

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

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

October 2020

North Palm Beach Edition - Monthly

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**BREAST CANCER AWARENESS  
DURING THE COVID-19 CRISIS**

**FOUR COMMON HAIR LOSS FEARS  
(AND HOW TO AVOID THEM)**

**IMAGINE FAT REDUCTION  
AND MUSCLE TONING IN ONE:  
CHECK OUT TRUBODY  
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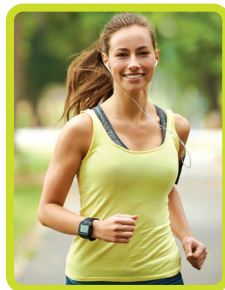


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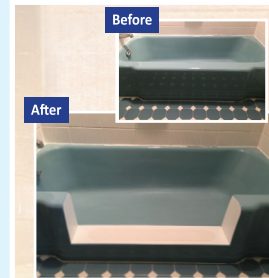
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# contents **October 2020**

5 Breast Cancer Awareness  
During the COVID-19 Crisis

6 Four Common Hair Loss Fears  
(and How to Overcome Them)

8 Imagine Fat Reduction and  
Muscle Toning in One:  
Check Out truBody by Cutera

10 Can You Get Rid of Your  
Glasses and Contacts for LIFE?  
Advanced Refractive, Laser-Assisted  
Surgery Is a Cut Above at  
Clear Vue Eye Center

12 Has Breast Cancer Treatment  
Left You Feeling a Little 'Off'  
in the Bedroom?

14 Medicare Insurance Helpline  
Offers free Medicare plan Comparisons

15 Replacing Missing Teeth –  
More Options than You May Think

16 Acupuncture for Mood,  
Energy, and Weight loss

18 Stem Cells and Exosomes for  
Degenerative Conditions and Injuries:  
Do They Work?  
REJUVAnation Medical Center

20 Anyone Can Suffer from Anxiety  
Neurofeedback Can Help

22 Understanding Dry Eye  
and Blepharitis

23 Spiritual Wellness: Selfie

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# BREAST CANCER AWARENESS DURING THE COVID-19 CRISIS

Regardless of age, race, or family history, all women – and about 1% of men – have some level of risk for breast cancer. Primary risk factors include age and gender, along with a number of other factors, such as obesity and alcohol use, which can be moderated through healthy lifestyle choices. Today, there are many types of effective treatments for breast cancer, including surgery, chemotherapy, radiation, and hormone therapy, to mention a few. Research is ongoing to bring more promising treatment options to patients.

## Importance of Early Detection

Identifying any type of cancer at an early stage, before it has spread extensively (metastasis), provides a much better outcome for patients. Florida Cancer Specialists' physicians concur with the American Cancer Society's recommendation that women over 40, with no family history of breast cancer, should get a mammogram once a year; for women under 40 a clinical breast exam is recommended at least once every three years. In addition, monthly breast self-examinations can be an effective way of discovering any changes in the normal look and feel of the breasts.

## Impact of COVID-19 on Breast Cancer Screenings

During the coronavirus crisis, many women are wondering if it is safe to go to certain medical appointments, including scheduled mammograms. Screening mammograms – at every age – are one of the best ways to diagnose breast cancer early, when it's most treatable. Women will need to make an informed decision with their physician as to whether to get a mammogram during COVID-19.

Remember – even if you are diagnosed with breast cancer, it does not necessarily increase your risk of having more serious complications if you do get COVID-19; however, for people in active treatment for breast or any type of cancer, there may be a higher risk for serious complications from COVID-19 if your treatments cause you to become immunocompromised (have a weakened immune system) or have lung problems.



## Screening Guidelines for Women 55 to 75

The American Cancer Society (ACS) screening guidelines recommend that women ages 55 to 75 at average risk for breast cancer, with no family history, can be screened every one to two years. If you are between 55 and 75 and had a normal mammogram within the last year, you could choose to have your next mammogram up to 24 months after your last one, so that you don't have to be screened during the pandemic.

## Are Mammograms Necessary for Women Over 75?

Considering that older people have a higher risk for COVID-19, some are questioning whether mammograms are even necessary after the age of 75 for women with no family history of breast cancer, and a record of normal mammograms. The ACS recommends that women should continue screening mammography as long as their overall health is good and they have a life expectancy of 10 years or longer.

One study, cited by BreastCancer.org, confirmed the benefits of regular mammograms and emphasized that there is no upper age limit for mammograms.

## Can Breast Cancer Be Inherited?

Certain types of breast cancer do seem to run in some families; however, it is important to understand that what is inherited is the abnormal (mutated) gene that could lead to breast cancer, not the cancer itself.

The most common genetic risk factors for breast cancer are in women who have changes to the BRCA1 and BRCA2 genes. Women with this inherited gene mutation have up to an 80% chance of developing breast cancer during their lifetimes. If you have a close relative (mother, sister, daughter, etc.) with breast cancer, you should speak with your doctor about genetic testing.

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



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# FOUR COMMON HAIR LOSS FEARS

## (AND HOW TO OVERCOME THEM)

By Dr. Alan J. Bauman, MD, ABHRS Board-Certified Hair Restoration Physician



One of the scariest aspects of hair loss is that the process is often well underway before you can see it in the mirror. “Invisible baldness” is essentially the initial stage of a chronic hair loss condition such as androgenetic alopecia that is especially difficult to spot with the naked eye. Scientific research confirms that it generally takes about 50% of the hair to be gone before baldness or lack of coverage becomes visibly detectable (e.g., receded hairline, widening part, thinning on top, etc.). In general, hair loss is a chronic, progressive condition that gets worse over time without treatment - making it essential for men and women to learn their risk and take a proactive approach to managing and treating their hair loss.

But, as scary as hair loss can seem, treating hair loss doesn’t have to be.

### FEAR – I’m destined to go bald like my dad, grandpa, etc.

While it is true that genetics is the main cause of hair loss in men and women; today we know that there are approximately 200 genetic markers that regulate hair and hair growth and that these “genes” can be inherited from either your mother and father’s side or a combination of the two. If you are worried your genetics may be putting you at risk, testing is available that can determine an individual’s risk of losing their hair so they can begin preventative treatments early – at a time when they can be most effective. Hair Mass measurements using the HairCheck® device help evaluate hair loss conditions non-invasively, and measure early responses to therapy over time – months before they’re noticeable to the naked eye.

