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Health & Wellness[®] MAGAZINE

December 2020

North Palm Beach Edition - Monthly

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Include Good Nutrition in Your *Holiday* Meal Planning

During this time of the COVID-19 pandemic, boosting your immunity is more important than ever. According to the Centers for Disease Control (CDC), people who have a well-balanced, nutritious diet tend to be healthier and have a stronger immune system with a lower risk of chronic illnesses and infectious diseases. Studies have even shown that a healthy diet can reduce your risk for some types of cancer.

WHAT FACTORS CAN AFFECT OUR IMMUNE SYSTEM?

There are a number of factors that can have a negative impact on our immune system, including aging, lifestyle choices, such as smoking and excessive alcohol, stress, chronic disease and poor diet. Some factors, such as aging, are beyond our control; however, when it comes to proper nutrition, we can make positive choices that will help boost immunity.

As we age, our immune system can become less effective; in many cases, this decline is worsened by poor nutrition. Research has also shown that a poor diet can result in obesity and actually increase one's risk for disease or chronic illness. Conversely, eating a variety of fresh, unprocessed, plant-based foods provides the vitamins, minerals, proteins and antioxidants your body needs to keep your immune system functioning at its highest level. Drinking enough water and cutting down on or avoiding sugar, fat and salt significantly lowers your risk of obesity, heart disease, stroke, diabetes and certain types of cancer.

CAN I STILL EAT THE FOODS I LOVE - ESPECIALLY OVER THE HOLIDAYS?

Florida Cancer Specialists (FCS) has a team of 12 registered dietitians, all of whom have the CSO (Certified Specialist in Oncology Nutrition) certification, and who provide education, support and nutritional counseling for cancer patients, including how to adapt favorite family recipes to make them more healthy. They offer the following tips for healthy holidays:

- **Drink 8-10 glasses of water every day.** Water is not only essential; it also helps you feel fuller. Often, if you are hankering for a snack, drinking a glass of water will quell or delay cravings.

- **Eat fresh, unprocessed foods every day.** These include fruits, vegetables, legumes (lentils, beans), nuts and whole grains.

- **Raw vegetables are great for snacks** or holiday parties, and, if you just must have a dip, consider using hummus, guacamole or a dip made from low-fat yogurt, lentils, white beans or even nuts. You can find lots of great recipes on the Internet.

- **Choose white meat and fish**, which are generally lower in fat than red meat.

- **Avoid trans fats**, which are often found in processed food, fast food, fried food, frozen food, pies, cookies, etc.

- **Eat less salt and sugar;** choose healthy snacks such as fresh fruits and vegetables.

You can also adapt your favorite holiday recipes by substituting healthier choices for the recipe ingredients.

HERE ARE SOME IDEAS TO GET YOU STARTED:

- **Cream of Wild Rice Soup** - Substitute blended white beans, instead of heavy cream, to provide thickness.

- **Sweet Potato Casserole** - Instead of canned sweet potatoes and marshmallows, use fresh sweet potatoes and honey with a touch of brown sugar and cinnamon.

- **Ambrosia** - Use pineapple, oranges, apples and bananas to provide lots of vitamin C; top with toasted almonds and coconut to make this a delicious, healthy dessert.

- **Green Bean Casserole** (a holiday classic) - Instead of canned cream of mushroom soup, sauté fresh mushrooms and make your own white sauce using skim milk.

- **Lemon Cheesecake** - Can be made with reduced-fat cream cheese; lemon zest adds lots of flavor and aroma.

- **Pumpkin Mousse or Pudding** - A delicious alternative to pie; sprinkle ginger snap crumbles on top for texture.

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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SAYING GOODBYE TO 2020, SETTING #HAIRGOALS FOR 2021

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

As we get ready to close the door on 2020 and look ahead to 2021, most would agree the New Year can't come soon enough.



It has been a challenging year. A year filled with stress, hardships, and uncertainty. We've been forced to sit through too many Zoom meetings and attend too many virtual celebrations. We were forced to put our lives on hold and anything non-essential seemed to get pushed indefinitely to the back burner. While there are still challenges ahead, it is important to find ways to practice self-care – because that is something we could all use a little more of these days.

We're all looking forward to a fresh start in the New Year and giving your follicles a boost is a great place to start.

SELF-CARE AND MORE

Thinning or receding hair can be a painful process for both men and women. While it is commonly dismissed as merely a cosmetic problem, it often isn't the physical symptoms that are hardest for patients to overcome, but instead, the loss of confidence and self-esteem that follows that is especially damaging to those afflicted.

In addition to a bevy of new and enhanced medical treatments for hair loss, the medical community is also recognizing the deep-rooted effects of hair loss. The shame and stigma that has long been associated with hair loss are slowly waning, as more physicians and patients seek to understand hair loss better and treat it as a medical condition and not just a cosmetic issue. The amazing benefits of restored confidence and well being when achieving a thicker fuller head of hair should not be underestimated.

THE GIFT OF HEALTHIER HAIR

If you, or someone you love, had to put their hair restoration goals on the back burner this year, consider giving them "the gift of healthier hair" this holiday season. You can now shop the "Bauman eStore" for advanced and effective at-home treatments that can help you not only achieve healthier hair but get a jumpstart on your hair restoration goals – all from the comfort and safety of your own home.



