
- SculpSure - Fat Melting
- Endymed
- YLift Non-surgical Facelift
- Vaginal Rejuvenation



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

320 S. Quadrille Blvd.
West Palm Beach, FL 33401

340 Royal Poinciana Way
Suite 325D, Palm Beach, FL

1000 N. Olive Avenue
West Palm Beach, FL

561-655-6325

www.mdbeautylabs.com

Bring in this ad to receive **\$100 off***
your first medical service.

* Valid on purchases of \$300 or more



www.clearvuenow.com

Insurance Accepted

OPTICAL BLOWOUT!!

Clear Vue Eye Center

7657 Lake Worth Rd | Lake Worth

Located east of Florida Turnpike in Nassau Square Plaza

561.432.4141

Call Today for an Appointment



Mon-Fri
8:30 AM - 5 PM



The Retina Institute of Florida

Providing expert specialized care for over 25 years

- Commitment to Treatment and Diagnosis of Retina, Macula and Vitreous
- Personalized Patient Care
- Several Locations for Patient Convenience
- Advanced Treatment for Macular Disorders
- Advanced Surgical Techniques
- Affiliation with "State-of-the-Art Surgical Center"



Lauren R. Rosecan,

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

Diplomate American Board of Ophthalmology

"A center of excellence for the diagnosis and treatment of retinal, macula and vitreous diseases and disorders."

We Have Emergency Care!

(800) 445-8898

www.theretinainstituteofflorida.com

LOCATIONS

WEST PALM BEACH

901 North Flagler Drive, 33401
(561) 832-4411 Office
(561) 832-1591 Fax

PALM BEACH GARDENS

11382 Prosperity Farms Rd., #128, 33410
(561) 627-7311 Office
(561) 627-6791 Fax

STUART

618 East Ocean Blvd., #3, 34994
(772) 287-7026 Office
(772) 220-4186 Fax

BOCA RATON

1050 NW 15th Street, #114, 33486
(561) 368-7723 Office
(561) 368-0093 Fax

contents

July 2020

- | | |
|--|--|
| 6 Don't Stress About Hair Loss This Summer | 18 Health Channel |
| 8 Seniors Aging in Place | 19 My Tooth Hurts When I Chew... |
| 9 Know the ABCS of Skin Cancer | 20 Treating Anxiety and Depression with Neurofeedback |
| 10 SILHOUETTE INSTALIFT: A Game Changer for Non-Surgical Facial Contouring and Body Contouring | 22 All the Rage with Celebrities, The Vampire Facelift and Facial Can Give You Your Youthful Appearance Back |
| 12 Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions | 23 Knee Pain Doesn't Mean You Need Surgery — Alternative Therapy Approved by the FDA for Knee Arthritis Relief |
| 13 Harmful Uv Rays: How and Why Protecting Your Eyes Is Imperative | 24 Anxious Times Worried, Sleepless, Stressed? Neurofeedback Could Help |
| 14 What Is Diabetic Retinopathy? | 25 The Cornea |
| 17 There's a Lot More to Medical Marijuana than Smoking Pot | 23 Spiritual Wellness: It's Hot Everywhere In July |

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

South Florida's Health & Wellness Magazine can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



Wellington CBD & Medicinal Marijuana Care

Suffering from **Stress, Anxiety, Inflammations, PTSD or any other issues from the Qualifying Conditions list?**
Interested in Living Younger, and Longer?

WE CAN HELP!

Are you a pet lover like us? Our Cats, Dogs, and Horses deal with aches, pains, and anxieties due to inflammations from stress and fatigue. **We can help them too.**

About Us: We are Doctor Owned & Operated facility specializing in CBD & Medical Marijuana Treatments. We conduct the evaluation and register the forms in obtaining your Florida Medical Marijuana Card. Doctor Owned & Operated means we care about what CBD products our patients & pets consume. To remove all concerns we offer tested, tried, and truly the best CBD products available. No Medical Card required to purchase. All of our products contain 0.3% - 0.0% THc. We offer the innovative **LIFEWAVE, STEM CELL ACTIVATING, THERAPY PATCHES!** These patches improve my quality of life 1000% ! I became a distributor as a result!

LIVE YOUNGER....LONGER!



Nicola Masse M.D.

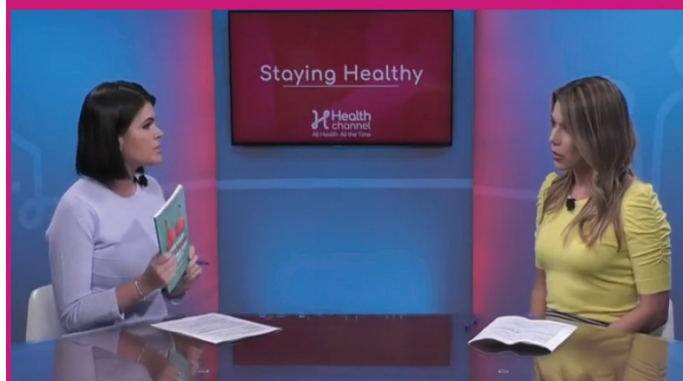
10160 Forest Hill Blvd.
Suite 120 Wellington, FL 33414
561-798-7420

Health channel PODCAST

Can your breasts make you sick?



Jen Herrera
NBC 6 in the Mix



DON'T STRESS ABOUT HAIR LOSS THIS SUMMER

By Alan J. Bauman, MD, ABHRS

The past few months have been incredibly stressful. Stress not only takes an emotional toll, but it can also impact us physically, including the health of our hair. Thankfully, we are seeing some light at the end of the tunnel.



Whether recent stress has taken a toll on your hair, or if you simply want to look your best as you reemerge from lockdown, there is no reason to stress about hair loss this summer.

We are thankful for the opportunity to be safely operating again as a “COVID-Protected” facility to serve our current patients, as well as new patients, who are ready to move forward with their hair restoration evaluations, treatments, and procedures. Countless studies confirm that hair loss is much more than a cosmetic issue and can have serious implications on our mental well-being and feelings about ourselves. During these stressful times, taking action and doing something that will make you feel good, inside and out, is more important than ever.

Whether your treatments were put on hold, or you put off making an appointment, we are excited to welcome patients safely back to begin, or continue with, their hair restoration journey.

Treatment Options

Bauman Medical is now once again able to offer all services and procedures to patients, including:

- Minimally-Invasive, Permanent, No-Linear-Scar Follicular Unit Excision/Extraction (FUE) Hair Transplant using SmartGraft®, NeoGraft®, ARTAS® robotic-assisted, or other devices.
- PDOgro™ – Polydioxanone threads for hair growth
- Non-surgical 3D-Printed Hair Systems or Cranial Prostheses
- High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)
- Compounded Formula 82M Minoxidil – a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil – designed to reduce the risk of side-effects from oral finasteride (Propecia).
- Low-Level Laser Therapy – FDA-cleared, drug-free, side-effect-free hair regrowth using powerful physician-only devices such as CapillusRX 312 or the Bauman “Turbo” LaserCap devices for at-home use.
- Nutritionals & Nutraceuticals: SuperBiotin, Nutrafol & ViviscalPRO
- Hair Mass measurements using HairCheck® to help non-invasively evaluate hair loss conditions, measure early responses to therapy over time – months before they’re noticeable to the naked eye –and also determine exactly when to repeat your PRP or PDOgro treatments.
- Scientific “Scalp Makeover®” – evaluation, diagnosis, and treatment regimens for itchy, dry, flaking or oily conditions and other scalp imbalances that can impair healthy hair growth.
- Hair Loss Risk Management – the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

Bauman eStore

There are some exciting new offerings from the “Bauman eStore,” like our new VirtualPRP™ Home Kits – which offer patients an effective at-home treatment option. The VirtualPRP™ 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 or In-office Consultation.