### FEAR – The only option for treating hair loss is a hair transplant.

Patients often delay seeking treatment to their hair loss or thinning, because of fears relating to treatment. This can put them at a severe disadvantage, as early intervention is the key to preventing and managing hair loss. Once you understand the cause of your hair loss, you need to determine the best way to stop losing more hair, enhance the hair you have and restore the hair you’ve lost. For most patients, this means using a combination, or ‘multi-therapy,’ approach: non-

invasive treatments to protect the hair you have and hair transplantation to restore the hair you’ve lost. Some patients are able to accomplish their goals using only non-invasive treatments, including these cutting-edge treatment options:

- High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)
- PDOgro™ – Implanted PDO Polydioxanone threads for hair growth
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- Compounded Formula 82F Topical Finasteride + Minoxidil - designed to reduce the risk of side-effects from oral finasteride.
- Low-Level Laser Therapy - FDA-cleared, drug-free, side-effect-free hair regrowth using powerful physician-only devices such as CapillusRX 312 or the TURBO LaserCap devices for at-home use.
- Non-surgical 3D-Printed Hair Systems or Cranial Prostheses
- Nutritional & Nutraceuticals: SuperBiotin, Nutrafol & ViviscalPRO

While these advanced treatments can be effective for protecting follicle function and stimulating healthy hair growth, once hair density is severely depleted, the only option for regrowth in that area is a hair transplant. And speaking of hair transplants...

For many patients, especially younger patients, the idea of a hair transplant is simply frightening, but this is largely due to misconceptions and outdated information. So let’s take a look at today’s transplants and why they are nothing to fear.



*The HairCheck® tool can accurately determine the amount and quality of hair growing in a given area of the scalp to gauge the severity of hair loss and measure results during treatment.*





Before and  
one day after VIP|FUE™  
by Dr. Alan Bauman

### FEAR – Hair transplants are pluggy and painful.

While this may have been true decades ago, today, major advances in microsurgery, anesthetic techniques, and careful attention to patient comfort now allow skilled surgeons to comfortably restore permanent living and growing hair artistically, with 100% natural results. New, minimally invasive hair transplant procedures using an FUE or Follicular Unit Extraction approach enables skilled surgical teams to meticulously relocate as little as one hair follicle at a time so there are no “plugs,” no rows, and absolutely no linear scars left behind, which are typical of outdated linear or “strip-harvest” procedures.

### FEAR – Everyone will know I had a hair transplant.

Cosmetic healing from a modern hair transplant typically requires about a week. When surgeons take a minimally invasive approach with SmartGraft FUE or ARTAS Robotic System for transplant harvesting, there are no stitches to be removed, recovery is shorter, more comfortable and less-restricted, and there is no telltale linear scar to hide in the long run.

While hair restoration doesn't have the stigma it once did, for those who still wish to keep

their transplant procedure a secret, there are even newer options available. One of the latest techniques is VIP|FUE™ No-Shave Long-Hair Follicular Unit Extraction, during which absolutely NO hair is trimmed for the procedure; ALL hair remains the same length. Hair follicles are extracted from the donor area and implanted into the recipient area without ANY trimming of hair whatsoever. The healing Donor Area remains completely hidden amidst the surrounding full-length hair and a 100% completely normal appearance of the Donor Area immediately after your procedure is maintained. No dramatic shave or trim is required around the sides and back of the scalp.

Just remember, hair loss is no longer inevitable, it's optional, but only if you take action and take advantage of the effective tools and treatments available. When executed properly, hair restoration can be a fantastic, rewarding, and life-changing decision that most patients regret not doing sooner.

For more information on the causes and treatments for hair loss, or to learn what kind of results you might achieve with an advanced FUE hair transplant, please visit [www.baumanmedical.com](http://www.baumanmedical.com) or call 561-220-3480.

### TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair growth.
- Look for full-time hair transplant surgeons who are certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Due to the limited number of full-time, experienced ABHRS-certified Hair Restoration Physicians worldwide, prospective patients should be prepared to travel and-or consult “virtually” via phone or video-call using Skype, Facetime, etc.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures, and most importantly, ask questions about how to achieve your desired results and what should be done to maintain them.
- The ISHRS or International Society of Hair Restoration Surgery recently urged patients to avoid unprofessional clinics and unscrupulous practices that offer unsolicited financial incentives upfront. Ask yourself if a practice offering “free consultations,” deeply discounted coupons, or financial rebates truly has your best interests in mind.
- Ask for a referral from your primary care doctor or dermatologist to a qualified, credentialed, full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

### About Dr. Alan J. Bauman



**Alan J. Bauman, MD, ABHRS, IAHRS**  
Hair Loss Expert

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 30,000 patients, has performed nearly 10,000 hair transplant procedures and over 7000 PRP's since starting his medical hair loss practice, Bauman Medical in 1997.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS).

Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive FUE Follicular Unit Extraction, VIP|FUE™, Low-Level Laser Therapy, PRP Platelet Rich Plasma, PDOgro™, Eyelash Transplants and others.