Some of the exciting at-home treatment gift options available include:

- Bauman "Turbo" LaserCap is the fastest, most portable, most-advanced, hands-free, cordless, rechargeable medical-grade low-level laser therapy device. The Turbo LaserCap was designed for men and women to deliver effective laser therapy for hair regrowth to the widest scalp treatment area possible in a convenient and discreet way.
- 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.
- The BaumanMD Nutritional Supplement Kit, which gives you a full 90-day supply of SuperBiotin as well as the BaumanMD Hair Vitamin Complex. Together, these two supplements offer an easy way to promote healthier hair from the inside-out.

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.

MAKING HAIR GOALS FOR 2021

A healthy head of hair is possible – if you follow the right steps. From eating right to finding the right styling regimen, or laser therapy treatments, or advanced nutraceuticals, there are a lot of great things you can do to keep your hair strong and healthy. The first steps to fuller follicles are to assess the current state of your hair, identify any problems or risk factors, then create a plan of action that can help you get your hair back on track. For some, this is as simple as a shampoo

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.



*Before and one day after
No-shave VIP|FUE™
by Dr. Alan Bauman*

- PDOgro™ – Implanted Polydioxanone threads for hair growth

change or daily vitamin supplement, for others, a professional medical consultation from a hair loss specialist is needed to get to the root of the problem.

If you are experiencing hair loss or thinning, contact a hair restoration physician who can work with you to determine the most effective treatment regimen for your specific needs.

TOOLS AND TREATMENTS AVAILABLE

Today, thanks to a better understanding of the hair loss process, and a host of effective tools and treatments, we are able to protect and enhance the function of hair follicles at every stage of the process.

Advanced, leading-edge treatments that are available to help you meet your hair restoration goals, include:

- Minimally Invasive, Permanent, No-Linear-Scar Follicular Unit Excision/Extraction (FUE) Hair Transplant using SmartGraft®, NeoGraft®, ARTAS robotic-assisted, or the newest No-Shave VIP|FUE™.
- High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)

- Non-surgical 3D-Printed Hair Systems or Cranial Prosthesis
- Compounded Formula 82M Minoxidil – a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil – designed to reduce the risk of side-effects from oral finasteride (Propecia).
- Low-Level Laser Therapy – FDA-cleared, drug-free, side-effect-free hair regrowth using powerful physician-only devices such as CapillusRX 312 or the Bauman "Turbo" LaserCap devices for at-home use.
- Vitamins, Nutritional & Nutraceuticals: SuperBiotin, Nutrafol & ViviscalPRO
- Hair Loss Risk Management – the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

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 below to schedule your consultation at www.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."

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 its treatment.
- 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).
- Look for a COVID-Protected Hair Transplant Facility that has made substantial investments toward keeping patients and their team safe.
- 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, 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.
- Ask for a referral from your primary care doctor or dermatologist to a 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.



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Navigating the Medicare Puzzle

DOES 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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In a recent study, led by Dr. Dayan, a Plastic and Reconstructive Surgeon at Massachusetts General Hospital, the effects of combined non-invasive aesthetic procedures were analyzed on various patient demographics to weigh the effectiveness on skin tightening.¹

“The demand for minimally invasive solutions to avoid traditional operative treatment continues to increase. RF (radiofrequency) technology has emerged as an effective method to safely tighten skin and reduce underlying adipose tissue. As our armamentarium expands, we have the opportunity to treat large portions of the population who were previously considered premature or borderline candidates for excisional operations. In our experience, combination RF technology (RF microneedling and bipolar RF) advances and broadens our ability to achieve tissue retraction that does not reliably occur with other energy-based devices and liposuction alone.”¹

INNMODE, a well-known medical device company that's the premier expert of combined RF technology, has been featured on news outlets and in print like The Doctors, Vogue, NBC, and EXTRA. MD Beauty Labs in West Palm offers only the most reliable and innovative procedures for their

patients. That's why MD Beauty Labs has INNMODE devices available in their two office-settings.

WHAT ARE THESE ADVANCED PROCEDURES?

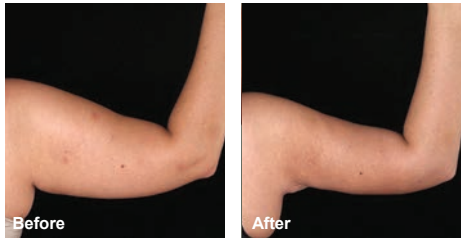
BODYTITE (treats the body)

BodyTite is a minimally-invasive device for body contouring delivering results previously only achieved through excisional procedures. BodyTite is powered by directional RF, resulting in three-dimensional tissue remodeling through fat coagulation and volumetric heating. The coagulation of fat using RF-induced heat results in radio-frequency assisted lipolysis (RFAL).

