

SOUTH FLORIDA

# Health & Wellness<sup>®</sup>

MAGAZINE

November 2020

North Palm Beach Edition - Monthly

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FREE



**LUNG CANCER & COVID-19**

**STRESS RELIEF  
YOUR FOLLICLES WILL  
THANK YOU FOR**

**NAVIGATING  
THE MEDICARE PUZZLE**

**HOW DIABETES AFFECTS YOUR EYES:  
AVOIDING EYE EXAMS COULD COST YOU  
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**ENJOY A LIFE FREE OF PAIN, STRESS AND ILLNESS**



# Lung Cancer & COVID-19

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States, with more people dying of lung cancer in a year than from breast, prostate, colorectal and brain cancers combined. It is the second most common cancer in both men and women, ranking just behind prostate and breast cancer, respectively.

## IMPACT OF COVID-19

While the COVID-19 pandemic has affected just about every aspect of our lives to some degree, cancer screening, diagnosis and treatment have been highly impacted. Many have chosen to delay cancer screenings and, in some cases, cancer surgeries and treatments because they do not want to risk going to a doctor's office or hospital and being exposed to the virus. It's a concern that is understandable because cancer patients, especially those who are in active treatment, are extremely vulnerable to COVID-19 due to their compromised immune systems.

Lung cancer patients, in particular, tend to be older and have a variety of underlying conditions. They are not necessarily more susceptible to the virus, but if they get it, they are more likely to have more severe complications, according to a recent study conducted at Memorial Sloan Kettering Cancer Center in New York and published in June 2020 in the *Annals of Oncology*\*. The study reported that 62% of the lung cancer patients were hospitalized and 25% died. Severity of the disease was suspected to be linked to how much or how long the patient was smoking or had smoked. Because of this increased risk, lung cancer patients should be extremely vigilant about taking precautions to prevent the disease.

\* <https://doi.org/10.1016/j.annonc.2020.06.007>

## EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 19%, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 61%. So, your chances of surviving lung cancer are three times greater when it is detected early.



*Smoking remains the greatest risk factor for lung cancer with approximately 85% of all cases of lung cancer occurring in people who are smokers or have smoked in the past.*

Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

## IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.

## LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

## WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a network of expert, Board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state in nearly 100 locations. FCS is on the leading edge of clinical trial research, which provides patients access to the newest, most innovative treatments.

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



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# STRESS RELIEF

## YOUR FOLLICLES WILL THANK YOU FOR

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

for Women, and Nutrafol Women's Balance, formulated for women over age 50, are exciting nutraceutical products because they target several possible triggers for hair loss and hair thinning, including inflammation, the effects of cortisol (stress hormones), free radical damage and others.

If your goal is to relieve a little stress while doing something good for your scalp, you may want to consider indulging in a “Scalp Makeover” by our salonB trichologist (hair & scalp specialist), which utilizes a scientific evaluation of the scalp and then a custom therapeutic regimen that might include a stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles.

**I**t has been a stressful year, and the one thing we can probably all agree on is, we're thankful that it is almost over.

Between concern for our health and the health of our loved-ones, the stress has been overwhelming and seemingly never-ending. Not to mention our financial health, changes in work or school from home, impacts to our lifestyle including our nutritional habits, exercise regimens, sleep, social isolation and distancing, as well as disruption in our self-care routines, all have significant implications for us, our communities and nearly everyone around the globe.

Stress can often have us literally pulling our hair out, but what kind of effect can this stress really have on our hair and what can we do?

### STRESS AND YOUR HAIR

There is a lot of talk about all the negative ways stress can impact our health. Did you know it could even affect your hair? That's right, it is no myth that increased levels of stress can severely impact our follicles. This effect is due in part to our body's survival mechanisms, especially elevated cortisol, and our body's response to them. Prolonged or severe psychological or physiological stress can lead to hair problems such as sudden excessive

shedding and accelerated hair thinning, as well as trigger or exacerbate inflammatory problems like dryness, flaking, and types of dermatitis of the scalp – especially if there are underlying scalp and hair loss conditions like male or female pattern hair loss.

For many of us, the stress of 2020 has led us to make some lifestyle choices that aren't always the healthiest, such as smoking, drinking, irregular sleep patterns, less exercise, etc. These habits aren't just unhealthy; they can also act as triggers for unhealthy hair, and even hair loss.

If you and your tresses are feeling stressed, there is good news, there are an abundance of natural, chemical-free treatments that can not only help boost the health of your hair, but can also help relieve some of the stress you're feeling.

### GIVE YOUR STRESSED FOLLICLES SOME 'TLC'

Did you know that your hair follicles are amongst the most metabolically active populations of cells in your body? If you are looking to give your hair a boost at home, a nutritional supplement like professional-grade Bauman-MD “SuperBiotin” or perhaps Nutrafol -- a multi-nutraceutical, are good places to start. Nutrafol for Men, Nutrafol



*A “Scalp Makeover” is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles.*



*The Award-winning Bauman Turbo LaserCap is the most technologically advanced portable low-level laser light therapy (LLLT) device for hair regrowth currently available. Recommended for those with thinning hair, as well as hair loss prevention and overall hair health.*

The biggest takeaway should be that early intervention is the key to preventing and managing both unhealthy hair and hair loss. Once we understand the cause of your hair loss, we can determine the best way to stop you from 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: several non-invasive treatments to protect the hair you have and hair transplantation to restore the hair you've lost. Some patients might accomplish their goals using only non-invasive treatments.