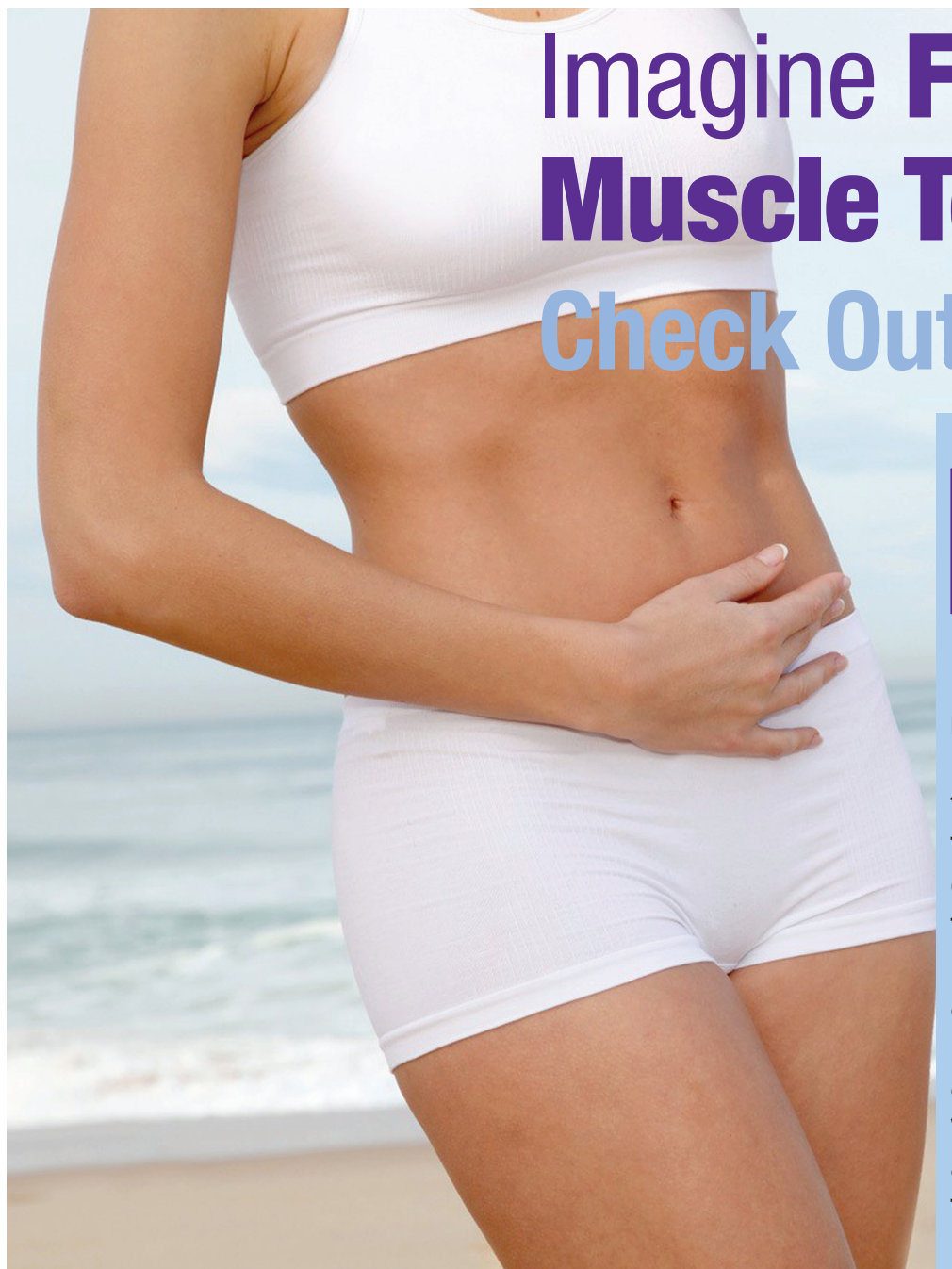
Dr. Bauman was voted “#1 Top Hair Restoration Physician” in North America by Aesthetic Everything for the 4th consecutive year and was recently named by Forbes as one of “10 CEOs Transforming Healthcare in America.”



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# Imagine **Fat Reduction** and **Muscle Toning** in One:

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**F**or so long we have been told that a proper diet and consistent exercise was the only way to meet our lifestyle goals or create a perfect body. In some ways, like valuing a healthy lifestyle in terms of diet and exercise, this still holds true; however, there is a protocol developed recently to not only blast away fat but tone and build muscle definition at the same time. For the first time in the aesthetics arena, two technologies, truSculpt iD and truSculpt Flex by Cutera were combined to create truBody, a protocol that targets fat and muscle in the same treatment plan. truBody is a solution for those hoping to achieve a specific appearance when dieting and exercise is simply not enough. This protocol is ideal for those who are already in shape or are enthusiastic in their workout routines and dedicated to a healthy diet and lifestyle; hoping to address those pesky areas that they continue to struggle with.

For so long we have been told that a proper diet and consistent exercise was the only way to meet our lifestyle goals or create a perfect body. In some ways, like valuing a healthy lifestyle in terms of diet and exercise, this still holds true; however, there is a protocol developed recently to not only blast away fat but tone and build muscle definition at the same time. For the first time in the aesthetics arena, two technologies, truSculpt iD and truSculpt Flex by Cutera were combined to create truBody, a protocol that targets fat and muscle in the same treatment plan. truBody is a solution for those hoping to achieve a specific appearance when dieting and exercise is simply

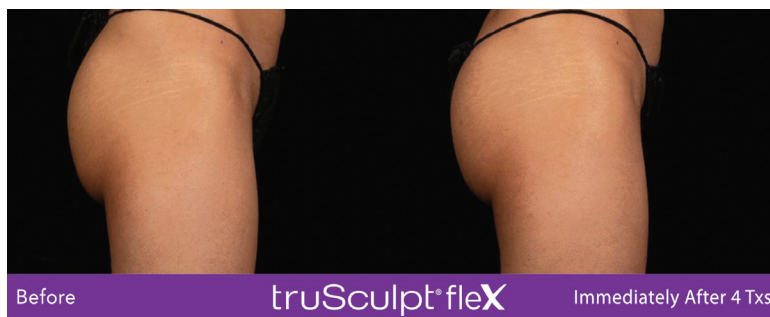
not enough. This protocol is ideal for those who are already in shape or are enthusiastic in their workout routines and dedicated to a healthy diet and lifestyle; hoping to address those pesky areas that they continue to struggle with.

Recently, many body sculpting technologies have been introduced to the medical aesthetic industry. However, no treatment has shown results such as those of truSculpt iD. truSculpt iD provides a hands-free and customizable fat-reducing treatment through non-invasive, Monopolar radio frequency platforms that use Real-Time Temperature Control. Real-Time

Temperature Control works to treat an entire fat layer, which has been clinically proven to safely and permanently reduce an average of 24% of fat in an area, with no downtime. Because truSculpt iD has no downtime or required recovery, it makes the perfect first step in the truBody protocol. Additionally, truSculpt iD uses this industry disrupting radio frequency instrument to tailor each treatment to the patient's long-term body aesthetic goals. The radio frequency works to break apart and destroy fat through Apoptosis, which is a medical system that literally kills fat cells. Over the next 12 weeks, patients' bodies will naturally remove these dead cells from the



area and of the body. Another benefit of this treatment is that depending on which area the patient wants to address, it can be performed quickly; sometimes receiving the treatment in less than 15 minutes. truSculpt iD is tailorable but also incredibly versatile as the design of the technology allows for treatments on small areas and large areas of stubborn fat. Unlike competing body sculpting technologies like CoolSculpting, the applicators and devices used with truSculpt iD allow even more specific or rounded areas to be targeted, in combination with larger or flatter areas, all at once. truSculpt iD is almost completely pain free, with little discomfort ever disclosed by patients. While it is not a system for weight loss, truSculpt iD provides an option to patients hoping to truly meet their body sculpting needs, before proceeding with the next step in the protocol, truSculpt Flex.