Multiple areas can be treated in one visit such as stomach, arms, chest, knees and inner and outer thighs.²

FACETITE (face and neck)

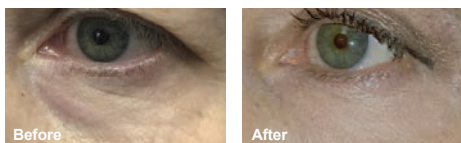
In just one treatment, FaceTite can provide significant improvements to the contour of the face and small body areas. Using RFAL technology, FaceTite is the next best thing to a traditional facelift, without the associated large scars and downtime. Any areas on the face and neck with saggy skin can be treated. This includes the double chin, jowls and other areas with deep lines and loose skin.²



BODYTITE



FACETITE



ACCUTITE

ACCUTITE (face, neck and smaller areas of the body)

AccuTite makes focal RF treatment without excisional surgery. AccuTite is based on RFAL technology delivering precision heating to remodel adipose tissue. It treats the brows, periorbital region, nasolabial fold, lower face, and neck. On the body, patients can receive AccuTite for the axilla, upper arms, abdomen etching, inner thighs, knees, and areas for women’s health and wellness.²

MORPHEUS8 (body contouring, face, and neck)

Morpheus8 is a novel technology that lets the operator discover new depths. It is the first and only full-body fractional technology adjusted for subdermal tissue remodeling, dermal treatment, and epidermal resurfacing. Morpheus8 is the deepest fractional technology with penetration up to 4000 microns.²

RFAL Technology Represents the Future of Body and Face Contouring.

- No surgery
- No scarring
- No downtime
- Skin tightening and contouring
- The most innovate, leading technology
- Offer minimally invasive procedures that deliver surgical results.²

MD BEAUTY LABS & WELLNESS CENTER

Come to MD Beauty Labs to find out why clients from across the Palm Beach area choose us to help them reach their aesthetic goals. We proudly serve residents throughout Palm Beach County, including West Palm Beach, Boca Raton, Wellington, Jupiter, Royal Palm Beach, Lake Worth, and Delray. Our team is dedicated to finding and meeting your every beauty need

DANIELA DADURIAN, M.D., MEDICAL DIRECTOR

Daniela Dadurian, M.D., specializes in anti-aging medicine, laser treatments, and cosmetic medicine. She’s traveled the world to research the safest and latest technologies on the market to provide you with the best possible treatments and care.

Dr. Dadurian received her medical degree from the University of Miami School of Medicine and is board-certified in anti-aging and regenerative medicine, as well as laser surgery. Her expertise in anti-aging techniques and her passion for excellence are reflected in the attentive personal care she gives each patient.

MD Beauty Labs offers medical, spa, and body treatments within a luxurious contemporary loft environment. We are committed to providing a revitalizing experience. Dr. Dadurian, alongside her team of nurses, medical estheticians, massage therapists, permanent makeup specialist, and medical spa concierge, is here for you.

Do you want to have tighter, brighter skin, and turn back the clock without surgery? Contact the experts at MD Beauty Labs today!

To schedule your appointment, please call West Palm Beach at **(561) 513-5817**, Palm Beach at **(561) 288-6678**, or visit **MDbeautyLabs.com**.



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 an array of anti-aging, functional medicine, cosmetic and laser therapies.

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



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REAL SOLUTIONS FOR BEDROOM WOES



If you have ever faced ED, you know the 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 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 sound wave technology to stimulate blood circulation, regenerate tissue, 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 the 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 function over time. With the advent of Regenerative medicine, ED is no longer an inevitable part of aging. GAINSWave technology has produced a series of over 30 clinical studies showing a greater than 75% success rate in ED.

It is important to recognize that if you are experiencing some type of dysfunction, you should not wait until there is no function because the problem becomes more difficult to treat. These methods are also great to prevent a serious problem.

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.



BENEFITS:

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

Men also notice:

- Increased nighttime and morning erections
- Increased erections throughout day
- Increased time of erections
- Increased sensitivity
- Shorter refractory time between orgasms
- Success even when PDE5i drugs fail
- Success even after prostate removal

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.

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**to find out how you can save
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**7657 Lake Worth Rd.
Lake Worth, FL 33467**



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.

OPTIMAL SEXUAL PERFORMANCE AT ANY AGE

You don't have to be in your *golden years* to benefit from Soundwave therapy. Even men in their *prime* can enjoy better performance with this exciting technology.

We also have an effective protocol for treating Peyronie's disease, a painful curvature of the penis that occurs during erection. Hardened fibrous scar tissue fails to expand during erection, causing the bending of the penile shaft. Soundwave therapy breaks up that scar tissue, freeing the penis to expand evenly with stimulation, as it was designed to do.