Before and after FUE Hair Transplant by Dr. Alan Bauman

Moving Forward

While we are excited to welcome patients, new and old, back into the office, we also understand that some patients still may not be ready to visit us in person. This is why we will continue offering Virtual Consults, Virtual Follow-ups, as well as an expanded menu of at-home treatment options – to allow our patients to begin, or continue, their hair restoration journey from the comfort of their own home.



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

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 or call 561-220-3480.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRs Hair Loss Expert

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated over 20,000 hair loss patients and performed over 9000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of "10 CEOs Transforming Healthcare in America" in Forbes.

His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more.

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



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

**Hair Restoration
for Men and Women**
www.BaumanMedical.com
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.

SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.
7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

Contact our team at
Trusted HomeCare and let's discuss
how we can support
you or your loved one
561-314-3976

KNOW THE ABCS OF SKIN CANCER

About one in five Americans is likely to develop skin cancer, according to the American Cancer Society (ACS), making it the most common form of cancer in the U.S. Generally, it is highly treatable; however, it should be taken seriously and you should seek a medical evaluation if you notice a suspicious lesion or mark anywhere on your skin. The good news is that skin cancer is also the most preventable cancer. In fact, research indicates that protecting your skin before you turn 18 can cut your risk of some types of skin cancer by as much as 78%.

There are three main types of skin cancer – basal cell, squamous cell and melanoma, which is the most serious type. Basal cell skin cancer is the most prevalent and least dangerous type of skin cancer. It generally appears on the head, neck or upper torso and it grows slowly. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless, but if you notice them changing, see a doctor.

While not as dangerous as melanoma, squamous cell skin cancer can spread to other parts of the body over time. It usually appears as a thickened, red, scaly spot that may bleed easily, crust or ulcerate. It is generally found on those areas of the skin that are most often exposed to the sun.

Risks and Warning Signs of Skin Cancer

Most moles, brown spots and other growths on the skin are usually harmless; however, it's a good idea to have an annual skin check by a professional healthcare provider. Older adults, people who are fair-skinned or those who have a lot of moles are generally at greater risk, so it's important to know your skin well and recognize any changes that you see on your body.

Here is an easy way to recognize if a mole or other skin lesion may be cancerous – just remember the ABCs of skin cancer:



In Florida, there are lots of opportunities to spend time in the sun; however, it's important to take precautions that protect your skin against cancer.

Asymmetry: one half of the mole doesn't match the other

Border: is irregular

Color: is not uniform

Diameter: greater than 6 mm (about the size of a pencil eraser)

Evolving: size, shape or color changes

With all types of cancer, including skin cancer, early detection and diagnosis can make a big difference in outcomes. If you suspect that you may have skin cancer, have your physician check it out immediately. Most skin cancers are easily treated and often cured; and for those more serious types, such as melanoma, the earlier it is discovered and treatment begins, the better the outcome.

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 locations throughout Florida. FCS is also a strategic partner of the Sarah Cannon Research Institute, one of the leading clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, including an in-house specialty pharmacy and pathology lab, financial counselors at every location and 24/7 access to care managers, who help deliver the most advanced and personalized care in your local community.



World-Class Medicine. Hometown Care.

Atlantis/JFK
5507 South Congress Ave
Suite 130
Atlantis, FL 33462

Palm Beach Gardens
3401 PGA Blvd
Suite 200
Palm Beach Gardens, FL 33410

Wellington North
1037 S State Road 7
Suite 303
Wellington, FL 33414-6140

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

For more information, visit FLCancer.com



SILHOUETTE INSTALIFT™

A GAME CHANGER FOR NON-SURGICAL FACIAL CONTOURING AND BODY CONTOURING



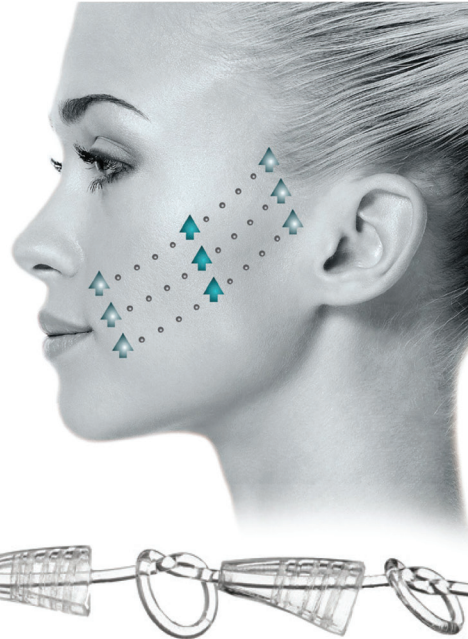
LOOKING FOR A NATURAL LOOKING WAY TO COMBAT SAGGING SKIN WITHOUT SURGERY? CONSIDER THE SILHOUETTE INSTALIFT™.

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

First let's discuss what aging really is in order to understand how we can combat it effectively. Aging consists of volume loss and sagging skin. If we want to "naturally" rejuvenate our face and body we need to address both these issues. The Silhouette Instalift™ is the only non-surgical procedure that addresses both issues.

This Silhouette technology is in a class of its own, it's not a filler and it's not your typical thread. It is both, "dual action" means it lifts and volumizes at the same time. It is an advanced micro-suspension technology that uses small (3D) 360 degree cones made from PLLA (also known as "Sculptra") to simultaneously lift skin and build collagen. The lifting effect is immediate while collagen production is gradual and peaks at about 8-12 weeks.

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



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

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

Why choose Silhouette Instalift™?

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

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



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.

MD
BEAUTY LABS
Spa & Wellness Center

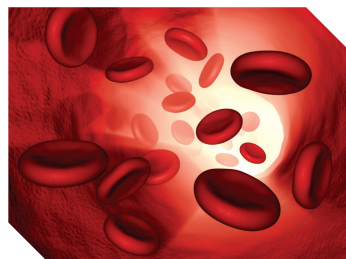
**Complimentary Consultation / Gift Cards
Financing Available**

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

320 S. Quadrille Blvd., WPB
West Palm Beach, FL
561-655-6325

340 Royal Poinciana Way, Suite 325D
Palm Beach, FL
561-797-9090
mdbeautylabs.com

Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions



PLATELET-RICH PLASMA THERAPY, sometimes called PRP therapy, takes advantage of our blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone.

A growing number of people are turning to PRP injections to treat an expanding list of painful conditions and or injuries, including osteoarthritis. It is commonly used for knee arthritis, we also use this method on other joints as well such as shoulders, wrists, sacroiliac, ankles and hips. This is also used to help treat pain from the neck and low back. This can be used to treat disk pain and or arthritic pain from the entire spine.

When treating osteoarthritis with platelet-rich plasma, we inject PRP directly into the affected joint.

The goal is to:

- Reduce pain
- Improve joint function
- Slow, halt and even repair damage to cartilage

Platelet-rich plasma is derived from a sample of the patient's own blood which is easily obtained at their time of the visit. The therapeutic injections contain plasma with a higher concentration of platelets than is found in normal blood. This is also all prepared in the doctor's office.