truSculpt Flex is the second technology used to create a lean and defined appearance that is typically hard to achieve. A muscle defining and sculpting device, truSculpt Flex has the ability to perform personalized treatments on patients following their truSculpt iD experience, customizing the second treatment in the protocol based on the patient's fitness levels, goals, and current physique. Using Multi-Directional Stimulation (MDS),

truSculpt Flex produces a method of electrical stimulation of the muscles using three treatment modes, which replicate intensified crunch,

squat, and twisting actions. Only truSculpt Flex has been able to achieve fast results and treat multiple areas of the body at the same time; unlike its competitor, Emsculpt. This technology can treat up to three areas of the body at once, making it more convenient for patients who want to sculpt more than one part of the body. Over a 45-minute treatment session and using two to sixteen applicators, the treatment is completed. As previously noted, there are three unique modes used during these 45 minute treatments: Prep, Tone, and Sculpt. Patients will have a customized experience based on their specific needs, but mainly, their current fitness levels. Prep Mode is the recommended and best choice for starting this treatment cycle, as it works to elongate and stretch muscles, preparing them for toning and sculpting in the following sessions. It is important to note however, that

Prep Mode may only be used in a cycle once for someone who is already lean and defined versus an individual who needs a muscle memory refresher. Regardless of the timeline of each patients' protocol, the results over the next few weeks will be successful, as the technology is multifaceted.

As a standalone treatment, truSculpt Flex is the only technology available that can perform a non-surgical buttlift by strengthening the gluteus muscles.

Initially, two treatments per week are performed. There is a recommended amount of six treatments in the protocol in order to establish the type of results patients hope to

see. Therefore, it is recommended that patients receive 4 treatments in a time frame of 2 weeks, no closer together than two days and no further apart than seven. Following the consecutive weeks of treatment, a maintenance program will be designed by Dr. Dadurian for each patient and their individual goals and needs.

Together, these truSculpt iD and truFlex iD have the ability to burn fat and define muscle in even the most stubborn places, with quick results and no downtime. Spend less time in the gym and call MD Beauty Labs today to book a complimentary consultation.

## Meet the Doctor



**Medical Director, Daniela Dadurian M.D.**

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\* Board Certified Laser Surgery

Dr. Daniela Dadurian, has been practicing cosmetic dermatology, functional and integrative medicine for more than two decades. Her passion for aesthetics and her background in Internal Medicine has allowed her to create a unique approach in rejuvenating every individual from the inside out. Dr. Dadurian received her medical degree from the University of Miami School of Medicine and specializes in anti-aging and regenerative medicine, as well as laser technology. Her expertise in cosmetic dermatology, anti-aging techniques and devotion for eminence are reflected in the vigilant personal care she gives each patient. Dr. Dadurian always stays at the forefront of technology and often travels the world searching for the latest, safest and most effective treatments for her patients and herself.

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# CAN YOU GET RID OF YOUR GLASSES AND CONTACTS FOR LIFE?

## ADVANCED REFRACTIVE, LASER-ASSISTED SURGERY IS A CUT ABOVE AT CLEAR VUE EYE CENTER

Clear Vue Eye

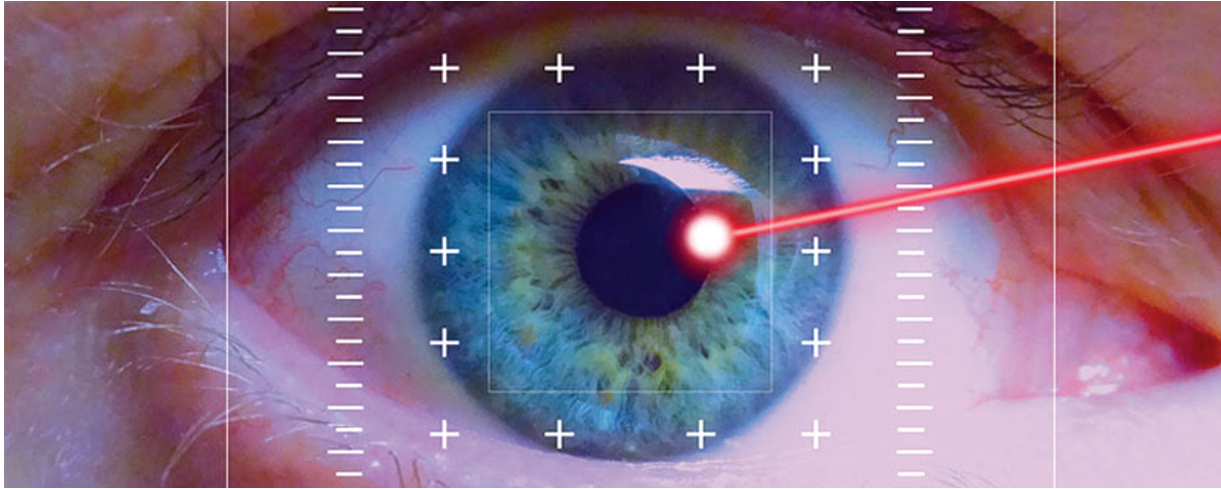


**T**he symptoms of cataracts are blurry vision, seeing double, sensitivity to light (both natural and synthetic), trouble with night vision, and irritated eyes. The lens of the eye that is affected is behind the iris (the colored area of the eye). This lens filters light through the eye into the retina, allowing signals of the images that we see to transmit to the brain. But with cataracts, the lens is cloudy and scatters the light, causing blurred vision. If left untreated, cataracts can cause blindness. According to the American Academy of Ophthalmology, Cataracts affect more than 24.4 million Americans age 40 and older, and by age 75, more than half of that demographic will have advanced cataracts.