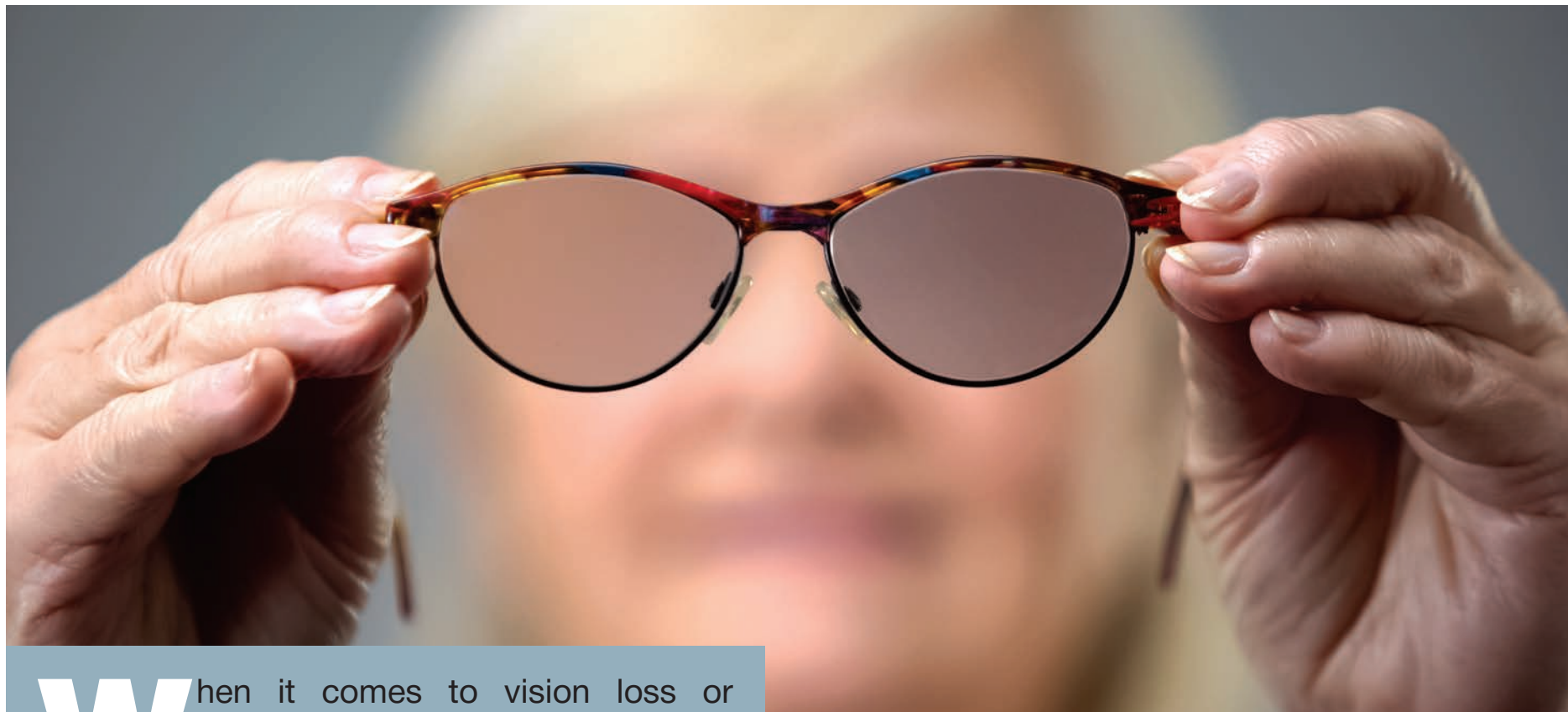
Studies report after 6 treatments:

- 80% report "improved erectile function"
- 72% report "improved sexual performance"
- 72% report "improved ability to engage in sexual activity"
- 82% report "increased size & fullness of erections"
- 67% are "able to stop the use of PDE5i (Viagra or Cialis)"
- 82% "respond better to PDE5i (Viagra or Cialis)"

CallaGenics.com

GLAUCOMA IS THE SECOND LEADING CAUSE OF BLINDNESS

Clear Vue Eye Center



When it comes to vision loss or visual changes, it's imperative that individuals see an ophthalmologist to receive a proper diagnosis and treatment as early as possible for the best outcome. As we age, the loss of sight can exacerbate many daily living requirements that we often take for granted. For example, safety, security, driving, financial organization, and medication management all require optimal eyesight. When the elderly lose vision, they are more susceptible to falling and breaking bones. This vision loss and risk factor association are known as visual disability, and it is one of the primary reasons that seniors have to leave their homes and enter into an assisted living facility or depend on caregivers.

GLAUCOMA

Glaucoma is referred to as a "Sneak thief of sight" because, unfortunately, there are minimal symptoms associated with the disease and the diminutive indicators can cause up to 40% of permanent vision loss before the person notices any vision changes. Millions of Americans are suffering from a dangerous eye disorder that can rob them of their sight, and nearly 1.5 million of them do not even know they have the condition.

Glaucoma is the second leading cause of blindness and can also affect the elderly (Age-Related Macular Degeneration is the leading cause). Glaucoma treatment consists of topical medication, different modalities of laser and incisional surgeries to relieve intraocular pressure.

Chronic open angle glaucoma is the most common type of glaucoma. Fluid is constantly flowing within the eye and with this type of glaucoma the fluid does not exit the eye normally and causes the pressure inside the eye to rise and damage sight. Untreated this can lead to blindness over time.



Closed angle glaucoma is a less common form of glaucoma where the eye pressure rises suddenly and must be treated immediately to prevent blindness. This form of glaucoma is frequently accompanied by severe pain and blurred vision. It is treated with eye drops followed by laser treatment, and on occasions, surgery, to lower the pressure and restore the normal flow of fluid in the eye.

Narrow angle glaucoma is similar to closed angle glaucoma but the pressure rise tends not to be sudden and can occur without symptoms. This condition is usually treated with a combination of laser and eye drops.

Not only is she a glaucoma fellowship trained physician, Dr. Barbour does performs MIGS, which means that she is a highly skilled and regularly performs 'micro-incision glaucoma surgery.' She is trained on the most relevant techniques to treat glaucoma. Dr. Barbour usually employs the use of the trabeculectomy, Ahmed Valve, xPress Tube shunt system or the Glaukos IStent when choosing options for your treatment.