For more information on the causes and treatments for hair loss, or to learn what treatment regimen is right for you, please call **561-220-3480** or point your camera at the QR code on the right to schedule your consultation at [www.baumanmedical.com](http://www.baumanmedical.com).



Another great option for boosting the health of your hair is Low-Level Laser Therapy. This is a great, drug-free, chemical-free non-invasive treatment option for thinning hair and has been proven to improve the appearance of hair quality, hair strength and hair thickness in addition to promoting hair growth. Patients can now take advantage of powerful FDA-cleared devices, such as the CapillusRX 312 or the Bauman TURBO LaserCap, which are now available for at-home use.

## CHECK OUT THE BAUMAN ESTORE

There are some exciting new offerings from the "Bauman eStore," like our new Virtual PRP™ 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.

## INTACT® FOR STRESS-RELATED SHEDDING

Seeing hair literally fall out of your head and collect in your brush or your shower drain can be concerning. If you are experiencing stress-related hair fall, you may want to consider INTACT® Scalp & Hair Primer, which has been proven to reduce hair loss due to shedding by up to 77%. This new, cutting-edge, at-home topical treatment works by using a organic ingredient that has been scientifically proven to activate the arrector pili muscles, which are actually the "goosebump" muscles, protecting your follicles from hair loss by securing hair at the root during shampooing or styling – during times when shedding is most noticeable.

If you have questions about INTACT® for shedding, or other hair growth treatments you could be doing at home (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 at [BaumanMedical.com](http://BaumanMedical.com).

## 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."



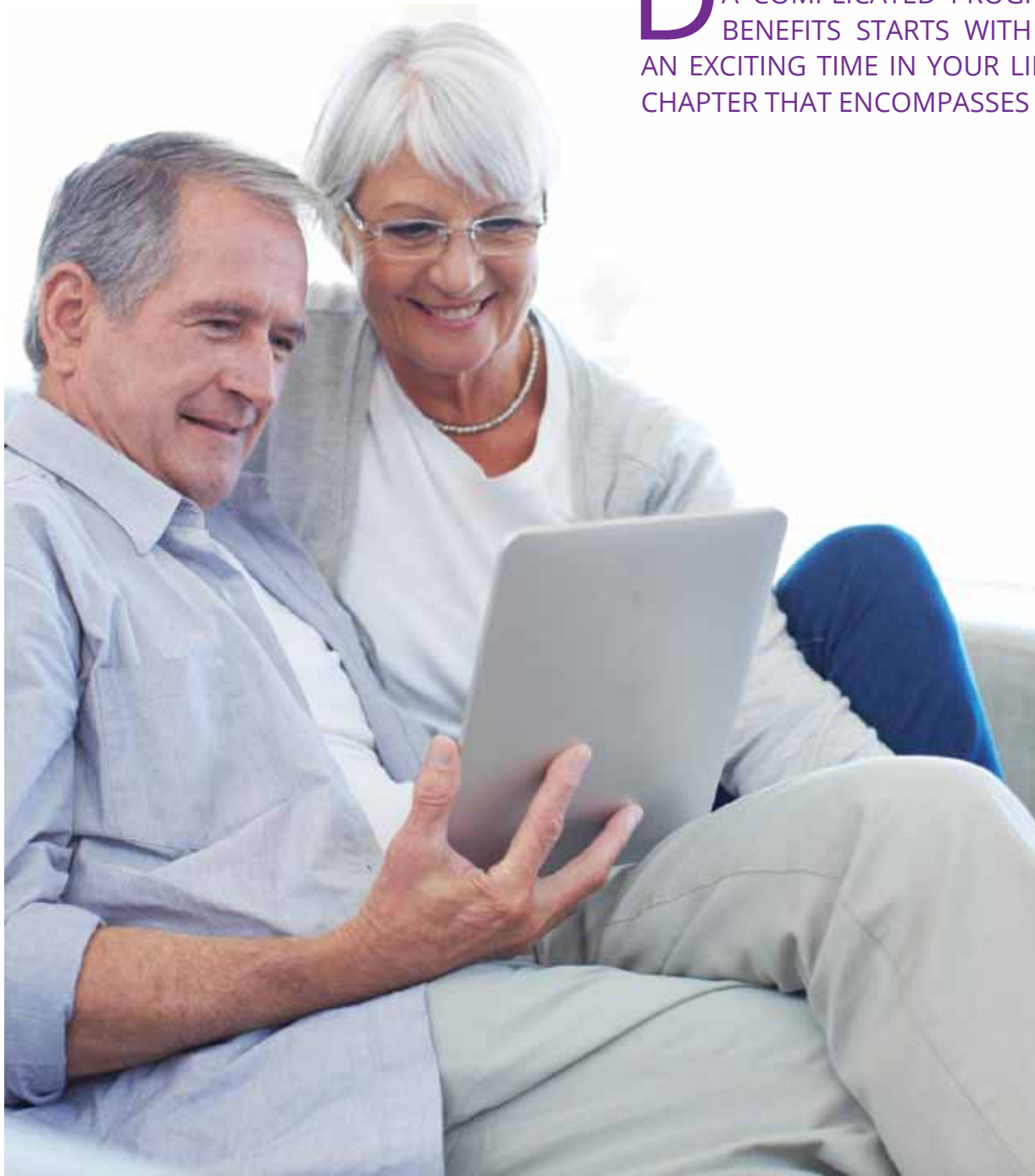
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# Navigating the Medicare Puzzle