WHAT IS PLASMA? Plasma refers to the liquid component of blood; it is the medium for red and white blood cells and other material traveling in the blood stream. Plasma is mostly water but also includes proteins, nutrients, glucose, and antibodies, among other components.

WHAT ARE PLATELETS? Like red and white blood cells, platelets are a normal component of blood. Platelets secrete substances called growth factors and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

We use PRP therapy to treat osteoarthritis and also theorize that the platelet-rich plasma:

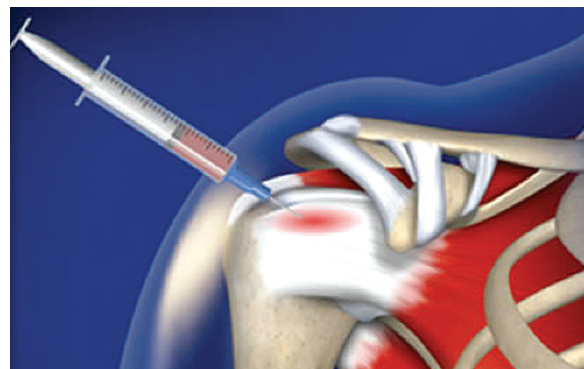
- Inhibits inflammation and slow down the progression of osteoarthritis
- Stimulates the formation of new cartilage
- Increases the production of natural lubricating fluid in the joint, thereby easing painful joint friction
- Contain proteins that alter a patient's pain receptors and reduce pain sensation

Platelet-rich plasma injections are outpatient procedures. Because the patient's blood must be drawn and prepared for injection, a typical procedure may take anywhere from 45 to 90 minutes.

Whether the patient has a one-time injection or a series of injections spaced over weeks or months is up to the individual patient and doctor. If a series of injections is planned, a doctor may recommend a single blood draw during the first visit and use fresh PRP in the first injection and freezing and thaw the remaining PRP as needed for future injections. However, some experts believe freezing and thawing PRP negatively affects its usefulness and prefer to do a separate blood draw for each PRP injection. Dr. Rosenblatt believes it is safer to take a fresh sample of blood prior to any new injection.

PLATELET-RICH PLASMA INJECTIONS REQUIRE PRECISION

- An experienced physician, like Dr. Rosenblatt, should perform the injections. The use of imaging technology (e.g., fluoroscopic guidance) ensures a precise injection.
- Precision is important because, like viscosupplementation treatments, platelet-rich plasma injections must be made directly into the joint capsule.



By Aaron Rosenblatt, MD

Scientists are still exploring which arthritis patients should be eligible for PRP injections. While nodefinite conclusions can be made, research suggests that PRP injections are appropriate for patients of all ages.

Dr. Rosenblatt explains, "When appropriate, PRP injections are an extremely safe and effective way to help treat the pain of so many different types of individuals. I have used this technique on young athletes and for older patients with joint and or spine pain with great success. It even surprises me sometimes how well this treatment works. It's truly amazing how people with acute or chronic pain and or injuries respond to this treatment."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, individuals have been able to benefit from this technique. People have flown in from all over the United States for this treatment specifically with Dr. Rosenblatt. He has been performing this procedure with great success. Every patient is evaluated by the Dr. Rosenblatt and a comprehensive treatment plan is always made. 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!

american PAIN
CARE specialists
back to work, play & life

13722 S. Jog Road, Suite A,
Delray Beach, FL 33446

Web: www.improvepain.com

Book An Appointment With Us Today!

561-819-6050

**Early Pain Treatment
CAN PREVENT Prolonged Suffering!**

HARMFUL UV RAYS: HOW AND WHY PROTECTING YOUR EYES IS IMPERATIVE

By Monique Barbour, M.D.

We all know the importance of sun protection. We wear SPF and protective clothing, but what about our eyes? Many individuals are unaware of the issues UV light can cause concerning vision.

UV RAYS EXPLAINED

UV radiation has multiple levels; for example, UVC rays are the most harmful to the skin and eyes, but the ozone layer blocks many of the rays. UVA rays play a considerable role in causing skin damage and aging. The wavelengths of UVA rays are long and are, therefore, less harmful than UVB rays. UVB rays are incredibly damaging to the skin and eyes and can cause cancer. UVB rays are shorter wavelengths and consequently can even penetrate through glass, so while driving in a car, or sitting by a window at work, the UVB radiation can harm you. It's best to always protect yourself by wearing sunscreen and protective clothing.

According to the American Optometric Association, If your eyes are exposed to excessive amounts of UV radiation over a short period of time, you will likely experience photokeratitis. Like a "sunburn of the eye," photokeratitis can be painful. Its symptoms include red eyes, a foreign body sensation or gritty feeling in the eyes, extreme sensitivity to light, and excessive tearing. Fortunately, these symptoms are usually temporary and rarely cause permanent damage to the eyes.

CATARACTS | MACULAR DEGENERATION

The longer the eyes are exposed to solar radiation, the greater the risk of developing cataracts or macular degeneration later in life. It is not clear how much exposure to solar radiation will cause damage. Therefore, whenever you spend time outdoors, wear quality sunglasses that offer UV protection and a hat or cap with a wide brim. Also, certain contact lenses can provide additional UV protection.

EYE CANCER

It's a rare diagnosis, but if your eyes are constantly exposed to UV radiation, your chances of getting melanoma in the eye significantly increase. Ocular melanoma tumor cases are uncommon, but about 2,000 new cases are diagnosed each year. Living in Florida, we need to be especially conscientious about preventing this form of cancer, due to our excessive exposure to the sun.

Your eye is made up of three strata, the outer, inner, and middle layers. The middle layer is where most melanomas form. They typically occur in the uveal tract, which houses the iris, pupil, muscle fibers, and layer of blood vessels that provides nutrients to reach the retina. This layer of blood vessels is called the choroid and is where most intraocular melanomas are found.

During your regular dilated eye exam, an ophthalmologist can usually detect the tumors if they are present. Some of the symptoms of ocular melanoma are a dark spot on the iris (color portioed eye), blurry vision, changes in the size of pupils or their shape, pain, redness, or consistent irritation.

PROTECTING YOUR EYES

The reason we hear so much advice on wearing sunscreen, sunglasses, and avoiding over sun exposure between 10:00 am to 4 pm, is due in large part to the sun's harmful UV rays during the time when the sun is the highest in the sky.

Sunglasses are fashionable accessories that can indeed help to prevent melanoma from forming in the eyes. Your eyes need protection from both UVA and UVB rays.

When choosing sunglasses, some cheap versions may actually increase your risk by easily allowing harmful rays to filter through. It's important to choose frames that cover your eyes securely. If they don't fit your face correctly, UV radiation can penetrate through the gaps and openings.

Sunglasses Should Have One or More of the Following Options:

- 100% UV protection
- Polarized lenses
- Polycarbonate lenses
- UV coated lenses

If you or a loved one have any eye symptoms or are in need of your yearly eye exam, please schedule an appointment with an ophthalmologist immediately. Problems with sight, such as macular degeneration, retinal disorders, or melanoma, need to be addressed and treated as soon as possible. Although

the treatment options for ocular melanoma are limited, if caught early on, a resection (removal) of the tumor is the standard of care.

A comprehensive dilated eye exam is critical for all patients. In high-risk patients, they may need the dilated exam several times per year. Don't delay! The first step is to schedule the examination because early diagnosis can reduce vision loss significantly.

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

Monique M. Barbour, M.D.

Dr. Barbour 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, 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.