CLEAR VUE EYE CENTER

- Our comprehensive eye examination uses the latest state-of-the-art instrumentation to diagnose and treat:
- Cataracts & Astigmatism
- Dry Eye Syndrome
- Glaucoma
- Diabetic Eye Disorders
- Pterygium



WHAT WE OFFER

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

- 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

If you or a loved one have any eye symptoms or are in need of your yearly eye exam, please schedule an appointment with an ophthalmologist immediately.

Problems with sight, such as glaucoma, macular degeneration, retinal disorders, or melanoma, need to be addressed and treated as soon as possible. Although the treatment options for ocular melanoma are limited, if caught early on, a resection (removal) of the tumor is the standard of care.

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

To learn more about Clear Vue Eye Center and their eye health expertise, please visit, ClearVueNow.com or schedule your appointment by calling **561-432-4141**.



Monique M. Barbour, M.D.

Dr. Barbour is a Board Certified Ophthalmologist. She attended Saint Augustine's College in Raleigh, North Carolina where she received 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 Institute de Clinica Barraquer in Bogata, Columbia. Dr. Barbour has been the medical director of Clear Vue Laser Eye Center, a state-of-the-art vision care center for the past 15 years. As a diplomat of the American Board of Ophthalmology and a member of the American Academy of Ophthalmology, she is dedicated to providing the highest quality of ophthalmic care. Dr. Barbour speaks multiple languages including Española.



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<http://www.clearvuenow.com>

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

REJUVAnation Medical Center

Are 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
PAIN FREE**

Contact
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Teeth the Same Day: Yes This Treatment is a Possibility

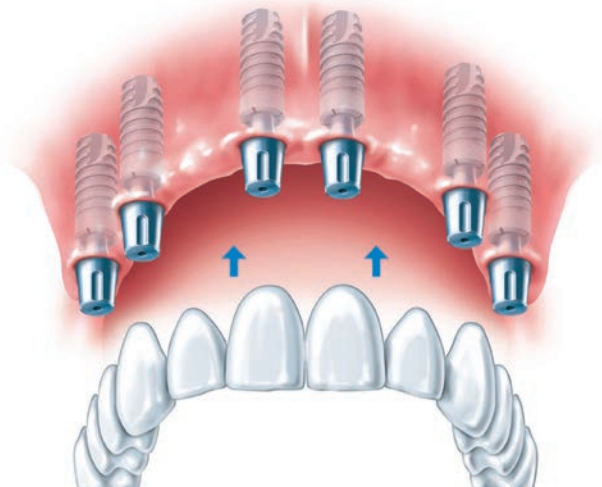
One of the most amazing possibilities dentistry can offer is providing a patient new teeth the same day. Magical transformations can help replace a single missing front tooth or whole mouth of teeth. These therapies are well researched and have a great deal of success in certain circumstances.

How Does It Work:

Teeth the same day is a general description for placing one or more implants in the mouth and locking crowns on them right away. This bypasses the traditional waiting period and allows teeth to be inserted right away. The procedure can provide a wide range of treatment options for many patients who need to replace failing or missing teeth.

A number of techniques can be used to help a patient get new teeth the same day. The options for treatment may vary as no patient typically has the exact same needs. For example, a person who has all of their teeth but has an accident which knocks out a single front tooth, is different than someone who is wearing a full denture and has no teeth.

In either case, a dental implant or implants can be placed in the mouth to act as a support beam for crowns. Remember, a tooth has 2 parts, the crown you see when you smile and the root which anchors it in the bone. When a whole tooth is extracted, an empty socket remains in the bone. A dental implant is simply a root replacement. This new “root” can often be placed in the empty socket and over time becomes glued to the bone. Traditionally, once an implant is inserted, we wait a number of months (can range from a few to 6 or more) for this gluing to occur.



An important aspect for receiving teeth the same day is the determination of how “snug” the implant fits in the bone or socket at the time of the procedure. We know that ultimately the implant will likely glue to the bone, but determining the initial stability helps decide if we can place a crown on the implant right away. If the implant is not sufficiently “snug”, attaching a crown to it immediately might cause the implant to loosen and fail. This is similar to putting a pole in wet cement and then moving the pole around. In this case, the pole will likely come out. The key to success of using implants for immediate support of teeth is the bone quantity and quality present in the area being considered for treatment.

Am I a Candidate:

Teeth the same day is a very successful approach, but it is not applicable in all cases. A patient with vast infection in the bone is very different than a patient with excellent bone that fell and broke a tooth. In addition, an individual’s overall health history and medications may greatly impact success. An in-depth evaluation and a 3D CT scan are very important in determining the bone present in the treatment areas. This evaluation will help see if sufficient bone remains for treatment planning this type of procedure.

Teeth the same day can offer many patients a fantastic way to rebuild their smile and chewing ability with little downtime. The procedure is not for everyone and for every case. A great deal of skill and careful evaluation is needed to successfully plan and execute this advanced procedure

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.