**D**OES MEDICARE CONFUSE YOU? YOU ARE NOT ALONE. MEDICARE IS A COMPLICATED PROGRAM. WISELY MANAGING YOUR MEDICARE BENEFITS STARTS WITH UNDERSTANDING THE FACTS. AGE 65 IS AN EXCITING TIME IN YOUR LIFE. IT'S THE BEGINNING OF A WHOLE NEW CHAPTER THAT ENCOMPASSES THE WHOLE YOU (BODY, MIND AND SPIRIT).



Aetna Medicare is more than a typical insurer; we are a health company and we are devoted to helping you realize your health ambitions, big and small. We hope to join you in your health journey by turning your ambitions into achievements so you can age actively.

## **HOW DO YOU KNOW YOU'RE GETTING THE BEST ADVICE?**

Guidance and support go a long way towards achieving your best health. That's why Aetna representatives help simplify Medicare and connect you to the right coverage, resources and care.

## **WHAT DO I NEED TO KNOW ABOUT MEDICARE?**

Medicare is a sophisticated system, but maneuvering your way through the maze is the tricky part. You'll want to have the best coverage based on what your income will allow.

## **MEDICARE HAS SEVERAL PARTS:**

- Part A (hospital)
- Part B (physician & out-patient services)
- Part C (Medicare Advantage Plan)
- Part D (prescription drug coverage)

Because (Original) Medicare only covers approximately 80% of Part B expenses, most individuals will need to enroll in supplemental coverage to cover the cost associated with outpatient services. We understand that a total





approach to health and wellness may be different for each of our members. That's why we offer a choice of Medicare Advantage, Medicare Supplement and Prescription Drug Plans (PDP) for supporting your unique health ambitions.

Having the right amount of coverage is key to taking care of the whole you. That's why we offer Medicare Advantage plans that cover your doctors (Part B), hospitalization (Part A) and prescription drugs (Part D) in one simple plan – some with added benefits for dental, vision care and fitness. Medicare Advantage includes PPO & HMO plans, which have co-pays or deductibles instead of the 20% balance that Medicare does not cover. The benefits depend upon the plan you select.

A Medicare Supplement plan (sometimes called, MediGap) may help protect your savings and peace of mind. Aetna Medicare Supplement plans are designed to fill the coverage gaps left by Original Medicare and place a firm limit on how much you pay each year. One of the benefits of pairing a Medicare supplement insurance plan with Medicare is the flexibility. You can use any doctor or hospital that accepts Medicare, and a network does not limit you. We have

several plan options in Palm Beach county for you to choose from, including plans with dental benefits such as fillings, crowns, dentures, implants, X-rays, cleanings and more.

If you do choose a Medicare Supplement, it is important to add an additional PDP to cover your Prescriptions. Medicare Supplement plans do not include prescription drug coverage.

Sometimes feeling your best requires the right combination of prescription drugs. Since Medicare has no coverage for Part D, Aetna Medicare has a range of PDPs to support your health ambitions. They include a 60,000-strong pharmacy network. And, with a broad list of covered drugs – changes are good yours are on it.

#### HOW DO I FIND OUT MORE?

At Aetna Medicare, we understand the more you learn the more you know. In fact, Aetna has a legacy of caring for the whole person, providing care, trust and access to Medicare coverage since 1966. And, Aetna representatives advocate for our members' best health by helping them get the most from their benefits, building trust and always providing a clear path to care.



