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February 2021

North Palm Beach Edition - Monthly

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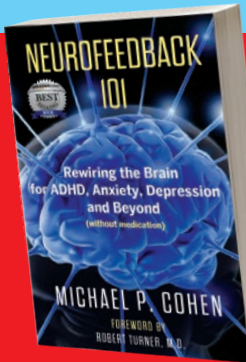


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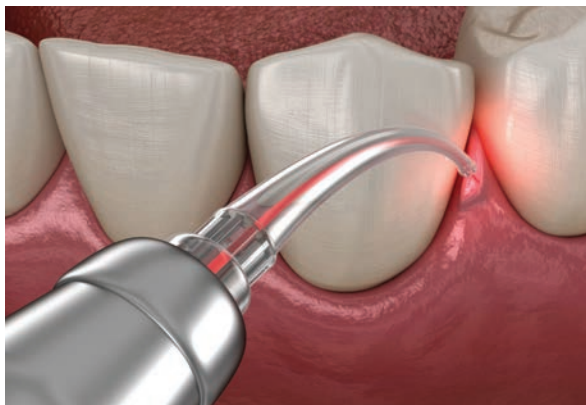
# LANAP: A Painless Way to Treat Gum and Bone Loss

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

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

## Goal of Periodontal Therapy

Healthy gums typically rest very close to its underlying bone. As the disease worsens, the



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

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

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

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



LANAP Laser

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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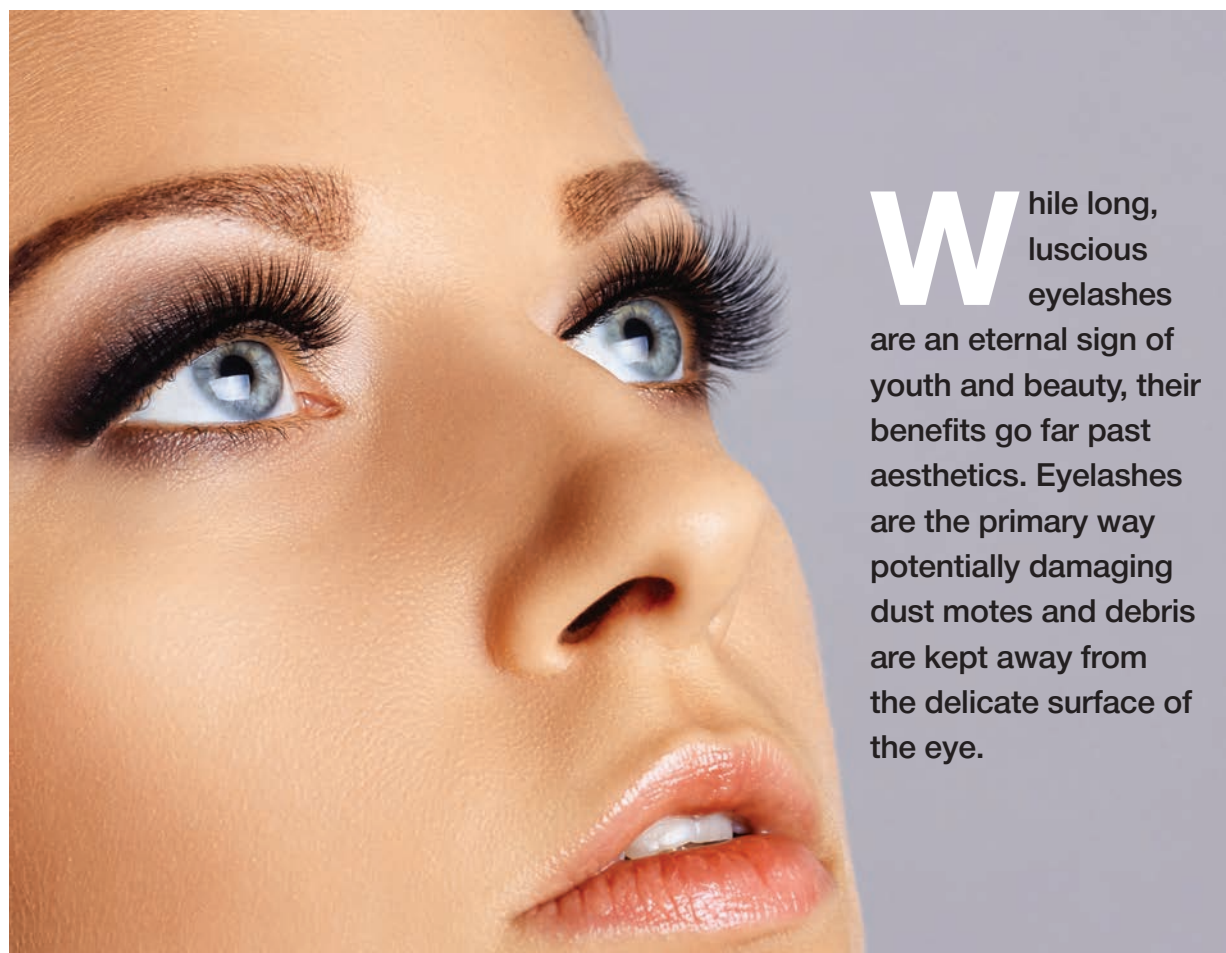
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# EYELASH TRANSPLANTS OFFER BEAUTY AND PROTECTION FOR WEAK AND DAMAGED LASHES