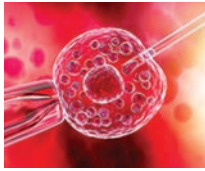
Dr. Cohen formerly served on the Board of Trustees for the American Academy of Periodontology and the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American College of Maxillofacial 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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Stem Cell Therapy for Orthopedic Problems Is An Effective Treatment But Beware...

By: Regenexx at Gold Coast Orthopedics, Regenerative Medicine

We understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenexx at Gold Coast Orthopedics has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at **786-305-5336**.

Utilizing birth tissues to harvest stem cells for orthopedic and other areas of medicine is an exciting topic. However, there are currently no FDA-approved uses for allogeneic (coming from someone else) stem cell products other than cord blood or bone marrow transplantations after certain kinds of cancer treatments. More disturbing is the fact that vials of amniotic, placental, and umbilical “stem cells” that sales reps are selling to many physicians DO NOT contain living stem cells. This has been independently tested and confirmed by major universities and Regenexx. We urge patients to arm themselves with knowledge against these deceptive claims.

What are amniotic, placental, and umbilical tissue-based products?

As you may know, babies, while still in the womb, are encased in a fluid-filled sac known as the amniotic membrane. Following the birth of a child, the amniotic membrane and/or fluid can be collected, sterilized, and processed into a variety of tissue-based products. Placental and umbilical tissue can also be obtained for the same purpose. Regrettably, these products are being pitched and sold to doctors as “stem cell” products. Some of these products do contain growth factors that can stimulate stem cells when injected into one’s tissues. However, it is NOT accurate to call them stem cell products. Legally, representatives shouldn’t be making these claims to physicians and in-turn physicians should not be making these claims to patients.

Are there stem cells in these tissues?

There are in fact stem cells in these tissues at the time of birth. However, once the tissues are processed, the cells are sterilized (killed). If these products did contain stem cells, the product would be classified as a drug by the FDA,

requiring approval before being used in human clinical trials. It would not be marketable until clinical trials for each indication were completed and the drug was determined to provide benefits that outweigh its potential risks.

This takes many years and can cost \$1 billion or more. No wonder some unscrupulous companies want to bypass this process. The FDA has issued enforcement letters to companies selling unapproved products stating that their products are regulated as drugs. However, until now, the FDA has only enforced these rules sporadically expecting that the industry would regulate itself. Unfortunately, companies knowing the FDA has stated that they won’t get aggressive with enforcement until Nov. 2020, have flourished. To clarify, either these companies are selling an illegal unapproved drug or more likely, as confirmed by testing, selling dead tissue products that they claim have living stem cells. Both of these scenarios are problematic.

What else does amniotic fluid contain?

Processed amniotic fluid does retain some growth factors and cytokines that can be injected to help promote healing. But, before spending thousands of dollars on a vial of these products, you may want to consider another alternative. At this time, there is no data supporting that the use of these tissue products is better than your own platelet-rich plasma (PRP). PRP contains your own healing growth factors, is not nearly as expensive, and is easier to obtain. PRP is an excellent option that likely accomplishes the same thing, if not better than, a vial of amniotic fluid for a fraction of the price.

Why are sales reps pushing amniotic, placental, and umbilical “stem cells”?

Expensive vials of these tissue-based products represent a scalable, one-size-fits-all product that aligns with the pharmaceutical industry’s traditional mass marketing business plan. On the other hand, PRP requires a doctor’s office to take blood from the patient and process it into a growth factor-rich therapeutic. Because the PRP comes from the patient’s own blood, this eliminates any possibility of bodily rejection. If processed correctly, it can also be customized to the needs of the specific patient. So why are sales reps pushing ready-to-inject vials?

For many providers, PRP is inconvenient and time-consuming. Also, most providers probably believe they are using live “stem cells” because they believe what they are being told. Unless a physician has access to state-of-the-art labs to fully investigate a product, they must rely upon sales pitches that are potentially full of deceptive claims.

How do you know these vials contain no stem cells?

If these products ‘did contain living stem cells and were approved by the FDA, Regenexx would have signed on to become one of the biggest customers. The reality is that we have conducted lab research, determined the validity of these claims, and uncovered deception. Research scientists at Regenexx and the Interventional Orthopedics Foundation (IOF) were the first to begin testing these claims. Other academic research labs have since validated the initial findings – that is the results concluded that there were no living cells in these products, the products didn’t help older stem cell performance, and didn’t contain more growth factors than a PRP injection.

Regenexx has published a large percent of all orthopedic stem cell research worldwide, has the world’s largest database patient registry tracking outcomes and safety, and is the only protocol when delivered by certified Regenexx physicians, that is receiving insurance coverage by self-insured employers across the country (>7 million covered lives).

Knowledge is power. The marketing of amniotic, placental, and umbilical “stem cells” has been misleading at best. Even though we may be able to justify using them for their growth factors, the reality is that your own PRP or concentrated bone marrow (compliant with FDA regulations) is likely a better overall treatment option.



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Necessary Skills and Experience:

- Above average computer skills
- Business to business sales experience
- Self managed and disciplined
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ENJOY A LIFE FREE OF PAIN, STRESS AND ILLNESS

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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balancepointacu.com

PROTECTING OUR FURRY BABIES – WHEN YOU ARE NOT ABLE TO

Our FURRY BABIES are FAMILY!