### WHAT CAUSES CATARACTS?

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





### NOT ALL CATARACT SURGERY IS EQUAL

**Clear Vue Eye is an elite center with extensive experience, and they are dedicated to cutting-edge techniques. That's why they offer their patients Refractive, Laser-Assisted Cataract Surgery.**

### HOW DOES REFRACTIVE, LASER-ASSISTED CATARACT SURGERY WORK?

Cataracts must be removed surgically. In most cases, Dr. Barbour of Clear Vue Eye Center, anesthetizes the eye with topical anesthetics and combines a clear corneal incision with a procedure called Phacoemulsification. Using this small incision surgical technique, a special instrument uses sound waves (ultrasound) to break apart the cataract and remove it. An intraocular lens (implant) is inserted at the time of cataract removal as a replacement for the natural lens that was cloudy. Small incision cataract surgery which does not require any stitches means a shorter recovery time so you can see clearly right away. After your eye has healed from the surgery, a change in your eyeglasses will be necessary to insure the sharpest vision. However, with Clear Vue Eye Center's groundbreaking procedure, you might not need glasses at all. Dr. Barbour performs cataract surgery at several local hospitals and surgery centers on an outpatient basis.

### LATEST ADVANCEMENTS IN LASER-ASSISTED CATARACT SURGERY

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

There are several options available for the type of implant that patients may choose to enhance their vision or become less dependent on glasses. The 'multifocal' or 'accommodating' type of implant helps patients achieve maximum vision

potential with focusing capabilities for distance, intermediate and near. The 'toric' implant corrects astigmatism. Dr. Barbour uses both the 'multifocal' and 'toric' implants to help you achieve your goals of becoming less dependent on glasses. Alternatively, astigmatism may be corrected using the Lensar laser system and an 'accommodating' implant can be implanted at the same time to reduce the need for glasses.

### FOR A LIMITED TIME ONLY:

**Dr. Barbour is offering a \$500 discount on Refractive, Laser-Assisted Cataract surgery with the mention of this article.**

### CLEAR VUE EYE CENTER

Comprehensive eye examinations are available at Clear Vue Eye Center, as they use the latest state-of-the-art instrumentation to diagnose and treat eye conditions such as Cataracts, Astigmatism, Dry Eye Syndrome, Glaucoma, Diabetic Eye Disorders, and Pterygium (corneal growth). Clear Vue Eye Center has become the spotlight for eye-wear fashion due to Dr. Barbour's stylish choices for patients.

### CLEAR VUE EYE CENTER OFFERS THE FOLLOWING SERVICES:

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

### To learn more about

**Clear Vue Eye Center and their eye health expertise, please visit, [ClearVueNow.com](http://ClearVueNow.com) or schedule your appointment by calling **561-432-4141****



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

Dr. Barbour A Board Certified Ophthalmologist. She attended Saint Augustine's College in Raleigh, North Carolina where she received my 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. Dr. Barbour speaks multiple languages including Española.



7657 Lake Worth Road  
Lake Worth, FL 33467

**561-432-4141**

**<http://www.clearvuenow.com>**





# HAS BREAST CANCER TREATMENT LEFT YOU FEELING A LITTLE ‘OFF’ IN THE BEDROOM?

**I**n the United States, the CDC reports that over 276,400 women are diagnosed with invasive breast cancer annually. Additionally, 48,530 new non-invasive breast cancer cases are also reported. Thankfully most women who have breast cancer will survive it. Unfortunately, they often survive with issues that may plague their love life. Breast cancer survivors almost always suffer from prolonged side effects of estrogen deprivation, such as vaginal dryness and consequently, decreased libido. Painful sexual intercourse, or dyspareunia due to vaginal dryness from hormonal changes can be secondary to the treatment of breast cancer.

It's not just about menopause — it's not just about cancer — It's about how it affects families and intimate relationships. It's a serious issue. Women with breast cancer history are usually not candidates for hormone replacement that can be used in other postmenopausal women. However, there are other viable treatment options that work.

**Technological advances now give alternative options to help make vaginal tissue healthier with treatment such as ablative lasers and PRP.**

When estrogen creams and other topical therapies are contraindicated or not effective, vaginal lasers may also be a treatment option that can offer relief for vaginal dryness and other symptoms related to menopause. Vaginal rejuvenation lasers are one of the most effective treatments with proven results.



These innovative laser treatments for vulvovaginal atrophy and dyspareunia are performed in the convenience of the doctors' office with no medications, no cutting, and no lengthy healing times, – just rapid restoration and regeneration of the delicate area.

The laser assists with cell renewal, regeneration of the mucous membrane, and restoration of collagen.

Physicians who use these lasers are getting great results by giving a no hormonal option to those unable to use estrogen therapy.

### **O-Shot (PRP Injections)**

The O-Shot is a non-surgical, minimally invasive treatment that uses PRP (platelet-rich plasma) to stimulate tissue growth and regeneration. PRP is spun down from the patient's blood in a centrifuge. It is packed with powerful growth factors. O-Shot injections are performed in the comfort of the office. There is little to no pain associated with the injection process, and a topical anesthetic is available for additional comfort.

Many studies show that using platelet rich plasma can improve symptoms of menopause, pain associated with dyspareunia, and vaginal dryness. The use of PRP (platelet rich plasma) in the O-Shot Procedure is an effective way to help vulvovaginal restoration because it's natural, local effect doesn't increase estrogen levels. It repairs the tissue by recruiting growth factors to the area.

Due to its incredible ability to regenerate tissue, PRP is used by multiple different medical specialties including orthopedic surgeons, plastic surgeons, functional medicine doctors, physical therapists and dentists, to name a few. Over 85% of women see marked improvement after an O-Shot. The tissue becomes healthier and more comfortable for sexual activity without having to take estrogen.

### **Calla Genics of Lake Worth, Florida Specializes in Wellness for Both Men and Women.**

#### **CALLA GENICS: DRUG FREE, NON-SURGICAL, AESTHETIC & IV THERAPY MEDICINE**

At Calla Genics, we understand the importance of "living your best life" through intentional action. Dr. Tiffany is specially trained to help you look and feel like a younger version of yourself. With the latest in technology and non-surgical treatments, Calla Genics provides the most powerful and proven procedures that eliminate the common signs of aging and resulting loss of self-confidence.

Serving Palm Beach County and surrounding areas, we are excited to establish ourselves as an industry leader in medical aesthetics for adult men and women of all ages. Whether you are interested in sexual wellness using Wavetherapy and PRP or having a fresh and radiant look through regenerative procedures (facials, hair growth and body lifts), Botox and injectable fillers – we can provide it all. Dr. Tiffany and her team of professionals will construct an individualized treatment plan that addresses your concerns and leaves you feeling and looking like a better you!

