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Health & Wellness[®] MAGAZINE

January 2021

North Palm Beach Edition - Monthly

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RESOLUTIONS FOR
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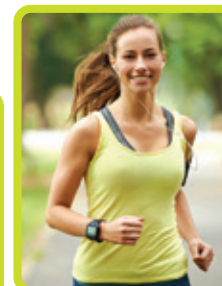


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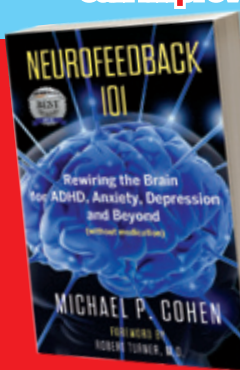
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About Michael P. Cohen
Michael Cohen is a leading expert in brain biofeedback. For over 25 years he's worked with clients, taught courses and provided consulting to physicians and mental health professionals around the world.



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Read about neurofeedback's impact on anxiety on Page 20-21

My Tooth Hurts When I Chew...

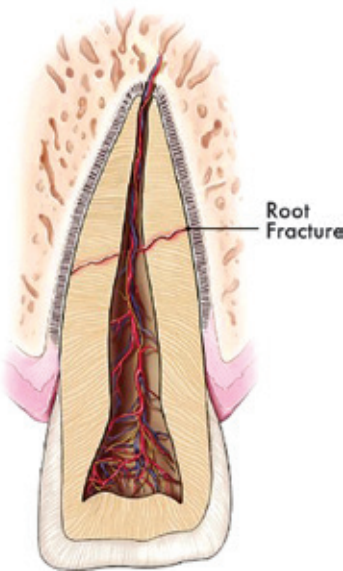
Many patients at some point experience pain in a tooth when biting. This can occur for a variety of reasons and may signal a problem with the tooth involved. The pain I am considering is not related to sensitivity to hot or cold temperatures, but directly to a sensation that occurs when actually biting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

Common Causes:

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

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

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



Diagnosis of root fractures is often aided with a 3D CT scan which, if equipped, can be provided in the dental office. When the diagnosis of a root fracture is made, the prognosis for the tooth (or at least the root involved) is hopeless. Typically the involved



tooth is removed. The space that remains is usually planned to have some type of replacement. Often the replacement of choice is a dental implant. In certain situations, a bridge or removable denture may be used.

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



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

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



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

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the **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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NEW YEAR, NEW YOU: RESOLUTIONS FOR HEALTHIER HAIR

By Alan J. Bauman, M.D., ABHRS

AFTER 2020, WE ARE ALL READY FOR A FRESH START.

Last year was challenging for all of us. Too many Zoom calls, too many canceled plans, and too few visits with family and friends. But as we optimistically look ahead to what is in store in the New Year, we can all agree we want to look and feel our best when we are reunited with friends and family again.

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.

As you begin putting your healthy resolutions into action, you may see the health of your hair improving as well. Here are some simple ways you can boost both your overall health and the health of your follicles.

EAT A HEALTHY, BALANCED DIET – Men and women who lack these key vitamins are more at risk of thinning and unhealthy hair – biotin, antioxidants, zinc, iron, Vitamin B, and protein. Steep drops in these essential nutrients can force the hair follicles to shed their hair strands and go into a prolonged resting phase during which time no new hairs are grown. To ensure your hair stays healthy, or to give unhealthy hair a boost, make you're your diet is packed full of hair "superfoods," which include: lean red meat, fish, berries, pomegranate juice, beans, artichokes, and nuts. If you can stomach it, liver, with its abundance of iron, is one of the best foods for your hair.

DON'T SMOKE – Male pattern baldness or Androgenetic Alopecia has its "roots" in the male sex hormone Dihydrotestosterone, which triggers progressive miniaturization of the hair follicles, based on age and hereditary risk factors. Social factors such as nutrition, diet, lifestyle, stress, medications all are believed to have an impact on the progression of male and female hair loss.



Smoking restricts blood flow (think vital oxygen/nutrients/etc) to the skin and follicles, accelerating age-related changes. Researchers have recently shown that the more a man or woman smokes, the worse his/her baldness is likely to be – so add that to your list of reasons to quit!

TAKE YOUR VITAMINS – Hair follicles are amongst the most metabolically active populations of cells in your body. If you are looking to give your hair a boost, a nutritional supplement like professional-grade Bauman-MD "SuperBiotin," Viviscal Professional – made from marine protein, or perhaps Nutrafol – a multi-nutraceutical, are good places to start. Nutrafol Male, Nutrafol Female, and Nutrafol Balance for women 50+ are exciting nutraceutical products because they target several possible triggers for hair loss and hair thinning, including hormones, inflammation, the effects of cortisol (stress hormones), free radical damage, and others.