7657 Lake Worth Road, Lake Worth, FL 33467
561-432-4141
<http://www.clearvuenow.com>



What is DIABETIC RETINOPATHY?

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

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

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

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

DIABETIC EYE PROBLEMS

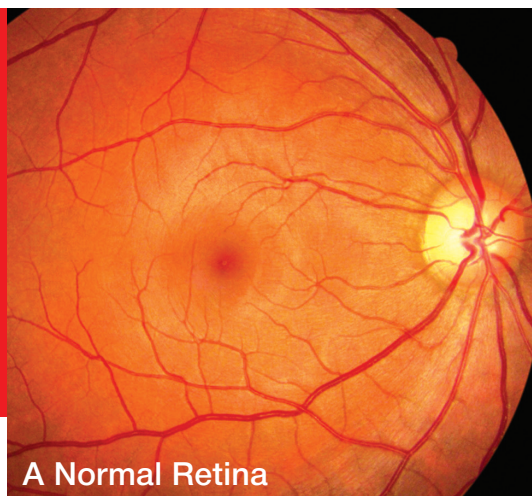
There are two types of diabetic retinopathy:

Background or nonproliferative diabetic retinopathy (NPDR)

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

NPDR can cause changes in the eye, including:

- **Microaneurysms:** small bulges in blood vessels of the retina that often leak fluid.
- **Retinal hemorrhages:** tiny spots of blood that leak into the retina.
- **Hard exudates:** deposits of cholesterol or other fats from the blood that have leaked into the retina.
- **Macular edema:** swelling or thickening of the macula caused by fluid leaking from the retina's blood vessels. The macula doesn't function



A Normal Retina



A Retina showing signs of Diabetic Retinopathy

properly when it is swollen. Macular edema is the most common cause of vision loss in diabetes.

- **Macular ischemia:** small blood vessels (capillaries) close. Your vision blurs because the macula no longer receives enough blood to work properly.

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

Proliferative diabetic retinopathy (PDR)

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

PDR may cause more severe vision loss than NPDR because it can affect both central and peripheral vision.

PDR affects vision in the following ways:

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

your vision may return to its former level unless the macula has been damaged.

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

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

DIABETIC RETINOPATHY SYMPTOMS

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

As the disease progresses, diabetic retinopathy symptoms may include:

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

Diabetic retinopathy symptoms usually affect both eyes.

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

Careful management of your diabetes is the best way to prevent vision loss. If you have diabetes, see your eye doctor for a yearly diabetic retinopathy screening with a dilated eye exam – even if your vision seems fine – because it's important to detect diabetic retinopathy in the early stages. If you become pregnant, your eye doctor may recommend additional eye exams throughout your pregnancy, because pregnancy can sometimes worsen diabetic retinopathy.

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

DIABETIC RETINOPATHY DIAGNOSIS

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

There are several parts to the exam:

Visual acuity test

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

Slit-lamp exam

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

Dilated exam

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

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

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

Fluorescein angiography

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

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

Optical coherence tomography (OCT)

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

Ultrasound

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

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

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

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

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

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

DIABETIC RETINOPATHY TREATMENT

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

Laser surgery

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

Laser surgery is usually performed in an office setting. For comfort during the procedure, an anesthetic eyedrop is often all that is necessary, although an anesthetic injection is sometimes given next to the

eye. The patient sits at an instrument called a slit-lamp microscope. A contact lens is temporarily placed on the eye in order to focus the laser light on the retina with pinpoint accuracy.

Vitrectomy surgery

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

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

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

Medication injections

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

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

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



The Retina Institute of Florida

Lauren R. Rosecan

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

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

Toll Free Phone Number:

1-800-445-8898 561-832-4411

West Palm Beach 901 North Flagler Drive, 33401.

(561) 832-4411 Office. (561) 832-1591 Fax

Palm Beach Gardens

11382 Prosperity Farms Rd., #128, 33410.

(561) 627-7311 Office. (561) 627-6791 Fax

Stuart 618 East Ocean Blvd., #3, 34994.

(772) 287-7026 Office. (772) 220-4186 Fax

Boca Raton 1050 NW 15th Street, #114, 33486.

(561) 368-7723 Office. (561) 368-0093 Fax



SURIA
PLASTIC SURGERY

REVIVE.
RENEW.
REJUVENATE.

BODY

FAT REDUCTION SKIN TIGHTENING
LASER HAIR REMOVAL THERMIVA

SKIN

INJECTABLES & FILLERS ADVANCED SKIN
REJUVENATION FACIALS

IV HYDRATION


TREATING

- Extreme fatigue
- Headache
- Nausea
- Dry skin
- Dizziness
- Constipation

Convenient
Financing
Options

Call Today
for Your
**FREE
FACIAL**

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



Brain & Wellness Center

All Ages Welcome
Brain Biofeedback is a
Non-Medication
Approach

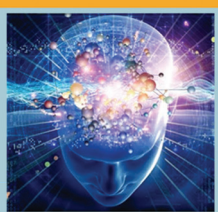
(561) 206-2706 WWW.BOCABRAINCENTER.COM

ARE YOU ADHD?

Can't Concentrate? Can't Focus? Can't Remember? Too Tired or Too Hyper? Interferes with School, Work, Sleep, Relationships? Affects Grades or Work Performance?

STOP CALL OR VISIT OUR WEBSITE TODAY!
STOP living with these symptoms and teach your brain how to get in SYNC!

7301 W. PALMETTO PK. RD., STE. 102A, BOCA RATON (561) 206-2706, LIC. MH7899



Interested in becoming a Sales Representative?

Necessary Skills and Experience:

- Above average computer skills
- Business to business sales experience
- Self managed and disciplined
- Ability to work independently
- Commission sales experience
- Genuine interest in our industry

Advertising sales experience is preferred!

If interested or have questions,
feel free to contact
Sybil Berryman at 239-250-4104

Health & Wellness MAGAZINE



NEW AMAZON BEST SELLING BOOK EXPLAINS HOW NEUROFEEDBACK CAN IMPROVE SLEEP, MOOD, ATTENTION AND MUCH MORE
without medication, or with less medication

NEUROFEEDBACK 101:
Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication)
by Michael P. Cohen

The book explains:

- What neurofeedback is
- Why and how it works
- Why it's being used by more and more health care professionals around the world
- ...And much more

Available at **amazon**

www.CenterForBrain.com
Read about neurofeedback's impact on anxiety on Page 24-25

NEUROFEEDBACK 101
BEST
Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication)
MICHAEL P. COHEN
FOREWORD BY ROBERT TURNER, M.D.

e/book and Kindle \$2.99
Paperback \$14.97

ADVANCED SPINE & JOINT INSTITUTE

- MLS Laser Therapy
- Osteoarthritis Program - Knee Pain Relief
- Physical Therapy

10233 Okeechobee Blvd, Suite B-6
West Palm Beach, FL 33411
561-721-0492
advancedspineandjoint.com



PALM BEACH CENTER for PERIODONTICS & IMPLANT DENTISTRY, P.A.