**Contact Calla Genics Today.**  
(877) 243-6427 | 7657 Lake Worth Rd.,  
Lake Worth, FL 33467  
Dr.Tiffany@callagenics.com



**Call Calla Genics at  
(877) 243-6427**

**to find out how you can save \$200 off your first treatment.**

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# Medicare Insurance Helpline

## Offers free Medicare plan Comparisons

**S**electing the right health plan just got a whole lot easier for Medicare beneficiaries thanks to a toll-free Helpline provided by MedicareCompareUSA. The free service has been expressly designed to help Medicare beneficiaries select a plan that fits their needs and budget while also retaining access to their trusted healthcare providers.

The Helpline connects callers with local licensed agents who can assist in comparing Medicare Advantage, Supplement and Prescription plans and then facilitate enrollment in the plan selected.

Not owned or managed by any Medicare insurance company, MedicareCompareUSA's mission is to provide Medicare beneficiaries the unbiased information they need while simplifying the enrollment process. In addition to providing assistance throughout the plan application and enrollment process, agents of MedicareCompareUSA can provide an annual review of an enrollee's Medicare coverage during Medicare's annual enrollment period.

**Did you know?** MedicareCompareUSA also serves as the Medicare Insurance Helpline for health systems, hospitals and physician groups that provide care for more than 6,000,000 Medicare beneficiaries nationwide?



**For More Information:**

**MedicareCompareUSA**

**Helpline Toll-Free:**

**(855) 342-3173**

**[www.MedicareCompareUSA.com](http://www.MedicareCompareUSA.com)**

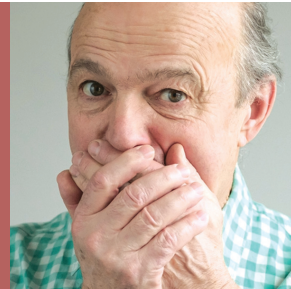


*MedicareCompareUSA is an independent insurance agency not affiliated with the federal Medicare program. All services are provided at no cost; MedicareCompareUSA and affiliated agents are paid directly by the Medicare plan you choose.*



# Replacing Missing Teeth – More Options than You May Think

It is astounding how many individuals live their lives with one or more missing teeth. When asked why they have not replaced their teeth, common answers include fear, cost, embarrassment and pain. What they may not realize is that living without a proper complement of teeth often leads to malnutrition, excess chewing on the remaining teeth (often causing them to break down even faster), tooth shifting and for many, insecurity related to their smile.



The good news is that there are numerous options to replacing missing teeth, many of which are relatively pain free and often are not astronomically expensive. Actually, costs increase as we attempt to function on the remaining teeth, asking them to carry the load of not only themselves, but of the teeth that have been lost. Overloading the teeth you still have frequently leads to their more rapid demise and the need for more extractions, dental work or tooth replacement.

## Options:

The first question you must ask yourself is simple, “what do I want?” It does not matter what your friends, significant other or even your mother wants. Some will decide they want a full mouth makeover, while others simply want to have a healthy mouth with proper function. Once you decide the answer to this question, the options ahead of you will fall into place. Although there are numerous treatments available, I will focus on a few commonly chosen ones along with some of their advantages and disadvantages.

## Removable Appliances (Dentures or Partial Dentures)

One of the oldest treatments that exist to help replace teeth (whether it is one or all of your teeth) is the fabrication of dentures. This treatment is often the least costly, but is also the one with the least patient satisfaction. A mold is made of your mouth and an appliance is provided to you that typically consists of a plastic like material which rests on the remaining teeth and gums. This material supports fake teeth that fill in the spaces where your original teeth are missing. Dentures are a simple and affordable way for you to regain function and chewing ability, but they do not come without problems. Often times they are not stable and will move while you chew and talk. Bulky material in the mouth, change in taste of food and irritation to the gum tissue are also frequent complaints.



## Crowns and Bridges

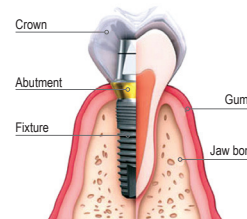
Another common treatment is to replace missing teeth with crowns/bridges. Typically, patient satisfaction is

very high with this treatment modality as it provides you with “glued in” teeth. Teeth adjacent (on both sides) to the missing ones are prepared to be fitted with dental crowns (also known as a cap). Consecutive crowns or caps can be joined together as one piece (known as a bridge). As the bridge is glued into place on the supporting teeth on either side of the missing ones, this empty space is filled by crowns that appear to be naturally coming out of the gum tissue but in actuality are being supported as part of the bridge connection itself. A great real life comparison is an actual bridge. Typically there is a pillar on either side supporting the bridge and the center part which has no support from beneath only from the sides.



## Dental Implants

To some this sounds very scary when in actuality it can frequently be less invasive than other options. A tooth is comprised of 2 parts, a crown (the part you see and chew with) and the root (the supporting part under the gum). A dental implant is simply a root replacement. This new root can be placed where your old root used to be. After a number of months of healing, a crown can be placed on this new root just like a crown can be placed on a tooth root. This treatment works very well in a situation when a tooth is lost between other teeth. An implant root can be placed with its own crown (a few months later) as opposed to cutting down adjacent teeth to fit a dental bridge.



All of the above treatments (and numerous others) have many variables and need to be determined on a case by case basis. A complete examination is required to help you understand the complexity of your individual situation and the options available to you. Knowing ahead of time what your overall desire is (such as a Hollywood makeover or a simple tooth replacement) will help you narrow down the options best suited to your “want.”

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

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



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

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

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

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



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561-691-0020



# Acupuncture for **Mood, Energy, and Weight loss**



## **How does Acupuncture Effect Your Mood?**

Did you know that a foul mood or a short temper can be a consequence of chronic stress in your life? Over time, these emotions can progress into more emotional conditions such as anxiety and depression as well as other health conditions such as digestive problems, trouble sleeping, and the tendency to get sick more frequently.

Acupuncture increases endorphin, dopamine, and norepinephrine levels, which produces a positive mood state. It also helps regulate the autonomic nervous system to help counter the chronic stress we all feel in life.

Within acupuncture theory, emotional disorders can be associated with a number of different patterns of disharmony; however, anger, irritability, and frustration are all signs that our liver is not functioning as well as it should be. Using acupuncture, nutrition, and sometimes herbal formulas can help the liver function better, which can evoke an overall feeling of wellbeing.