CHOOSE THE RIGHT HAIR CARE – When choosing grooming products, look for products that contain caffeine, saw palmetto (*Serenoa Repens*), and green tea extracts (ECGC), as these can help strengthen the follicles and help prevent shedding. Minoxidil



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.



*Before and after
FUE Hair Transplant
by Dr. Alan Bauman*

is the FDA-approved hair growth ingredient in Rogaine and many other generic over-the-counter products, but these oily/greasy minoxidil mixtures can still cause major irritation in the scalp unless you seek out an alternative powerful compounded prescription version like quick-dry, non-greasy Compounded Formula 82M Minoxidil.

CHECK YOUR MEDICATIONS – There are many prescription medications that are known to be associated with hair loss. Some of the commonly prescribed categories of drugs that can exacerbate hair loss include antihypertensives (blood pressure), cholesterol/statins, hormone replacement like thyroid, birth control, testosterone, etc., certain mood modulators/antidepressants, antibiotics, anti-acne, antifungals, chemotherapy agents and ask your Hair Restoration Physician what you can do for your hair if you need to use them.

TAKE CARE OF YOUR SCALP – Whether your problem is an itchy scalp or thinning hair, a little scalp pampering may be just what the doctor ordered. New “Scalp Makeovers” are available to treat various hair and scalp problems, including

with stem cell peptides, moisturizing lotions, and hair-boosting dermal patches.

STOP WASTING TIME AND MONEY on a “quick fix” – Don't let yourself be duped by potions, lotions, elixirs, and “miracle hair-growth cures.” Hair loss is a treatable condition, but it isn't a quick fix. Often, as it is in many areas of medicine, “multi-therapy,” “multimodal” or a combination of several different treatments, may have the best chance for achieving long-term success depending on the patient's risk factors, the severity of their condition, and their unique hair restoration goals. This approach not only focuses on restoring hair that has been lost but also protects the hair that you have against suffering the same fate.

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**.



HERE ARE SOME OF THE ADVANCED TOOLS AND TREATMENT OPTIONS THAT ARE AVAILABLE AT BAUMAN MEDICAL TO HELP YOU MEET YOUR 2021 HAIR RESTORATION GOALS:

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- PDOgro™ - Implanted PDO Polydioxanone threads for hair growth
- Non-surgical 3D-Printed Hair Systems or Cranial Prostheses
- 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 a powerful physician-only device such as the Bauman “Turbo” LaserCap devices for at-home use.
- Vitamins, Nutritionals & Nutraceuticals: SuperBiotin, Nutrafol & ViviscalPRO
- Hair Loss Risk Management - the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

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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FaceTite

WHAT IS FACETITE?

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

BENEFITS

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

WHAT AREAS CAN BE TREATED?

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

WHAT KIND OF PROCEDURE CARE IS REQUIRED?

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

HOW IS THIS BETTER THAN A FACELIFT?

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

HOW QUICKLY WILL I SEE RESULTS?

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

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

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

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

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

WHAT IS BODYTITE?

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

WHAT AREAS CAN BE TREATED?

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

HOW QUICKLY WILL I SEE RESULTS?

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

WHAT IS THE DOWNTIME?

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

WHAT ARE BODYTITE EFFECTS?

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

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

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

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- Uniform treatment • Consistent results
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SIGNATURE MINIMALLY INVASIVE BODY CONTOURING

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

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

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

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

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

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



THE NEXT EVOLUTION OF PERSONALIZED BODY SCULPTING truSculpt® iD

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



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

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

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

Coolsculpt vs truSculpt® iD

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

SculpSure vs truSculpt® iD

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

truSculpt® iD vs Emsculpt

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

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

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

Areas that can be treated:

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

Call MD Beauty labs for a free consultation
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 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.

MD
BEAUTY LABS
Spa & Wellness Center

**Complimentary Consultation / Gift Cards
Financing Available**

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

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mdbeautylabs.com

IT'S THE NEW YEAR!

WHY NOT LOOK BETTER AND FEEL BETTER WITH AESTHETICS?



Stress, sun exposure, and the general effects of aging can wreak havoc on our skin, as well as dehydration, a poor diet, and a lack of sleep. The good news is you have options. Did you know that when we look better, we feel better? In major studies, they've concluded that the way we look has a significant impact on our psyche. Beauty may not just be skin deep – feeling better about our appearance can give us a boost in our confidence level and our outlook on life.