**Lisa Sachs**

Lisa Sachs is a licensed Field Sales Representative in Palm Beach County and has been a proud Aetna employee for ten years. She loves working with the senior community and is passionately dedicated to her clients. Lisa assists people with Medicare parts A and B, with enrollment in the HMO, PPO, POS and SNP (special needs plans for those with Medicaid) offered by Aetna. Her duties don't stop there though as she also specializes and assists members to see if they possibly qualify for additional government programs offered by the state of Florida such as Medicaid and the Extra Help program through Social Security. She believes in always being as available as possible and insists upon the highest level of customer service. "Sometimes just picking up your phone and sincerely showing that you care, is all someone might need at the moment", she says. "She makes a point to do just that by keeping her phone close to her at all times and even taking calls on weekends and holidays. "I feel the need to treat my clients the way I would want someone to treat my Mother or Father. Medicare can be a bit confusing and she prides herself on taking as much time as needed to fully explain the benefits of each plan and the enrollment process. For a phone or in house appointment Lisa can be reached at your convenience seven days a week at **(561) 818-4205**

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# SILHOUETTE INSTALIFT™

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

**M**ore 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.

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

Clear Vue Eye



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

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

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



*Diabetic Retinopathy*

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

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





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

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

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

One in 10 Americans have diabetes, putting them at heightened risk for visual impairment due to the eye disease diabetic retinopathy. The disease also can lead to other blinding ocular complications if not treated in time. Fortunately, having a dilated eye exam yearly or more often can prevent 95 percent of diabetes-related vision loss.<sup>1</sup>

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

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

**Reference:**

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

## 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.

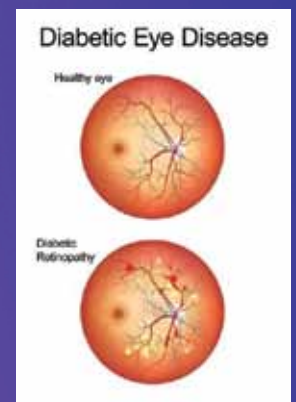


After residency, she completed a Glaucoma fellowship at Georgetown University in Washington, DC and a Refractive Surgery fellowship at the world renowned Instituto de Clinica Barraquer in Bogota, Columbia. Dr. Barbour has been the medical director of Clear Vue Laser Eye Center, a state-of-the-art vision 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.

# Diabetic Retinopathy Study

## ATTENTION

If you have diabetes and eye problems you may qualify for a research study!



**CALL US TODAY  
561-432-4141**

This study will be conducted at Clear Vue Laser Eye Center by Dr. Monique Barbour, a board certified medical retina specialist located at 7657 Lake Worth Road, Lake Worth, Florida 33467



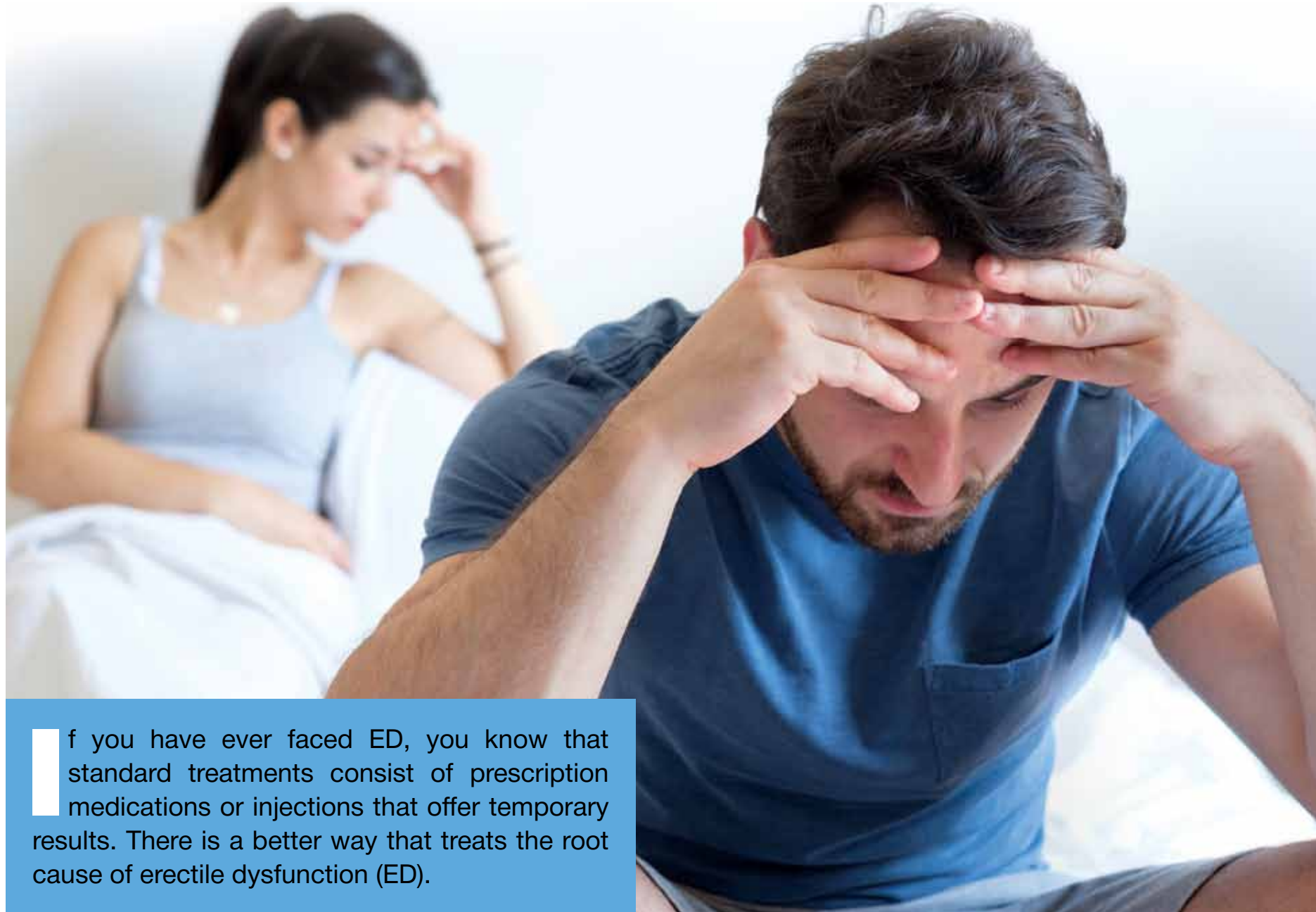
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Lake Worth, FL 33467