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



**W**hile long, luscious eyelashes are an eternal sign of youth and beauty, their benefits go far past aesthetics. Eyelashes are the primary way potentially damaging dust motes and debris are kept away from the delicate surface of the eye.

Most people don't realize how delicate and fragile natural eyelashes really are. Aging, heredity, false lashes, injuries, illness and obsessive hair pulling can result in permanent weakening or hypotrichosis of the lash follicles or total loss leading to lash baldness. While certain long-term topical treatments can help to boost the length of weak lashes, only eyelash transplantation can permanently replace lashes that are dead and gone.

If you have experienced a loss of your lashes through injury, trauma, overuse of eyelash extensions, hair pulling, or you simply want longer thicker lashes without mascara, an Eyelash Transplant procedure may be for you.

## WHAT IS AN EYELASH TRANSPLANT?

Unlike false lashes or eyelash extensions, eyelash transplantation is a safe, effective way to permanently restore living and growing lashes to your eyelid.

Eyelash transplants are an advanced microsurgical procedure that takes living, growing hair follicles from the scalp and implants them into the upper eyelids. The procedure can be used to enhance the density and fullness of the eyelashes for purely cosmetic purposes, and it's also an effective treatment to restore permanent loss of the lashes due to the misuse of eyelash extensions, eyelid trauma, burns, chemotherapy, radiation and trichotillomania (aka hair or lash pulling).

The newly implanted lashes will continue to grow long, just like the hair on the head and require regular maintenance and trimming.

## A FIX FOR WEAK, DAMAGED OR MISSING LASHES

For some patients, the overuse of eyelash extensions can cause permanent eyelash loss. It is assumed that this eyelash loss is a result of 'traction alopecia'— similar to the damage to scalp follicles from tight braiding, hair extensions or chronic hair-pulling. For those who choose eyelash extensions, gentle removal and/or replacement of your eyelash extensions by a highly-trained aesthetician or cosmetologist is recommended to prevent damage to your eyelashes. Should eyelash damage occur, it might be temporary. Oftentimes, after six to twelve months, eyelash growth will 'rebound' somewhat if the damage is not severe. However, if the eyelash damage is permanent, eyelash transplantation can be used to replace lost lashes.

## ABOUT EYELASHES AND EYELASH TRANSPLANTS

- Eyelashes are the primary mechanism by which the eyes are protected from dust motes and debris.
- Eyelashes provide symmetry and beauty to the eye area and face.
- Eyelash transplant procedures can be used to enhance the cosmetic appearance of the eyes or to restore lashes to a damaged eyelid.