**Clear Vue Eye Center offers
aesthetic injectables such as BOTOX®
and XEOMIN® (onabotulinumtoxin A),
fillers (hyaluronic acid)
and KYBELLA® (lipolysis).**

BOTOX® AND XEOMIN®

When most people think of aesthetic injections, BOTOX® is often the first thing they think of because it's been around for many years and is well known. Both BOTOX® and XEOMIN® are FDA approved drugs that relaxes the muscles of expression in the face for several months.

These are injected in various areas of concern via tiny micro-injections in small doses to alleviate

wrinkles and give a more youthful appearance. It freezes the muscles so that you can no longer, scowl or make the muscular contractions that caused the wrinkles to form. BOTOX® has been trusted for over 30 years, but XEOMIN® also has multiple benefits and is well known and trusted by many specialists. XEOMIN® is an FDA-approved, uniquely purified anti-wrinkle injection (without unnecessary proteins) for frown lines, and it typically takes about three days before results are seen, whereas BOTOX® can take up to seven.

FILLERS

As we age, some areas of the face can become gaunt, thin, sag or develop deep lines. Fillers are injections that raise the volume of the area above and around your cheekbones, lips, and other areas

of concern. This provides the illusion of a more defined bone structure and soft tissue fullness. Some of these are considered off-label use.

There are several kinds of materials that are approved for use in fillers. Hyaluronic acid is the main ingredient used in all brands of fillers; however, **BELOTERO®** is Clear Vue Eye's first choice for their patients because it is superior in several ways.

BELOTERO® is the first and only smooth consistency gel formulation, and the only HA dermal filler developed using the proprietary HYLACROSS™ technology, a technologically advanced manufacturing process that results in a malleable, smooth gel. BELOTERO® flows easily into the skin and creates



a smooth, natural look and feel. All other HA dermal fillers currently on the market have a granular consistency gel. These granules can be seen under 2.4X magnification as opposed to the smooth consistency gel of BELOTERO® dermal filler.

In addition, BELOTERO® contains a high concentration of non-animal, cross-linked HA. This unique attribute provides optimal results with a single treatment in the majority of patients and delivers sustained results for up to one year.

BELOTERO® dermal filler is biodegradable and has demonstrated its safety and effectiveness in patients of color. Studies with BELOTERO® demonstrated no increased risk of hyperpigmentation or hypertrophic scarring in patients of color. It can be administered in a smooth-flowing injection, providing physicians with a high level of control for individualized, tailored wrinkle treatment and for achieving a smooth and natural look. BELOTERO® The dermal filler material eventually dissolves and metabolizes into your skin tissue.

KYBELLA®

Along with those issues, many of us might be noticing a little more submental fullness in our faces. Is it the overindulgence, or is it aging? If you're growing tired of the "double chin" that's formed, there is an FDA-approved treatment that's easy, efficient and highly effective.

Injection lipolysis uses the chemical deoxycholic acid to disrupt and kill fat cells in the treatment area. KYBELLA® has FDA approval for this purpose and is an effective alternative to surgery.

Your practitioner marks a grid pattern on the skin under your chin and numbs your skin with a local anesthetic. They then inject the KYBELLA® into the grid to ensure even distribution. After your injection lipolysis session, it takes 6-8 weeks for most patients to see a visible reduction in their double chin.

About Monique M. Barbour, MD:

A Board Certified Ophthalmologist

In addition to Advanced ophthalmology services, Dr. Barbour specializes in aesthetics.

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
- Aesthetics
- Pterygium and Eye Whitening
- Laser Vision Correction Surgery
- Community and Non-Profit Services
- Multilingual Staff

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



Monique M. Barbour, M.D.

Dr. Barbour A Board Certified Ophthalmologist. She attended Saint Augustine's College in Raleigh, North Carolina where she received my bachelor's degree in Pre-Medicine. Dr. Barbour graduated with honors from Howard University College of Medicine in Washington, D.C. and completed a residency in Ophthalmology at the Albert Einstein College of Medicine in Bronx, N.Y.

After residency, she completed a Glaucoma fellowship at Georgetown University in Washington, DC and a Refractive Surgery fellowship at the world renowned Institute de Clinica Barraquer in Bogota, Columbia. Dr. Barbour has been the medical director of Clear Vue Laser Eye Center, a state-of-the-art vision care center for the past 15 years. As a diplomat of the American Board of Ophthalmology and a member of the American Academy of Ophthalmology, she is dedicated to providing the highest quality of ophthalmic care. Dr. Barbour speaks multiple languages including Española.