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<http://www.clearvuenow.com>



# REAL SOLUTIONS FOR BEDROOM WOES



If you have ever faced ED, you know that standard treatments consist of prescription medications or injections that offer temporary results. There is a better way that treats the root cause of erectile dysfunction (ED).

Many times, ED is caused by vascular issues that can narrow the blood supply pathway with plaque buildup. This causes difficulty in getting and maintaining an erection. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow.

**GAINSWave** is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate

blood circulation, tissue regeneration, and remove plaque buildup.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. GAINSWave has developed a protocol to treat ED and Peyronie's disease (scar tissue) as well as enhance sexual performance.

There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in patients. The sooner you intervene with treatment, the better your outcome.

Virtually everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, ED is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in ED.



## GAINSWAVE FAQ

**Q: How long does it last?**

**A:** Treatment has been medically proven to provide patients with results for 2-3 years.

**Q: Is the treatment only for men with ED?**

**A:** No, treatment is available for any man looking to enhance sexual health and performance. A medical condition like ED or Peyronie's disease does not have to be present for men to benefit. In fact, many healthy men without an issue opt for treatment to "biohack" or optimize their performance and/or as a prevention method.

**Q: What is the difference between GAINSWave and ED medications like Viagra or Cialis?**

**A:** This non-invasive treatment uses sound waves to address the root cause, poor blood flow. There is an increased opportunity for spontaneity with your partner by not having to pop pills and plan for intimacy. GAINSWave is the safest treatment for those with pre-existing conditions such as diabetes, high blood pressure or heart disease because it's non-invasive and has no side effects.

**Q: Is this procedure new?**

**A:** Although relatively new to the United States, shockwave therapy has been used as successful treatment in Europe for more than 15 years.

**Q: How many treatments are required?**

**A:** The number of required treatments depends on the severity of your symptoms and goals, but

typically 6-12 is standard. Maintenance sessions after treatment are also available as needed.

**Q: What are the advantages of GAINSWave over other "Male Enhancement" procedures?**

**A:** Treatment differs from other procedures for many reasons including, it is completely non-invasive, drug and surgery free. The sessions treat the root cause improving blood flow, providing long-lasting patient results.

The improvement in erectile function and overall sexual performance after treatment for men has been incredible.

### WOMEN CAN BENEFIT FROM WAVE THERAPY

Wave therapy is a safe, non-surgical, non-invasive, drug-free solution for women to enhance sexual performance and function as well. Pulse waves repair blood vessels, which improves blood flow to the vagina. Women can expect to experience increased sensitivity and lubrication, as well as improved physical appearance.

**Calla Genics** specializes in medical aesthetics, non-surgical treatments and hydration therapy that rejuvenate a healthier and happier YOU. Their new and innovative approach uses your body's own regenerative active agents – in the form of own-blood therapies resulting in longer lasting, naturally impressive outcomes.



### BENEFITS:

- ENHANCED ERECTIONS
- MORE SPONTANEOUS INTIMACY
- INCREASED SENSATION
- LONG-LASTING RESULTS
- BETTER ORGASMS
- OVERALL IMPROVED SEXUAL PERFORMANCE
- COMPLETELY NON-INVASIVE
- PAINLESS