*Before and 12 months after Eyelash Transplant by Dr. Alan Bauman*





*Before and after Eyelash Transplant by Dr. Alan Bauman*

- Patients who may benefit from an eyelash transplant are those who have lost their eyelashes through trauma or trichotillomania, as well as those who are looking for an increase in the number or length of their eyelashes.
- In a safe and minimally-invasive same-day procedure, hundreds of donor hair follicles are harvested from the back of the scalp and comfortably implanted into the eyelid using a modified “sewing insertion” technique.
- Healing is complete and the transplanted eyelashes are shed about one week after the procedure with the new lashes beginning to grow in about six weeks.
- The transplanted lashes are permanent, grow long and need to be periodically trimmed and curled routinely.

Since 1999, Dr. Bauman’s Eyelash Transplant procedures have been featured across the national media, including ABC’s Good Morning America, CNN, Access Hollywood, FOX News and other

news programs. He is recognized as a pioneer of the procedure and has authored scientific articles and textbook chapters on eyelash transplantation. Dr. Bauman was a featured lecturer at the International Society of Hair Restoration Surgeon First Regional Live Surgery Workshop on Eyelash Transplantation held in Los Angeles in 2006, where he also performed a live surgery demonstration of an eyelash transplant. Demand for eyelash transplants have skyrocketed since this procedure has been proven to be safe and effective when performed by highly skilled, properly trained surgeons who are committed to providing ALL aspects of care during and after eyelash transplant procedures.

For more information on weak or damaged eyelashes, or to learn if an eyelash transplant 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**.



### TIPS ON FINDING A QUALIFIED HAIR RESTORATION PHYSICIAN

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

### About Dr. Alan J. Bauman



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

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

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

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

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



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Sofwave is FDA cleared for the treatment of fine lines and wrinkles. Sofwave uses a unique delivery form of ultrasound waves, enabling a fast and safe treatment for all ages and skin colors and can be done on all facial and neck areas.

#### **HOW DOES SOFWAVE WORK?**

The depth for treating wrinkles is 1.5mm under the skin. Our unique, Synchronous Ultrasound Parallel Beam Technology SUPERB™ generates heat at this exact depth in the mid-dermis. Additionally, there

is an integrated cooling SofCool™ mechanism that protects the uppermost skin layer from burning. The impacted treatment zones stimulate a healing response, called neo-collagenases, which increases and regenerates the collagen in the skin, leading to the reduction in fine lines and wrinkles.

#### **HOW LONG IS A TYPICAL SOFWAVE TREATMENT?**

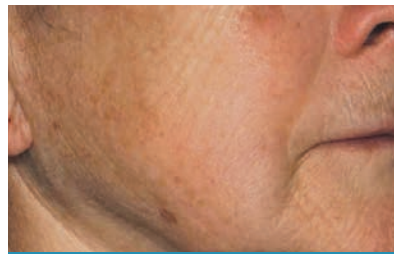
The treatment itself is fast, taking approximately 30-40 minutes for the full face and neck region.



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BEFORE



AFTER



BEFORE



AFTER

## HOW LONG DOES IT TAKE TO SEE RESULTS?

Immediate results can be seen as soon as 1 week following the treatment. However, the collagen regeneration process can sometimes take up to 12 weeks, so patients are expected to see ongoing improvements in the 3-month period after their treatment.

## HOW IS SOFWAVE DIFFERENT FROM OTHER COSMETIC PROCEDURES?

Today there are various energy-based technologies designed to treat facial lines and wrinkles, among them: ablative and non-ablative laser technology, Intense Pulsed Light (IPL), radiofrequency devices and High Intensity Focused Ultrasound (HIFU). Yet, the need for non-invasive aesthetic treatments with proven efficacy, safety and minimal downtime, are still unfulfilled. The more aggressive options can cause damage to the upper skin, which in turn, requires a long healing period and considerable downtime. In addition, there is a higher risk of side effects, including discoloration and discomfort. Even RF micro needling treatments, that have recently become popular, can be uncomfortable, risky and require lengthy downtime. On the other hand, other non-invasive solutions haven't shown adequate results. High Intensity Focused Ultrasound (HIFU) has also become an accepted mode of treatment for treating wrinkles. This treatment has been associated with multiple drawbacks, among them, limited treatment areas, longer treatment times, excessive pain and additional adverse effects, such as burns and injury to nerves. Sofwave's unique technology protects the skin surface with a cooling

mechanism and the treatment is effective and safe for most patients. There is no downtime or pain post treatment.