7657 Lake Worth Road, Lake Worth, FL 33467

561-432-4141

<http://www.ClearVueNow.com>

CALLA GENICS OFFERS REAL SOLUTIONS FOR SEXUAL HEALTH ISSUES



The standard treatments for erectile dysfunction are prescription medications or injections that offer temporary results. However, there is a better way than the standard of care by actually getting to the root cause of erectile dysfunction (ED). Many times, ED is caused by vascular issues that can narrow arteries with plaque buildup. If you have atherosclerosis, you might also have plaque that is causing ED. 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 removes 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 some patients. The sooner you intervene with treatment, the better your outcome will be.

Almost 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 shockwaves to address the root cause which is poor blood flow. There is an increased opportunity for spontaneity with your partner by not having to pop pills and plan for intimacy. Those with pre-existing health conditions like diabetes, high blood pressure or heart disease are safe to opt for treatment because there are little to no known 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. Thousands of men have reported:

- Enhanced Erections
- More Spontaneous Intimacy
- Increased Sensation
- Long-lasting Results
- Better Orgasms
- Overall Improved Sexual Performance



BENEFITS:

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

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.

**Call Calla Genics at
(877) 243-6427
to find out how you can save
\$200 off your first treatment.**

Calla Genics

**7657 Lake Worth Rd.
Lake Worth, FL 33467**

CallaGenics.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
Rejuvenation Medical Center
(561) 459-5356
or visit
SimplyMensHealth.com

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**

**400 Executive Center
Dr. Suite 202
West Palm Beach
FL 33401**

**office (561) 615-4535
Fax (561) 4536**

balancepointacu.com



WHY YOU MUST HAVE LIFE INSURANCE!

Life insurance offers your family financial protection if you die and are no longer there to provide for them.

The two main types of policies are whole life and term life, from these you will find some hybrids of them.

Term life insurance lasts for a specific period of time — the term — before expiring. If you die

before the term is up, your beneficiary receives a death benefit as a tax-free lump sum of money that can be used for funeral costs, to pay bills, or for any other use. Terms usually last from 10 to 30 years, and you pay a monthly or annual payment (premium) to keep the policy active. Once the term is up, the policy expires, or the premiums will increase 3 or 4 times higher than the original premium. Think of a term life policy has a rental, you do not own it.

Whole life insurance is a permanent insurance policy guaranteed to remain in force for the life of the insured as long as premiums are paid. When you first apply for coverage, you are agreeing to a contract in which the insurance company promises to pay your beneficiary a certain amount of money — called a death benefit — when you pass. You'll choose your coverage amount, and your premium will be calculated based on your age, gender, and health. As long as you pay



your premiums, your whole life insurance policy will stay in effect and your premiums will remain the same regardless of health or age changes. Think of a whole life policy as a policy you own, you will also earn cash value with this policy.

Child Whole Life – Usually available from 14 days old to 17 years of age. Locks in childhood rates that will never increase, regardless of age or future medical conditions. Policy provides cash value, that grows along with the child.

Universal Life Policy – is hybrid of term life and whole life policies. Along with providing coverage to protect your love ones from financial consequences of your death, it allows you to build cash value that can be used to later pay for expenses such as college funding or emergencies. If you want flexibility to adjust your payments and the death benefit amounts, and if you have maxed out your 401k, or if you are not eligible and need additional retirement savings options.

**** Do you already have a life insurance policy – call or text us to schedule a free policy review** 786-338-0481**

Group Life Insurance – also known as work insurance. These are employer provided policies that are typically capped at certain dollar amount or amounts limited to 1 to 2 times the annual salary. Even though this may seem like a lot, but

parents with young children may need at least 10 times their salary. Also, you may lose coverage if you lose your job, many policies can not be taken with you, or are very expensive to take it out of the group plan.

****Need more than a Group Life Policy – Contact us to see what options are available to you** Cheryl@CherylMasters.com**

Accidental death and dismemberment (AD&D) is a policy that pays benefits to the beneficiary if the cause of death is an accident. This is a limited form of life insurance which is generally less expensive. This policy will only pay if the cause of death is determined as an accident.

Mortgage Protection – this is a term policy that is designed to pay off your mortgage or to cover mortgage payments (for a certain period of time), if you were to pass away.

**** You do not need to have a new mortgage to qualify, ask us** 786-338-0481**

Final Expense Program – these are whole life policies that are available to individuals typically from age 45-75 years of age, and for almost all medical conditions. Many people will purchase this policy for themselves or a loved one, to cover funeral and Burial costs. Final Expenses can also include medical bills, legal fees, home expenses (rents, mortgages and upkeep).