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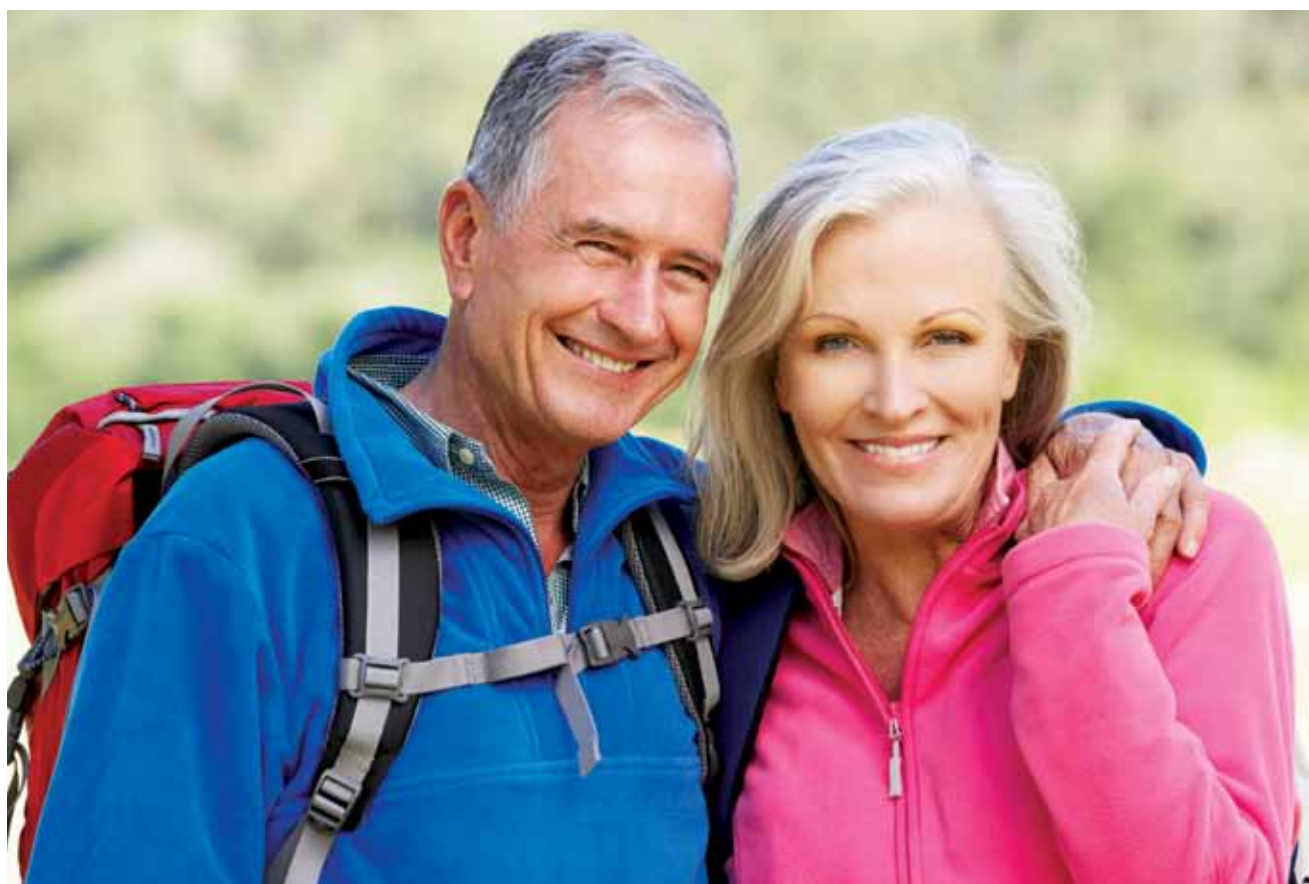
**CallaGenics.com**



# 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**



## REJUVANATION MEDICAL CENTER

**STOP THE PAIN!  
WALK, RUN, PLAY GOLF  
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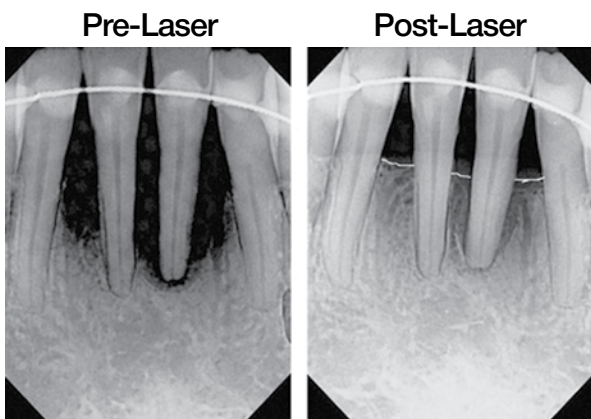
# LANAP: A Painless Way to Treat Gum and Bone Loss

Many of us have been told by the dentist and the hygienist that we have developed “deep pockets” or experienced bone loss around our teeth. These comments often trigger fear related to losing teeth and the pain associated with treatment. Although traditional periodontal surgery to treat these issues can often be performed in a painless fashion, the fear of pain often causes patients to hold off on seeking treatment.

Fortunately, treatment of periodontal disease (gum and bone loss) can be performed with a FDA approved therapy called LANAP. LANAP, or Laser Assisted New Attachment Procedure, is a patented protocol that allows for advanced treatment of periodontal disease without the use of a scalpel or sutures. Specific training and equipment are needed to perform the LANAP procedure.



Traditional surgery often involves opening the area, cleaning out the site and closing (stitching) the gum tissue closer to the bone. This procedure is effective, but typically leaves the tooth much more exposed (or longer looking) due to moving the gum tissue higher on the tooth and nearer to the bone.