- Implants • Laser Therapy
- Tissue Grafting
- Bone Regeneration
- IV & Oral Sedation
- 3D CT Scans

Lee R. Cohen, D.D.S., M.S., M.S.
Dual Board Certified, Periodontics and Implant Dentistry
NYU, Emory and University of Florida Trained
Clinical Associate Professor, Shands Hospital (UF)
State Certified, IV & Oral Sedation
LANAP (Laser Periodontal Therapy) Certified
Past President, Florida Association of Periodontists

561-691-0020
4520 Donald Ross Road, Suite 110
Palm Beach Gardens, FL 33418
www.pbcperio.com







GOLDMAN EYE
DAVID A. GOLDMAN, M.D.
561-630-7120
www.goldmaneye.com

- CATARACT SURGERY
- FULL EYE EXAMINATIONS
- CORNEAL TRANSPLANTATION
- DRY EYE MANAGEMENT
- LASER VISION CORRECTION
- REPAIR OF CATARACT SURGERY COMPLICATIONS

3502 Kyoto Gardens Dr. Suite B, Palm Beach Gardens, FL 33410

THERE'S A LOT MORE TO MEDICAL MARIJUANA THAN SMOKING POT

Benefits of CBD and Medical Marijuana

When we hear about individuals using medical marijuana or CBD oil, many people still don't quite understand the science behind the "leaf". With medical marijuana legal in 33 States and a growing list, adoption Medicinal Marijuana is becoming more and more commonplace. There are many studies purporting remarkable results in many conditions and disorders. And if you ask those that use the product or their physicians, the majority have seen equally impressive results.

Both using cannabis oil and smoking marijuana yield different medical benefits. Smoking cannabis has been useful in treating diseases like glaucoma and nausea. It can be used to alleviate chronic pain and may even help reduce the size or stop the growth of cancer, as well as stop the progression of Alzheimer's disease. Cannabis oil is also used to treat cancer and nausea, but it can also improve sleep, protect the skin, combat stress and anxiety and promote heart health. Both may be used to treat symptoms of post-traumatic stress disorder (PTSD), headaches and migraines. They may also be used to combat the symptoms of multiple sclerosis and premenstrual syndrome. Typically, the oil contains concentrated cannabinoid profiles for more potency, but many primarily include cannabidiol (CBD), which does not get people high. For this reason, some states allow children to take advantage of CBD oils for certain illnesses and conditions.

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

- Alleviates Seizures
- Controls & eases muscle spasm
- Anti-nausea
- Anti-psychotic
- Anti-tumor factors
- Brightens skin
- Cancer cell death
- Cancer cell growth inhibitor
- Fights viral infections
- Improves sleep
- Reduces anxiety
- Reduces beta-amyloid plaque
- Reduces cognitive impairment
- Reduces Seizures/anticonvulsant
- Reduces inflammation
- Relaxes organs and tissues
- Relieves pain

Qualifying Conditions for Medical Marijuana

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS

- Seizures
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition
- Patients can be considered for alternative disorders

HOW IT WORKS

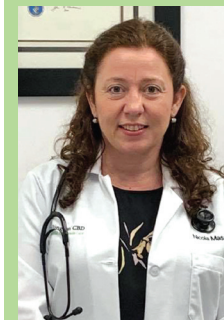
Throughout our bodies we have cannabinoid receptors, so our bodies naturally react to cannabis (medical marijuana). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with medical marijuana, creating a multitude of beneficial reactions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

HISTORY OF CANNABIDIOL

Over 4000 years ago, Asian Emperors utilized cannabis for its healing properties, noting exceptional improvements in edema issues. In ancient Greece and Egypt, cannabis is reported in many manuscripts, describing its use for medical conditions such as eye disease, joint inflammation and as an anesthetic. Over 300 years ago, in one of Oxford's medical professional journals, it was touted as a means to reduce depression. Cannabis has even been reported to reduce the menstrual complications of Queen Victoria. In the early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate medications.

YOU NEED A CERTIFIED MEDICAL MARIJUANA PHYSICIAN

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing medical marijuana. Wellington CBD & Medicinal Marijuana Care is a Doctor Owned & Operated facility with an outstanding reputation of experience in CBD and THC Treatment.



Dr. Nicola Masse

Was born in England and moved to the United States with her parents and sister when she was 10 years old. They settled in Wellington, Florida where Dr Masse flourished in school. She remained in the top 5% in academics throughout

her entire scholastic career. She is alumni to one of the first graduating classes from Wellington High School.

Staying close to home, Nicola went on to receive her Medical Degree from the University of Miami School of Medicine. She completed her residency in Pediatrics at Jackson Memorial Hospital in Miami, Florida.

Nicola Masse M.D. is a Board-Certified Pediatrician practicing Pediatrics in Palm Beach County. She has treated and served two generations of our youth. She is an enthusiastic and professional physician with an unparalleled reputation for compassion and knowledge.

Three years ago, Dr. Masse switched her medical field from Pediatrics to Medicinal Marijuana. Her interest in medicinal marijuana was piqued in 2015 while doing research on CBD for an epileptic patient. Amazed by the results her focus turned to understanding more.

As I sat in Dr. Masse's office for this interview, it was difficult not to notice her collection of files, books, and research papers which seemed to be in the thousand's. I humorously questioned, "All this for smoking pot?" She replied, "There's a lot more to medicinal marijuana than just smoking pot."

Dr. Masse has completed extensive training and education. She is a credited member of AMMPA, American Medical Marijuana Physicians Association. Dr. Masse has Evaluated, Consulted, and Treated over 5000 Florida patients since 2017 and in May of this year, 2020, Nicola Masse M.D. opened a private practice solely in CBD & Medicinal Marijuana care.

Contact Wellington CBD & Medicinal Marijuana Care Today!

**10160 Forest Hill Blvd.
Suite 120 Wellington,
FL 33414
561-798-7420**

Health Channel

By Charles Lawrence, The Health Channel

In this strange Summer of 2020, we wonder what the future will hold for our families. The world is navigating uncharted waters because of this global pandemic. While our lives are being turned upside down for the moment, an important question has bubbled to the surface.



How do we improve and maintain our health and wellness during a global pandemic that exists within an unprecedented economic crisis?

If you've lost your job and access to health care, where do you turn for reliable health information?

It's nice to get health advice from concerned friends and family who received their information from somewhere on the internet, but wouldn't it be comforting to get health information from a licensed, experienced doctor or other health expert?

The Health Channel, a South Florida PBS station in partnership with Baptist Health, is your go-to source for reliable health information, straight from licensed health experts.

Our TV broadcast channel reaches millions of viewers in South Florida, and includes locally produced programs featuring Baptist Health doctors, specialists, nutritionists, fitness experts, and many other health experts who answer viewer questions on air!

The Health Channel's digital platforms have an international reach, connecting over 100,000 people who share the same universal goal, to improve and maintain good health.

Want an example of what we offer? Here's some *Health Channel Medical Minute* advice for parents, straight from Lucette Talamas, a Baptist Health licensed dietitian. Parents should get their kids involved meal planning. Ask them to choose the vegetable or fruit of the week. Parents can be also be nutritional role models. Encourage all your family members to participate in making healthy nutritional choices. Finally, parents should engage in positive language when discussing food and nutrition. Say, "do this" instead of, "don't do that."

There is no appointment necessary at the Health Channel, and your health concerns remain confidential. Just tune in and join countless others who want to get healthy and stay healthy.

While the Summer of 2020 might be a difficult time for our families, our communities, our nation, and the world, it's comforting to know that there will be backyard barbecues, baseball games, and beach weekends again. And when that happens, we can look back at this difficult time and say, "We got through this, together."