## **Energy and Acupuncture**

If you feel tired and drained, you are not alone. "Lack of energy" is one of the top five complaints that doctors hear in their offices.

When the 'battery' is running low, it puts all the organs and systems of the body at risk of not having enough energy to adequately perform their jobs. However, when it is full, this helps ensure that all the processes needed to sustain life can carry on, including the manufacture and usage of endorphins.

Acupuncture help the organs function better by bringing efficient blood flow and what acupuncturist call Qi(energy) to allow the organs to naturally function on a more optimal level. Acupuncture is sought after by many due to its ability to increase energy and induce clearer thinking.

## **Weight Loss**

At Balance Point, we know that weight loss is a primary concern for many people, and while we are able to help them with weight, it's a multifactorial approach. In order to lose the weight ,we must first optimize the individuals mood and energy levels. This approach will help patients to lose weight, as well as maintain the weight loss.

In addition to acupuncture, many people can benefit immensely from injections. There are of course numerous combinations and select nutrients to help with various conditions, but when it comes





to weight loss, the most effective combinations are listed below.

## Injections for Weight Loss and Energy

Lipo-Mino Mix starts with a special lipotropics fat burning combination of methionine, inositol, choline, carnitine and B12. Each of these ingredients helps the body convert fat into energy and are also powerful antioxidants. In addition to the Lipotropics blend, Lipo-Mino also contains a mixture of B vitamins which further help to facilitate fat loss and increase energy. The formula is then completed by adding ingredients to reduce appetite, build muscle and promote a healthy immune system.

**Balance Point also provides high-quality probiotics for weight loss and overall health.**

**Probiotics: UltraFlora Control features Bifidobacterium lactis B-420™**

- Controls body fat
- Controls body weight
- Reduces waist circumference
- Control abdominal fat

## Balance Point Method

**We Like Our Patients To Feel Like We Are A Partner In Helping Them To**

- **Feel Balanced** *Acupuncture is an energetic prompt to the body's intelligence that restores balance.*

- **Feel Nourished** *We combine different herbs to craft a formula to address your unique symptom pattern*
- **Feel Relaxed** *Our bodywork team draws on a variety of modalities to open, balance & align your body.*

## **We Play A Supportive Role To Your Body's Own Self-Healing Abilities**

- **Holistic** *We take the approach that the body, mind and spirit are not separate, and we treat our patients accordingly.*
- **Accountability** *We're always honest and straightforward about what we are, and are not, able to treat and the amount of treatment needed.*
- **Clear Plan** *We take the complexities of Chinese medicine and make them accessible, by providing a clear plan.*
- **Individuality** *We understand that each patient has a unique pattern of symptoms that requires an individual response.*
- **Partnership** *We partner with our patients, and our patient's other healthcare providers, to provide integrated care.*
- **Depth** *As we work to relieve your symptoms, we also address the root causes of disease and disharmony.*

To schedule your appointment, contact Balance Point today at **561-615-4535** or to find out more, please visit <https://balancepointacu.com>.



### **David Schnitzer D.O.M.**

Since leaving the Military in 1992 David has been on a Journey to help people relieve their suffering and promote a healthy lifestyle. David has a B.S. in Psychology from the University of Central Florida. A graduate from the Southeast College of Oriental Medicine where he was awarded a Master's Degree in Oriental Medicine, and received the "Clinical Excellence" award given to the college's highest achieving student. He has trained under Dr. Gordon Xu a Master in Oriental Medicine and has been in private practice for 16 years. He is contracted to do acupuncture at the Hanley Center and a consultant at a local women's outpatient treatment center.



### **Adriana Goettlemann Dipl. O.M.**

Adriana is originally from Cuba and has always had an innate willingness to help others around her. Her passion for acupuncture started when she discovered that it is a modality that allows treatment for multiple ailments. Here at Balance Point acupuncture she specializes in treating pain management and women's health. Her specialty is auriculotherapy for the treatment of mental issues and pain. She is a National Board Certified and licensed by the State of Florida in Acupuncture and Chinese Herbal Medicine and holds National credentials as a Diplomate in Oriental Medicine from The National Certification Commission for Acupuncture and Oriental Medicine. Her academic background is extensive, including a bachelor's degree in Psychology from Florida Atlantic University, a bachelor's degree in Health Science and Masters in Oriental Medicine with a certification for Acupuncture Injections therapy. She also has a Certification for Acupuncture Detoxification therapy.



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Acupuncture Clinic**

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# Stem Cells and Exosomes for Degenerative Conditions and Injuries: Do They Work?

REJUVAnation Medical Center

**A**re you a work-out enthusiast that has pushed too far? Perhaps you are just wanting to be free from joint pain caused by arthritis. Many people suffer from chronic pain, which can be attributed to degenerative disease, injuries, being overweight, inflammation, and a gamut of other issues. One sentiment rings true in these cases; patients want to be able to enjoy their lives once again – pain-free. There are viable options to help you get back to golfing, swimming or hauling your own groceries to and from the store.



If a patient first sees a surgeon, they most likely will be told they need a joint replacement or another surgery to relieve their pain, or they will be given addictive pain medications or steroid injections, which can cause further degeneration and, in many cases, stop working after a period of time.

## ALTERNATIVE THERAPIES WORK — STOP MASKING YOUR PAIN

Stem cells are a cutting edge procedure that is gaining traction in the medical field, but not all practitioners are equally experienced in stem cell therapy. Simply Men's Health REJUVAnation Medical Center has years of experience and is continually on the cutting edge of alternative treatments to prevent surgery and treat patients with no drugs or the corresponding adverse side effects.

## STEM CELLS

Over the past several years, stem cell therapy has become a recommended treatment option due

to its natural and proven effectiveness, including orthopedic conditions. Because our bodies naturally produce stem cells, this treatment is not perceived as foreign to our cells, and the injured joints readily accept this treatment option. Our joints are constantly under wear and tear, which causes inflammation and injury to occur. Our own stem cells assist in the normal healing process. Stem cells can regenerate tissue growth and signal repair to the damaged area.

Stem Cell Therapy is revolutionizing medicine and reversing the course of degenerative diseases by harnessing our own body's innate ability to repair, regenerate, and renew.

With stem cells, we can now stimulate our body to rebuild the joint cushioning cartilage and synovial membranes, which can significantly decrease inflammation and reduce pain while restoring mobility.