## Goal of Periodontal Therapy

Healthy gums typically rest very close to its underlying bone. As the disease worsens, the bone deteriorates. This deterioration is seen by a deepening of the space between the gum and bone. The goal of periodontal therapy is to help restore health to the affected area. This is typically achieved by shrinking the deep space that develops below the gum tissue down to the bone level. In this deep space, aggressive bacteria can hide and cause continued destruction of the bone.

LANAP therapy does not involve any cutting. A laser tip, the size of the periodontal probe the hygienist measures your gums with, is inserted along the tooth. The light released is absorbed by diseased tissue causing it to vaporize. The area is subsequently scaled and planed (deep cleaned to remove tartar deposits) and then tiny clots are formed in the small space between the tooth and gum. These clots help rebuild tissue (and in some cases bone) therefore reducing the space between the gum and bone. This specific laser treatment has also been shown to be effective around implants that are losing bone.

Both surgical and LANAP procedures help reduce the space between the gum and bone, but achieve them in an entirely different way. Neither option can guarantee success. A significant difference with the LANAP approach is the ability to treat the area without traditional surgical techniques. Since the procedure is performed without a scalpel or sutures, pain medication is not needed. In fact, there is no more post-treatment discomfort than would occur with a deep cleaning. LANAP is not indicated in all situations and a thorough periodontal evaluation and current x-rays are needed to determine your ideal treatment options.

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 **Periolase 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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**Health & Wellness**





# 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**

- **Holisitc** *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.



**Balance Point  
Acupuncture Clinic**

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## REAL LIFE STORIES®



Juanita Flechsing and family

# The Living Benefits of Life Insurance

Mark and Juanita Flechsing were high-school sweethearts who had the good fortune of turning that young love into a strong marriage. Mark worked hard on Alaska's North Slope oil fields, gone for weeks at a time, while Juanita worked full-time back home in Wasilla.

As they looked forward to raising a family, they knew they wanted protection for the "what ifs" in life, and that's what led them to consider life insurance. Like many couples starting out, Juanita admits they didn't have a lot of money, but they sat down with insurance professional Robert Barrett, Jr., and he helped them get life insurance policies that fit their budget.

## When Help Was Needed

Robert also suggested they get a waiver of premium rider on their policies. This would ensure if they became disabled and unable to work that they wouldn't have to pay the premiums on their policies. The couple agreed, and it's a good thing they did. When Mark reached his late 40s, what his doctors initially thought was reoccurring pneumonia was in fact a serious type of lung disease. Doctors said he would need a double lung transplant.

That's when Robert reminded the couple of the living benefits of their life insurance. Because Mark was ill and unable to work, the waiver of premium kicked in, and they no longer had to pay the premiums on his policy. Additionally, because of Mark's grave prognosis, they were able to tap into the policy's living needs benefit. It allowed the family to continue on financially.

"We were able to use money from his life insurance policy while he was alive," says Juanita. "It allowed me to pay the

mortgage and bills we were falling behind on, as well as the mounting medical expenses."

Unfortunately, despite the transplant, Mark died threeand-a-half years later. The remaining death benefit from the policy continued to help Juanita as she navigated her life and finances without her husband. "The life insurance helped us while Mark was alive, and continued to help me after he was gone. I can't imagine what my life would be like now without it," she says.