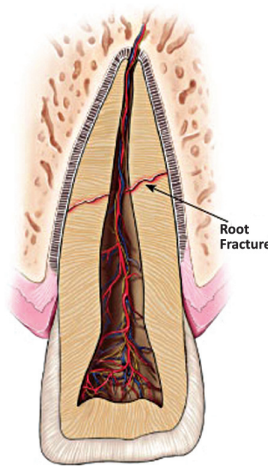
The Health Channel is your trusted resource for reliable health information, empowering you to make the best decisions about your health and your family's health. To find out where to watch us on TV, go to our content-filled website, www.allhealthtv.com.



My Tooth Hurts When I Chew...



Many patients at some point experience pain in a tooth when biting. This can occur for a variety of reasons and may signal a problem with the tooth involved. The pain I am considering is not related to sensitivity to hot or cold temperatures, but directly to a sensation that occurs when actually biting down. This is different than a constant, dull ache a patient may feel even when not chewing.



Common Causes:

1) The first common cause for pain associated with biting can be related to a tooth that is slightly “higher” than its neighbors. This high spot will cause the tooth to be hitting its opposing tooth first as we bite down and often with more force than the rest of the teeth. In simple terms, this situation can lead to a tooth being constantly pounded on and causing discomfort.

A number of factors can lead to a tooth becoming “higher” than its neighbors. Teeth themselves can shift positions over time leading to this uneven biting. In some circumstances, recent dental work (such as fillings or crowns) may sit slightly higher than the neighboring teeth and a simple alteration or smoothing may relieve the situation.

2) Another common reason pain is often experienced during chewing is the existence of a root fracture. I am not necessarily referring to a large crack in the tooth, but a microscopic crack that may not be visible to the naked eye. These types of fractures in the tooth are not repairable and can lead to bone and eventually tooth loss.

Diagnosis of root fractures is often aided with a 3D CT scan which, if equipped, can be provided in the dental office. When the diagnosis of a root fracture is made, the prognosis for the tooth (or at least the root involved) is hopeless. Typically the involved tooth is removed. The space that remains is usually planned to have some type of replacement. Often the replacement of choice is a dental implant. In certain situations, a bridge or removable denture may be used.

It is important to have an evaluation of a tooth that is hurting when you bite or chew. If a fracture of some kind does exist, the supporting bone around the tooth will likely be lost. This bone loss will ultimately impact the adjacent teeth leading to more involved and expensive treatment overall.

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.



PALM BEACH CENTER for
PERIODONTICS &
IMPLANT DENTISTRY, P.A.

www.PBCPERIO.com

561-691-0020



TREATING ANXIETY AND DEPRESSION WITH NEUROFEEDBACK

In today's challenging times, it is understandable that tensions are high, patience is short, and our ability to be positive amidst so many hurdles is wearing thin; but that's not going to be changing anytime soon. You may be experiencing feelings of being anxious, nervous, stressed out, overwhelmed, impending doom, and/or depressed. Do you have depression or anxiety or both? Why do depression and anxiety go hand in hand? And what can you do to make it go away now?

The Merriam-Webster Dictionary defines **anxiety**: (1): apprehensive uneasiness or nervousness usually over an impending or anticipated ill: a state of being anxious (2): an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it: mentally distressing concern or interest.

So, in layman's terms, anxiety is stress that won't go away, it takes an ugly turn to "negative and fear town",

and indicates that the "rest and relax" response from the parasympathetic nervous system isn't there.

What we see in the brain is similar but a little more simply stated. Stress is an event in our life that causes our brain to initiate a calming response and anxiety is a neuron pattern in the brain that impedes the calming response. An anxiety pattern in the brain is typically inherited, although still possible to change, and may or may not be associated with a trauma. This anxiety pattern can be triggered by major stresses, no stresses or by very minor stresses, thus making it an issue for all ages, even young children.

Anxiety manifests in many different ways such as:

- excessive worrying
- nagging sense of fear
- restlessness
- overly emotional
- negative thinking
- catastrophizing
- defensiveness
- poor sleep
- irritability
- Lack of concentration
- feeling overwhelmed
- fatigue/exhaustion

Depression as defined by the American Psychiatric Association is a common and serious illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

Often, we will describe depression as a “low” feeling where we just cannot “get happy”. Other times we notice feeling irritable, angry, or overreacting to events, again not able to feel “happy”.

Depression symptoms can vary from mild to severe and can include:

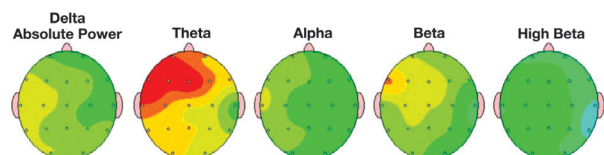
- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

As you can see, there is an overlap in the diagnosis of Depression and Anxiety because there is an overlap in the symptoms of Anxiety and Depression as well as an overlap in how you feel.

The medical solution to feeling depressed and anxious is to take medication. Specifically, an anti-depressant, which in some cases can relieve symptoms of anxiety as well as depression. But medication is only a temporary solution. We now need to find out what CAUSES my symptoms of anxiety and depression.

In **Neurofeedback** we can see this in neuron firing patterns. For example, an excessive Theta (Slow firing neurons) firing pattern in the left frontal lobe can cause major depression:

Whereas a slow firing pattern in the center of the frontal lobe can cause an anxiety firing pattern:



Here’s a **DEPRESSION** example:

It is suffice to say that this is why there’s an overlap in medication treatment as well.

Regardless of the diagnosis, Neurofeedback helps change and balance these neuron patterns so that the symptoms improve and the brain and body function better.

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's.

Neurofeedback is a type of exercise for your brain. It allows 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 visual recognition of the changes on the screen and the auditory reinforcement of “beeps”.

WHAT RESULTS SHOULD I EXPECT TO SEE AND HOW LONG BEFORE I SEE THEM?

As every brain is different, every response is different as well. Typically adults will notice feeling symptom relief within 10 sessions and notice things like being calmer, happier, sleeping better, less panic, less worrying, more relaxed and able to enjoy life. Treatments are individualized and as no two brains are alike, no two treatment plans are alike. We will evaluate your symptoms and how your brain is functioning to customize training for you. All you have to do is call our office to make the appointment!

WHAT ELSE COULD I DO TO FIGURE OUT THE CAUSE?

COUNSELING

Mental health counseling can open up a world of exploration when it comes to anxiety and depression. How we cope, the connections we make, and our past trauma can all contribute to the current state functioning and feeling that we are experiencing. There is no “right or wrong” way to benefit from counseling. Rather, it’s all about the “fit” and needs of our clients. At The Brain and Wellness Center we offer many different options and techniques of counseling to fit those needs. Different counseling styles and approaches for individual clients of all ages, couples and families; make us a unique and inviting place to heal and grow. Our therapists offer additional services such as EMDR, Play therapy, Cognitive Behavioral Therapy, Talk Therapy, and Couples and Family therapy.

NUTRITION

Lately, there has been more attention paid to the “gut-brain” connection. We see that malabsorption, slow metabolism, toxic metals, yeast, auto-immune disease, and inflammation are just a few of the conditions that exacerbate or cause mood changes. And these can occur from eating healthy foods such as broccoli or kale. Everyone’s body is working at a unique level and what may be beneficial or healthy for one person, can cause stomach upset and anxiety for another. At The Brain and Wellness Center, we offer services that measure the mineral content in your hair. With this information, a world of metabolic events can be interpreted. Not only can your nutritional status be viewed but we can also learn much about how efficiently your body is working. We can detect toxic metals, mineral and element imbalances, metabolism rates and absorption issues, as well as profiles including but not limited to hypoglycemia and candidiasis.