Beneficiaries – A Beneficiary is the person or persons, or entity that you name in the life insurance policy to receive the death benefits. The Primary Beneficiaries will split the death benefit at the percentages designated by the insured.

The Contingent Beneficiaries will receive the death benefit at the percentage designated by the insured if all the Primary Beneficiaries have passed away.

Captive Agent vs Broker Agent – When shopping for life insurance you will have the option to work with a captive agent or a broker agent. A captive agent will typically work for one exclusive company and may have limited options for products that they can offer. A broker agent is an Independent Agent, they are not exclusive to one company and will be able to shop around with many different companies to find the best product for coverages and rates.

****Interested in working with a Broker Agent, contact us at 786-338-0481****



Cheryl Masters
Masters Life Insurance
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ANXIETY: The Silent Pandemic

Reducing anxiety without medications

By Michael Cohen

COVID-19 isn't the only pandemic threatening the health and well-being of Americans. A survey spearheaded last year by the U.S. Census Bureau (the Household Pulse Survey) revealed that since the country's lockdown, one-third of Americans were showing signs of clinical anxiety and depression (twice as many people as have had the virus). Before COVID-19, the rate was around 15 percent.

Express Scripts, a prescription benefit plan, reported that once the pandemic hit, demand soared for antianxiety, antidepressant and anti-insomnia prescriptions.

Fortunately, there are ways to help people balance their overactive and overwhelmed brain without relying on medications.

The problem with medications

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

Neurofeedback often can and does help calm anxiety and stress.

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

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

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

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

Combining neurofeedback with body biofeedback

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

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

Neurofeedback trains and rewires the part of your brain that controls stress rather than merely helping you manage it. Body biofeedback works to calm your nervous system and promotes better cell-to-cell communication. Neurofeedback and body biofeedback together are very helpful for any type of anxiety, even PTSD. (One person described it as "healing from the inside out.")

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

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

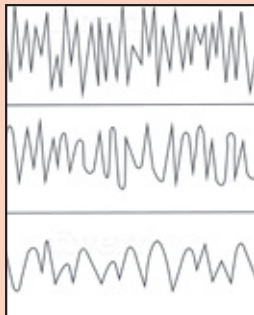


If you'd like to learn more about how neurofeedback can help you cope better with your stresses and worries – without medication – contact our office.



About Michael Cohen

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



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

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

Neurofeedback technology gives you a window into your brainwave patterns.



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

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

How does it tell you what your brain is doing?

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

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

The cool part? – Your brain does the rest.

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

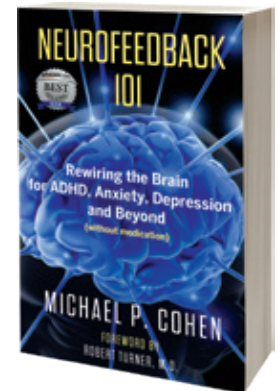
As your brain receives feedback that it's producing a desired pattern, it typically starts making more of that pattern. Automatically. (In the case of anxiety, the neurofeedback encourages your brain to make patterns that are conducive to sleep. Being able to make more of that desired pattern leads to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

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

How did that happen?

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

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



Interested in learning more about neurofeedback?

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

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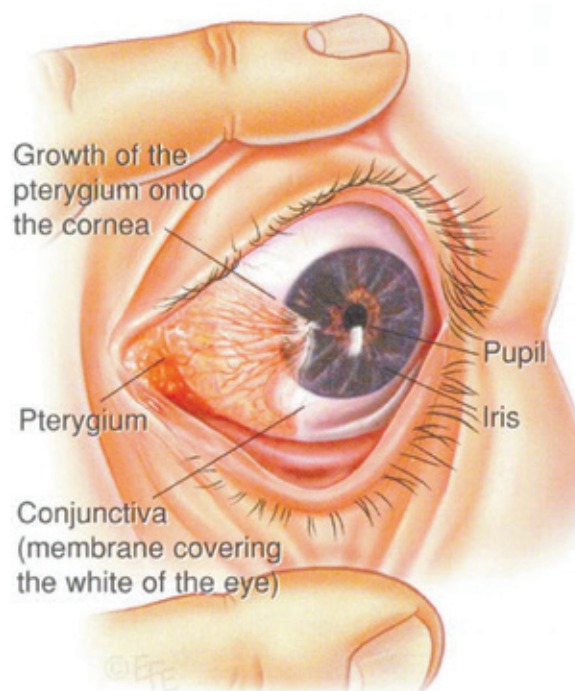
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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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SELFIES



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

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

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

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

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

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

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

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

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

You are God’s selfie.

Brent Myers

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