## EXOSOMES

Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles that offer remarkable regenerative results. Exosomes are nano-sized particles that are released due to an immune response. They act as intracellular communication messengers within the body and have the ability to move between multiple cells. Exosomes are filled with proteins, cytokines, anti-inflammatory factors, and growth factors that stimulate repair and regeneration of damaged tissues. They are also advantageous when paired with stem cell therapy.

## STEM CELL AND EXOSOME THERAPEUTIC FINDINGS FROM SEVERAL PEER-REVIEWED STUDIES ARE AS FOLLOWS:

- Anti-Inflammatory Effect
- Cellular Differentiating Ability
- Immunosuppression
- Neuroprotection
- Self-Renewing Capabilities
- Tissue Repair
- Regenerative Effect
- Anti-Aging

## NOT ALL STEM CELLS ARE EQUAL

Amniotic, Umbilical-Placental Therapies Are A Major Breakthrough In Regenerative Medicine: Safe, Clinically Effective, No Rejection and No Surgery

### Amniotic and Umbilical Qualities

- Immunologically Privileged - This means there is No Rejection Reaction by one's body
- 100% SAFE from FDA certified and regulated labs
- Large amounts of Growth Factors, Cytokines, Exosomes and Hyaluronic Acid
- LIVE Message Signaling Cells and Activators
- Anti-microbial and Anti-Inflammatory
- Non-steroidal
- No need to harvest anything from patients
- No ethical concerns
- Very safe and excellent outcomes

## ARTHRITIS, SPORTS INJURIES AND JOINT PAIN

Did you once enjoy, jogging, kayaking, tennis, pickleball, or picking up your grandchildren without pain?

We put undue stress and weight on our joints every day. Wear and tear happens with age and repetitive motions or from being overweight. If you are a weekend warrior, sports enthusiast



or someone that simply can't manage activities without pain, it's essential to speak to an expert that can guide you to finding relief and restoration from within. Once your body begins to rebuild, and the inflammation decreases, your range of motion will improve as well, which can get you back to doing the things you love.

## REGENERATIVE TREATMENTS OFFERED AT SIMPLY MEN'S HEALTH REJUVANATION MEDICAL CENTER:

Simply Men's Health REJUVAnation Medical Center combines Amniotic and Umbilical Allografts, Exosomes, PRP Platelet Rich Plasma and our exclusive, revolutionary RejuvaWAVE® for ultimate regeneration.

- Walk, run, golf and swim again PAIN FREE!
- Avoid surgery and repair injured tissue and degenerative disease



## RejuvaWAVE® only available at Simply Men's Health

- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

- Enjoy a spontaneous sex life again. CURE ED and Peyronie's Disease and reclaim your sexual vitality.
- Maintain peak sexual vitality throughout your life. No longer does a slowing of sexual performance have to be accepted as a normal part of aging.
- Regrow your OWN hair without surgery – STOP hair loss in men and woman.
- Look younger and reduce wrinkles and maintain a youthful, healthy skin glow.

Alternative therapies work. If you are tired of living in pain and want to once again enjoy life and the daily activities that are now difficult to endure, contact Simply Men's Health Rejuvenation Medical Center today at (561) 459-5356 or visit [SimplyMensHealth.com](http://SimplyMensHealth.com)



## REJUVANATION MEDICAL CENTER

**STOP THE PAIN!  
WALK, RUN, PLAY GOLF  
PAIN FREE**

Contact  
Rejuvenation Medical Center  
**(561) 459-5356**  
or visit  
**[SimplyMensHealth.com](http://SimplyMensHealth.com)**



# ANYONE CAN SUFFER FROM ANXIETY

## NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

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



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

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

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

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

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

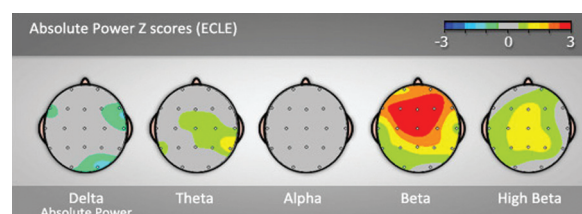
I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing anxiety in young children is very difficult and not usually done unless symptoms are severe. In most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

And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

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

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

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



Very often, we contribute anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional or physical trauma. It's a pattern in the brain that they are born with.

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

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



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

- Continued worry and difficulty handling traumatic events
- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression, suicidal or homicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)
- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes, suspensions or expulsions
- Poor conduct: lying, stealing, violence
- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.

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

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

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

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

### WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without

medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through an auditory reinforcement of "beeps" and sometimes through visual reinforcement of changes on the screen.

### WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

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

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

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

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

### WHAT IS AQEEG (QUANTITATIVE EEG) OR BRAIN MAP?

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

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

### IS THERE ENOUGH RESEARCH?

Neurofeedback has been researched since the 60's. Here are some resources for research. We have several journal articles, studies and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

#### Look up the work of:

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

#### Look for specific researched conditions:

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

#### Print Resources:

Journal of Neurotherapy  
Neuroregulation  
Applied Psychophysiology and Biofeedback  
A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback (Curtain Up) Paperback – 31 May 2001  
by Jim Robbins.  
Healing Young Brains: The Neurofeedback Solution  
Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.

### HOW DO I GET STARTED?

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



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# UNDERSTANDING DRY EYE AND BLEPHARITIS

**D**ry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women  $\geq 50$  years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having “dry eye”, experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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.

 **GOLDMAN EYE**  
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# selfie



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

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

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to

understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

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

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

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

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

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

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

You are God’s selfie.

Brent Myers

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

# Your treatment. Our Journey.



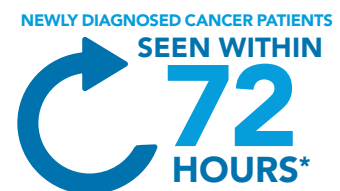
You don't plan for a cancer diagnosis. You begin to worry about your family, friends, work and health. Florida Cancer Specialists will be by your side — throughout the journey. Our doctors and nurses provide personalized, targeted treatment and clinical expertise so you can have peace of mind. And with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

During Breast Cancer Awareness Month, and beyond, we'll give you the strength to move forward — every step of the way.

## Caring for patients at our four Palm Beach County locations.

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\*All required paperwork must be provided at time of referral.