HOW DO I GET STARTED?

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



Renee Chillcott, LMHC

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

and a Master’s Degree in Psychology from Nova Southeastern University. She is a Licensed Mental HealthCounselor 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.



**7301 W. Palmetto Park Rd.
Suite 102A, Boca Raton, FL 33433.
(561) 206-2706
www.BocaBrainCenter.com**



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



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

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

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

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

Vampire Facelift

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

Vampire Facial

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

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

The O-Shot

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

P-Shot®

Penile rejuvenation for peyronie's disease & erectile dysfunction.

Vampire Breast Lift

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

Aesthetic Treatment Centers

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



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

KNEE PAIN

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

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

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

Causes of knee osteoarthritis

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

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

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

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

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

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

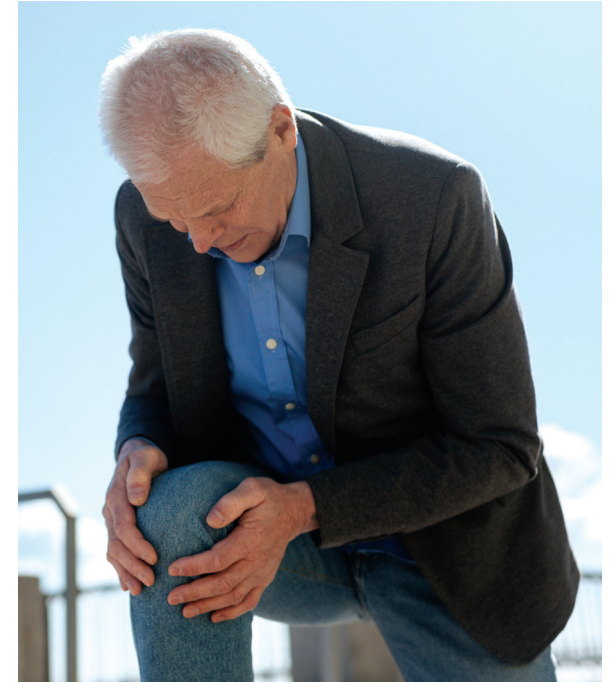
Countless numbers of patients have experienced successful results with the Supartz treatment and are now experiencing life once again without knee pain.

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

Why do knee injections often fail? What makes The Advanced Spine & Joint Institute different?

- We never perform blind injections without image guidance
- Video fluoroscopy is used on all of our injections for pinpoint placement
- We rarely use Cortisone, which can have severe side effects

Most blind injections result in needle misplacement. With this much inaccuracy, it's no wonder most people never find relief. When properly injected into the



knees, Supartz helps to cushion and lubricate the knee joint, nurturing the cartilage for natural pain management. This solution helps to restore normal function to the knee, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.

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

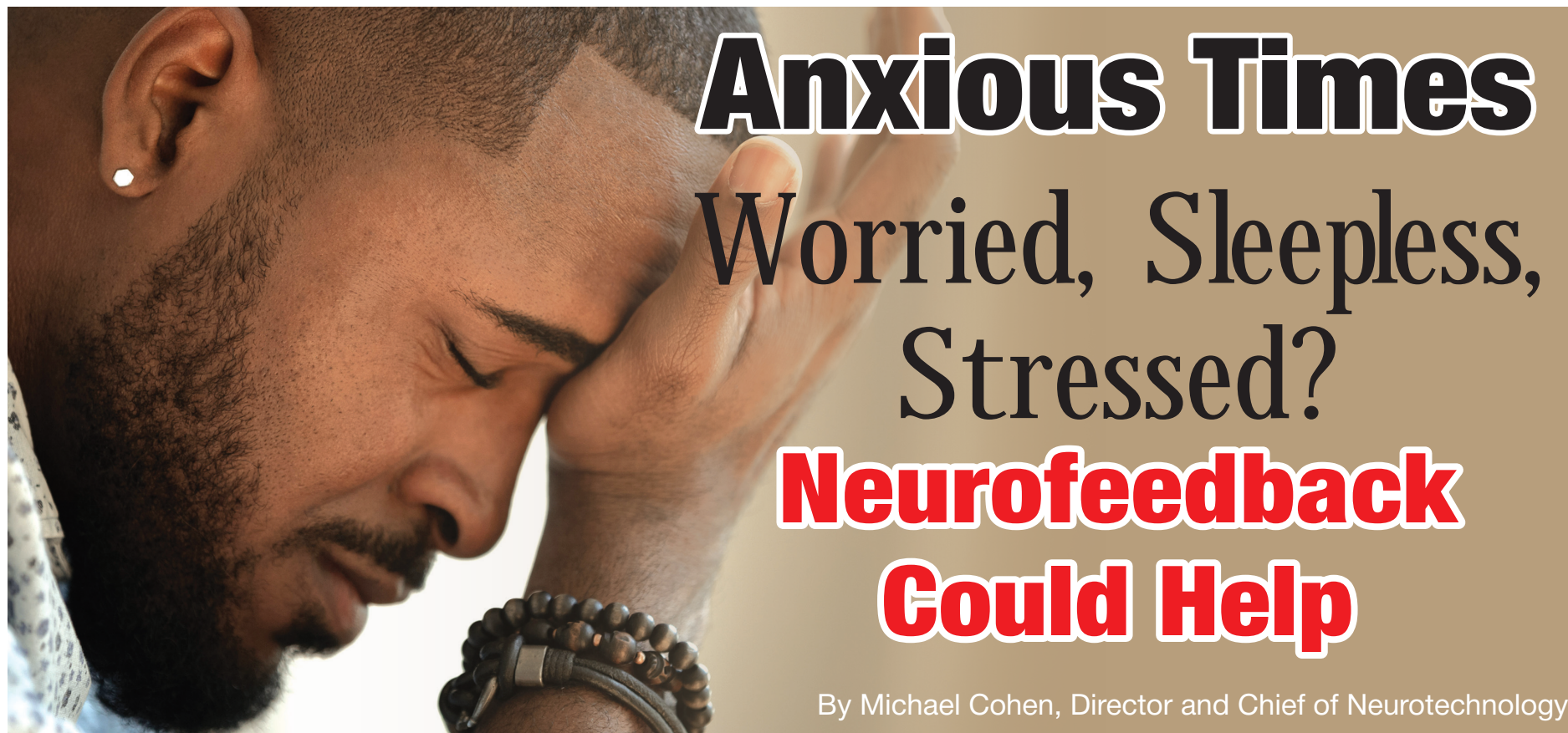
Benefits

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

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

**ADVANCED SPINE
&
JOINT INSTITUTE**

10233 Okeechobee Blvd, Suite B-6
West Palm Beach, FL 33411
561-721-0492
advancedspineandjoint.com



Anxious Times

Worried, Sleepless, Stressed?

Neurofeedback Could Help

By Michael Cohen, Director and Chief of Neurotechnology

Liquor stores are flooded with customers. Bakeries are selling out of pastries. Sugar and flour are flying off the grocery store shelves, and we all know about the infamous toilet paper panic.

There's no doubt about it: the coronavirus pandemic is causing unprecedented stress and anxiety in our lives in ways we never imagined, and we're employing all sorts of desperate measures to find relief.

A recent survey spearheaded by the U.S. Census Bureau (the Household Pulse Survey) revealed that since the country's lockdown, one-third of Americans are showing signs of clinical anxiety and depression.