For many of us, our pets are now family members. They love us unconditionally, all they ask is that we feed, house, and play with them. For many of us, we hope to outlive them, so that we know that they will be taken care of by the people who love them the most. Unfortunately, there will be many situations, where we may go first and there is no plan in place to make sure that they are taken care of.

This is especially harder for pets that are not puppies or kittens, they are easier to rehome, they are usually the first to be adopted. Once a pet gets older and those who are senior, typically do not get adopted and spend their time in cages or some cases even worse.

There is an organization called Susie's Senior Dogs, they try help senior dogs all over the US to get them rehomed. Some of these stories are heart breaking, some of these dogs are waiting years to find a new forever home.



PLANNING FOR THE FURRY BABIES

Making Plans For Your Pet After You are Gone

It's important to plan for the unexpected. Now is a good time to start making arrangements for your pet's care in the event you are no longer there to take care of them. Have you considered who will care for your pet if you get sick or injured?

HERE ARE SOME WAYS TO PREPARE FOR YOUR PET'S FUTURE.

Be Sure Someone Has Access to Your Home – It may seem morbid, but if you live alone and you die or get hurt, your pet will be left alone. However, a trusted friend or family member who has your house key will be able to get into your home if they haven't heard from you in a while. On that note, talk to friends and family about what to do if they have not heard from you in a few days.

Unfortunately, you never know what can happen. "Watch My Video "Protecting Your Pet" to find out how you can get a free "My Pet Is Home Alone" emergency card.

Talk to Family Members and Friends About your Wishes – NEVER ASSUME THAT SOMEONE WILL TAKE CARE OF YOUR PET. Google Susie's Senior Dogs.

Find out who is willing to adopt your dog if you die or can no longer care for them. If you cannot find someone to make a commitment to keep your pet, see who might be willing to foster your dog until a home is found. As a precaution, it's a good idea to make a list of preferred rescue

organizations in your area where you would like your pet to go until a permanent home is found. Some of these organizations will work with you, when the situation arises. This will be helpful in case no friends or family members can take your pet. It's also a good idea to communicate with your vet about your wishes. You may want to add an authorized person to your pet's records so they can get access if needed in the future.

Include Your Pet in Your Will – It's important that you make a will that includes your pet. Be specific about who should take your dog. Ideally, make a list of several people in order of your preference, in case your first choice cannot take your pet.

Setting up a Pet Trust or Pet Protection Agreement – Your family lawyer can help you to set up this document, or you can use an online legal service like Legal Zoom.

Either one of these documents will officially name your pet guardian, if you do not specifically name them, it could be left to the court or a family member decision.

Designate money for your pet's well-being – Make sure your new caretaker can cover food, a vet and other expenses. This can be done with a cash fund, or many people will set up small Life Insurance Policies between \$1-5K to cover these expenses.

Though you can not directly leave money to your pet, you can designate someone to leave a small life insurance policy to care for your pet.

If you can create a trust to bequeath a life insurance policy too.

You can make arrangements with a pet rescue organization, who has a program in place to rehome your pet, and will insure that part of your donation goes to the care of your pet. They can be listed as the beneficiary of your life insurance policy. Contact the organization and make your pre-need arrangements. If you can not find a local organization, check with your Vet or local SPCA office, they may be able to recommend someone one.

Protects current and future pets – Provide instructions for your current pets and any pets you may get later.

When to consider a "PET TRUST" – If you plan to leave a substantial amount of money for the care of pets or you think family members may dispute your wishes, then a formal pet trust can be a good option. However, a pet trust should be



created by an attorney who specializes in estate planning and has experience in pet issues

Your Pet Veterinarian and Records – Indicate which veterinarian has been caring for your pet. Keep your pet's health records accessible so the new owner will know your pet's medical history, including health issues, allergies, vaccinations, and more. Include notes about your pet's regular diet and training history. Provide any other details that you feel are important, such as your pet's personality traits, lifestyle preferences, and daily routine. Include any pre-arrangements that have been made for your pet. For example, did you already make arrangements to have your pet buried or cremated? Or, when your pet eventually passes away, do you want specific arrangements made? Perhaps you have asked to have your ashes scattered in your favorite place and you would like the same to be done with your pet's ashes when the time comes.



Cheryl Masters
Masters Life Insurance
786 338 0481
Cheryl@CherylMasters.com
www.cherylmasters.com/



To view the video and to get the free "My Pet Is Home Alone" Emergency Card, visit www.CherylMasters.com

To schedule a Free No Obligation Consultation, Call or Text **786-338-0481** to discuss Life Insurance options for your pet protection.

ANYONE CAN SUFFER FROM ANXIETY and DEPRESSION

NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

It's human nature to seek out the reasons why we feel anxious or depressed. Very often we look at external factors for the root cause; the current pandemic, being unhappy in a job, unhappy with a 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 and depression are patterns 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 their anxiety or depression. Anxiety and depression are also not reserved for adulthood, both can cause dysfunction and issues in life regardless of age. Adults are unable to "change" their way out of these feelings and for children and young adults, you can't change their routines or discipline them from feeling anxious or depressed.