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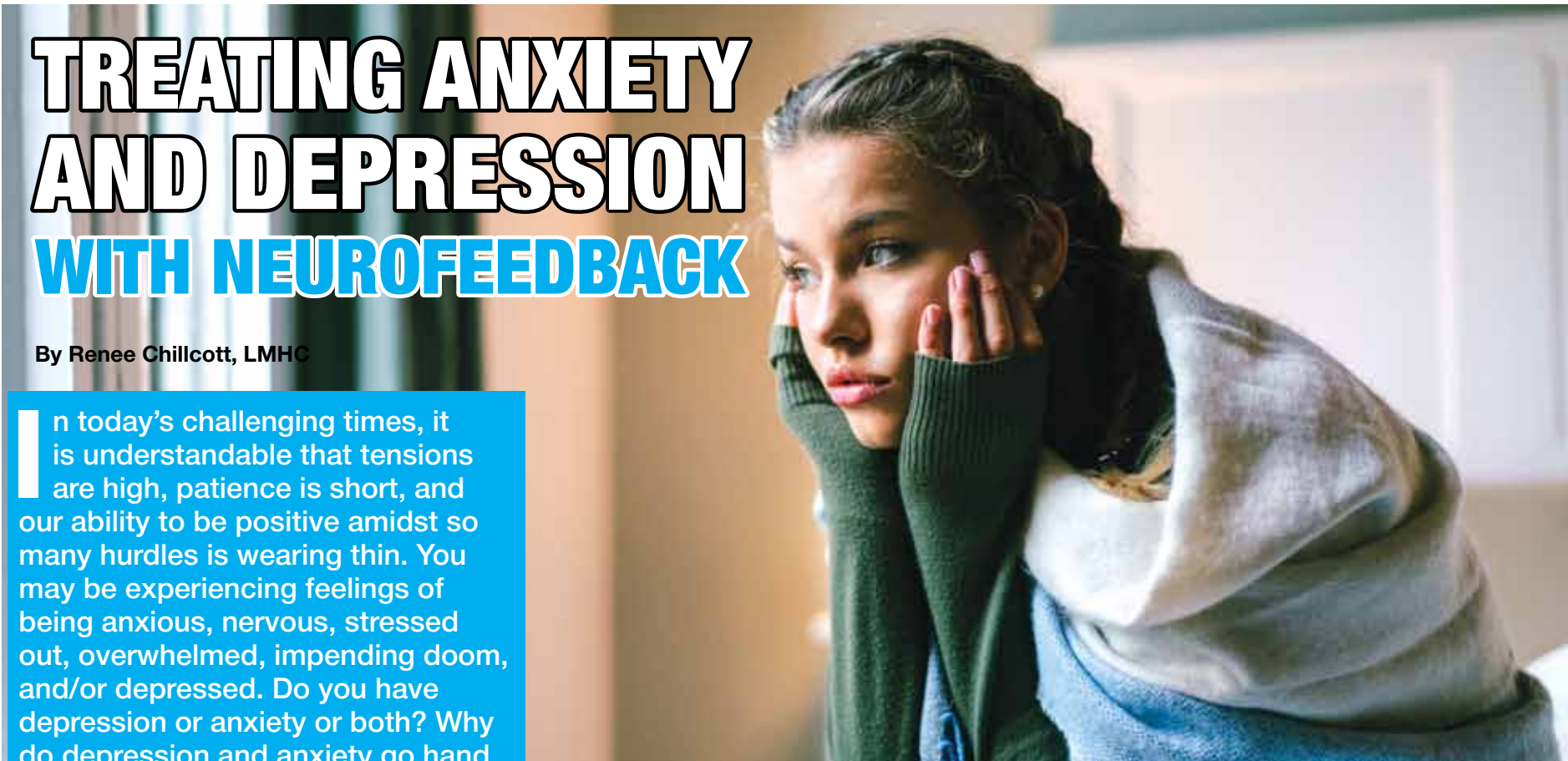


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Watch Juanita's story at  
[www.lifehappens.org/flechsing](http://www.lifehappens.org/flechsing)





# TREATING ANXIETY AND DEPRESSION WITH NEUROFEEDBACK

By Renee Chillcott, LMHC

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. 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?

**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.

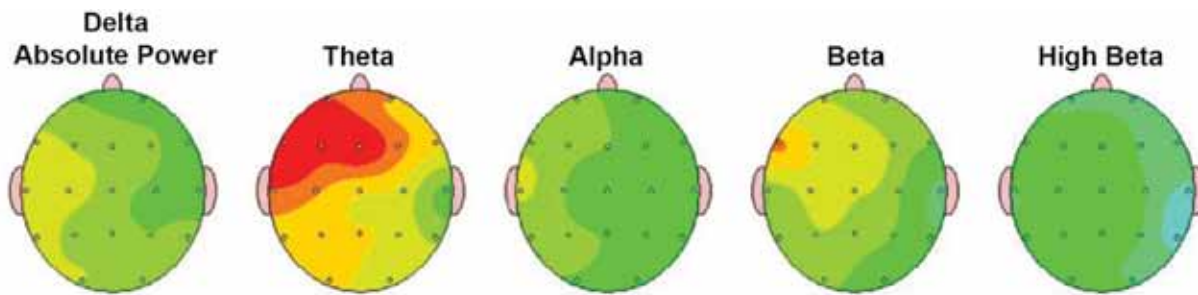
In **Neurofeedback** we can see this in neuron firing patterns. For example, an excessive Theta (Slow firing neurons) firing pattern in the left frontal lobe can cause major depression:

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.

Whereas an excessive Theta firing pattern in the center of the frontal lobe (called the Anterior Cingulate) can cause anxiety. Here's a DEPRESSION AND ANXIETY 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, text or e-mail. 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 in a telephone consultation and intake. Contact us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at [info@bocabraincenter.com](mailto:info@bocabraincenter.com), or text us at **(561) 206-2706** or visit our website at [www.BocaBrainCenter.com](http://www.BocaBrainCenter.com).



#### Renee Chillcott, LMHC

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



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# How Doctors Choose Surgeons

By David A. Goldman MD

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

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

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

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



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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# Developing Discipline

**H**ere's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: **WHY ARE YOU NOT DOING IT?**

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, *"People who accept discipline are on the pathway to life, but those who ignore correction will go astray."* NLT

**Here are three "Disciplines of Being Disciplined".**

## 1. Persistence – "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.



## 2. Advance Decision Making – "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

## 3. Delayed Gratification – "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood

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

# Your treatment. Our Journey.

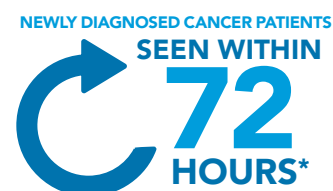
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\*All required paperwork must be provided at time of referral.