Another study this year, conducted by the Kaiser Family Foundation, found that almost half of those sheltering in place reported increased stress or worry.

And Express Scripts, a prescription benefit plan, reported that demand has been soaring for antidepressant, antianxiety and anti-insomnia prescriptions.

Unfortunately, drinking or eating more, or even binge watching TV show and movies, doesn't

make the anxiety go away for long, and neither does taking prescription medication.

The problem with medications

The problem with medications is that they don't teach your brain to operate differently. They often have side effects. They either don't work at all, don't work well enough to help or their effect wears off over time. You find yourself right back where you started – or worse.

Worst of all, medication doesn't fix the issue.

Neurofeedback often can and does help calm anxiety and stress.

What is neurofeedback? Neurofeedback is an innovative non-medicine technology which harnesses the brain's neuroplasticity – its ability to change itself – in order to bring about improvement in a variety of symptoms which can interfere with life satisfaction.

In recent weeks, more and more people suffering from pandemic-fueled stress and anxiety have been coming to see us for neurofeedback, seeking both short-term and long-term relief without medication.

For example, our recent client "Rebecca" came to us for excessive worry and fear. She said she couldn't quiet her mind and was obsessing about the pandemic. After six sessions, she reported feeling "almost normal" and was able to resume her pre-pandemic state of mind.

This is not an unusual outcome, by the way. About 75 percent of our clients find that their troublesome symptoms diminish in just a few sessions (more complex cases can take longer, however).

Combining neurofeedback with body biofeedback

Fortunately, neurofeedback and certain other forms of biofeedback, including body biofeedback, do a very good job of helping regulate the brain and calm the nervous system. Once those are under control, anxiety and panic attacks become less of a problem.

And one big benefit: Neurofeedback and body biofeedback can help lessen or eliminate your reliance on medications.

Neurofeedback trains and rewires the part of your brain that controls stress rather than merely helping you manage it. Body biofeedback works to calm your nervous system and promotes better cell-to-cell communication. Neurofeedback and body



biofeedback together are very helpful for any type of anxiety, even PTSD. (One person described it as “healing from the inside out.”)

These combined technologies help you better handle the stress and anxiety that are part of our pandemic world, without being overwhelmed. They also reduce the chances you’ll have panic attacks.

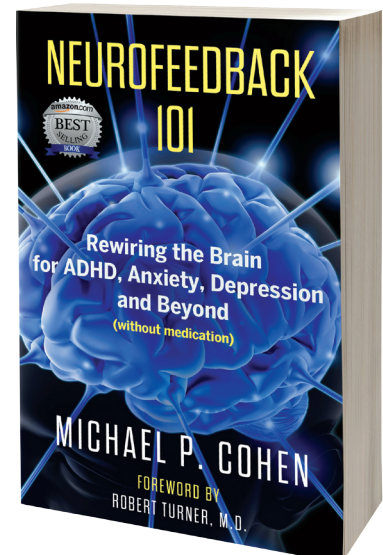
Below is an excerpt from my new book, *Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication)* that addresses using neurofeedback for anxiety.

If you’d like to learn more about how neurofeedback can help you cope better with your stresses and worries – without medication – contact our office.



About Michael Cohen

Michael Cohen is a leading expert in brain biofeedback. For over 25 years he’s worked with clients, taught courses and provided consulting to physicians and mental health professionals around 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.



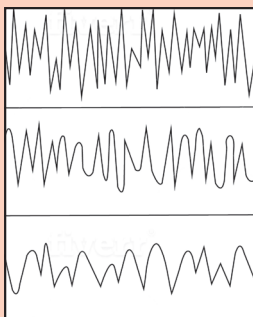
Welltower Center

**550 Heritage Drive, Suite 140,
Jupiter, FL 33458**

Phone: 561-744-7616

Text: 561-291-9562

www.CenterForBrain.com



You can’t feel your brainwaves, but they’re active all the time. They play a vital role in how you think, pay attention, manage your moods, sleep, process information – and so much more.

If you struggle with “brain symptoms,” training key brainwave patterns to work more efficiently can help you feel calmer, reduce anxiety, facilitate restful sleep and improve your mood, among many other things. But how do you do it?

Neurofeedback technology gives you a window into your brainwave patterns.



Sensors are placed on your head and typically are connected to a device such as an EEG amplifier or computer.

Neurofeedback technology tells you **INSTANTLY** when your brain makes more or less of certain brain patterns (this is called real-time feedback).

How does it tell you what your brain is doing?

Early biofeedback experiments showed that people could learn to slow their heartbeat or change the temperature of their skin by watching a monitor (biofeedback) of that activity. It’s the same principle with the brain.

Neurofeedback alerts you in real time when your brain makes more of the desired pattern. It uses “rewards” like sounds or interesting visuals to tell your brain when it’s making more or less of the target pattern being measured. Being able to see or hear this activity helps you to effortlessly – and often without awareness – increase or decrease the activity being monitored. Your brain responds to the feedback.

The cool part? – Your brain does the rest.

The big deal here is that for the most part, your brain does the work for you.

As your brain receives feedback that it’s producing a desired pattern, it typically starts making more of that pattern. Automatically. (In the case of anxiety, the neurofeedback encourages your brain to make patterns that are conducive to sleep. Being able to make more of that desired pattern leads to better sleep).

This process resembles the way you learn a song without trying or even paying attention. Have you ever caught yourself humming or singing a new song when you didn’t make any conscious effort to learn that song?

How did that happen?

Your brain picked up and learned the song’s pattern. The brain is, in essence, a pattern-learning machine. Neurofeedback takes advantage of this and helps the brain practice reinforcing or changing key patterns.

The brain hears or sees the feedback (visual or auditory) and starts “tapping along” automatically, trying to make more of that calm pattern. With practice, you get much better at it.

THE CORNEA

By David A. Goldman MD



Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This

was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com



IT'S HOT EVERYWHERE IN JULY

Brent Myers



Have you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.

CHRIST 
FELLOWSHIP

hello@christfellowship.church
www.christfellowship.church
561-799-7600

FIND A LOCATION NEAR YOU

Palm Beach Gardens
Port St. Lucie
Royal Palm Beach
Boynton Beach
West Palm Beach
Jupiter
Stuart
Okeechobee
Belle Glade
Boca Raton
Vero Beach
Westlake

During these challenging times, we remain open and dedicated to safely serving our cancer patients.



Your treatment. Our Journey.

You don't plan for a cancer diagnosis. You begin to worry about your family, friends, work and health. Florida Cancer Specialists will be by your side — throughout the journey. Our doctors and nurses provide personalized, targeted treatment and clinical expertise so you can have peace of mind. And with world-class care that's close to home, we're always here to help.

We'll give you the strength to move forward — every step of the way.

Proud to serve patients at our four Palm Beach County locations.

Barry S. Berman, MD, MS

Elizabeth A. Byron, MD

Todd A. Gersten, MD

Howard M. Goodman, MD

Robert J. Green, MD

Antonella Leary, MD

Elisabeth A. McKeen, MD, FACP

Rina Patel, MD

Carisa Pearce, MD

Shachar Peles, MD

Marilyn M. Raymond, MD

Neal E. Rothschild, MD

Napoleon Santos, DO

Avram J. Smukler, MD

Daniel L. Spitz, MD, FACP

Sumithra Vattigunta-Gopal, MD, FACP

Gerald Zemel, MD



FLORIDA CANCER
SPECIALISTS
& Research Institute

[FLCancer.com](https://www.FLCancer.com)