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

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

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

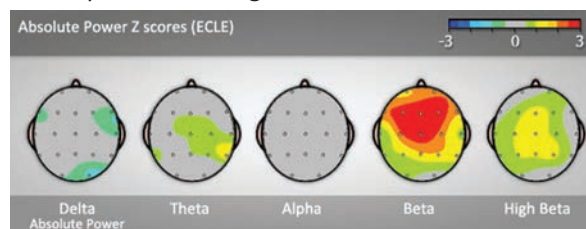
I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing anxiety or depression in young children is very difficult and not usually done unless symptoms are severe. In most

cases, symptoms manifest at an older age when they are abnormal for their 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, these patterns can look different but produce the same results.

Here is an example of a brain pattern. Increased BETA and High BETA is located in the central and frontal lobes. This could cause overlapping depression and 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 and depression 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 and depression are a normal part of childhood and symptoms are not cause for alarm. They call it “ANGST”. 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 and depression 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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THE CORNEA

By David A. Goldman MD



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

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

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

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

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

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

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

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



DAVID A. GOLDMAN

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

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

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

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

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

Dr. Goldman speaks English and Spanish.

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THE ARRIVAL

Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”

Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers

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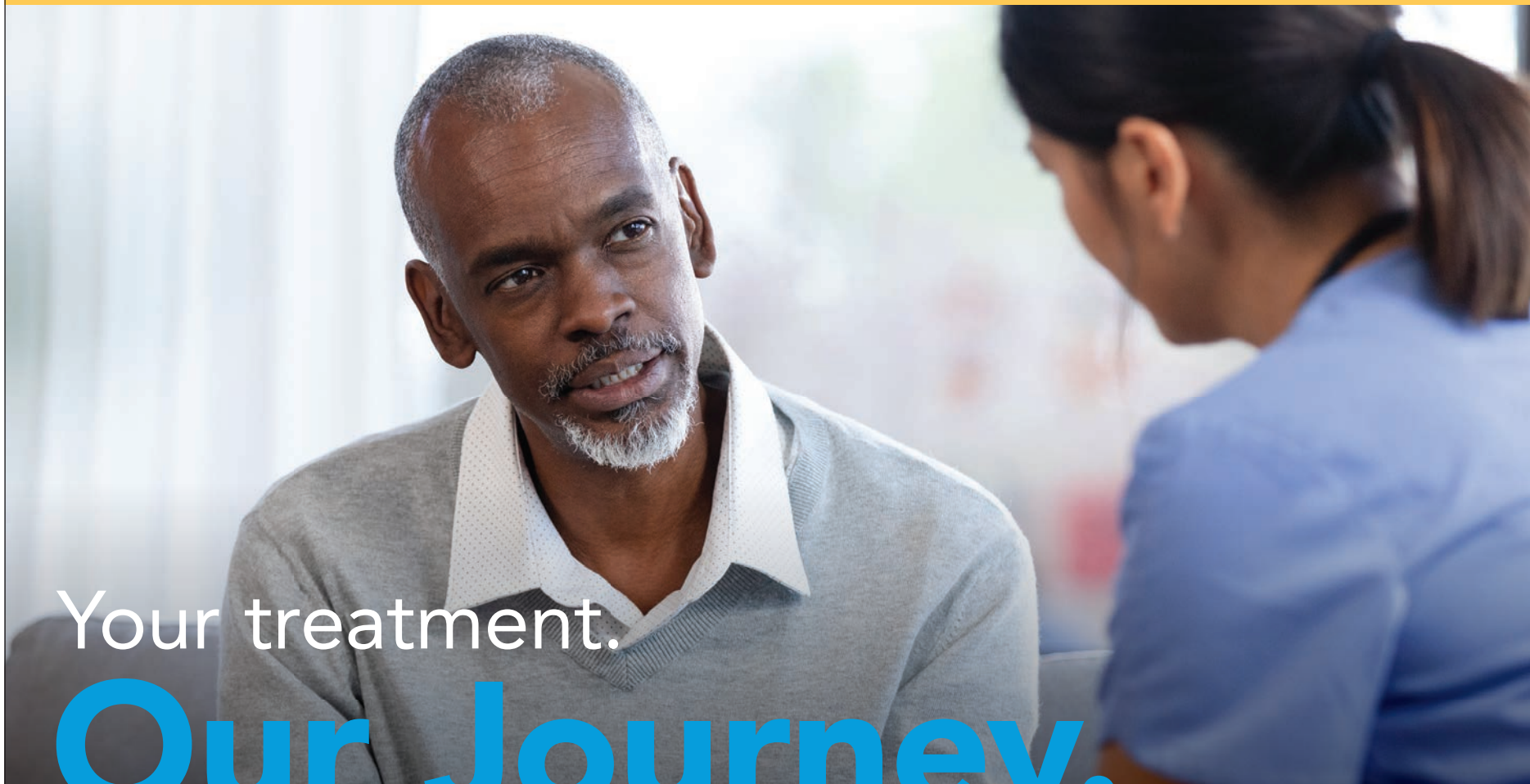
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We remain sensitive to coronavirus concerns and are dedicated to safely serving our cancer patients.



Your treatment. **Our Journey.**

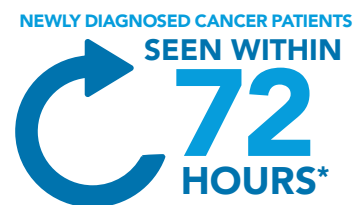
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