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## 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.

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Source: Sofwave.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.

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Dr. Monique Barbour  
Clear Vue Eye Center

# The Latest Advancement in Refractive, Laser-Assisted Surgery for Cataracts

According to the American Academy of Ophthalmology, Cataracts affect more than 24.4 million Americans age 40 and older, and by age 75, more than half of that demographic will have advanced cataracts.

The usual symptoms of cataracts are blurry vision, seeing double, sensitivity to light (both natural and synthetic), trouble with night vision, and irritated eyes. The lens of the eye that is affected is behind the iris (the colored area of the eye). This lens filters light through the eye into the retina, allowing signals of the images that we see to transmit to the brain. But with cataracts, the lens is cloudy and scatters the light, causing blurred vision. If left untreated, cataracts can cause blindness.

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

**The Refractive Cataract Surgery Difference with Dr. Monique Barbour at Clear Vue Eye Center.**

**LASER-ASSISTED CATARACT SURGERY:** Laser-Assisted Cataract Surgery - the latest exciting innovation available from Dr. Monique Barbour at Clear Vue with Dr. Barbour's revolutionary, high-tech implant procedure

Removing cataracts surgically is the only option. Dr. Barbour performs cataract surgery at several local hospitals and surgery centers on an outpatient basis. In most cases, Dr. Barbour anesthetizes the eye with topical anesthetics and combines a clear corneal incision with a procedure called Phacoemulsification. Using this small





incision surgical technique, a special instrument uses sound waves (ultrasound) to break apart the cataract and remove it. An intraocular lens (implant) is inserted at the time of cataract removal as a replacement for the natural lens that was cloudy. Small incision cataract surgery which does not require any stitches means a shorter recovery time so you can see clearly right away. After your eye has healed from the surgery, a change in your eyeglasses will be necessary to insure the sharpest vision. However, with Dr. Barbour's groundbreaking procedure, you might not need glasses at all.

#### Latest Advancements in Laser-Assisted Cataract Surgery

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

There are several options available for the type of implant that patients may choose to enhance their vision or become less dependent on glasses. The 'multifocal' or 'accommodating' type of implant helps patients achieve maximum vision potential with focusing capabilities for distance, intermediate and near. The 'toric' implant corrects astigmatism. Dr. Barbour uses both the 'multifocal' and 'toric' implants to help you achieve your goals of becoming less dependent on glasses. Alternatively, astigmatism may be corrected using the Lensar laser system and an 'accommodating' implant can be implanted at the same time to reduce the need for glasses.

To learn more about femtosecond cataract surgery, Please visit [Abbottmedicaloptics.com](http://Abbottmedicaloptics.com).

#### 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
- Dry Eye Center

*To learn more about Dr. Monique Barbour and Clear Vue Eye Center and their eye health expertise, please visit our website at [clearvuenow.com](http://clearvuenow.com) and facebook page at [State-Of-The-Art Instrumentation](#) or schedule your appointment by calling 561-432-4141.*

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

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

After residency, she completed a Glaucoma fellowship at Georgetown University in Washington, DC and a Refractive Surgery fellowship at the world renowned 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 Spanish.



7657 Lake Worth Road, Lake Worth, FL 33467

**561-432-4141**

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



# Sexual Dysfunction & The Conditions That Lead To ED



**W**e've all heard the statistics that heart disease, breast, lung and prostate cancer are some of most common disease states in men and women, and if not treated, many times, they lead to untimely death, but we hear very little about the way sexual dysfunction can contribute to other health conditions. Sexual dysfunction affects both men and women. Women often succumb to vulvovaginal atrophy (VVA), which causes pain, and men have issues with ED.

## STRESS AND INTIMACY

Sexual dysfunction in a relationship causes men (and women) a great deal of anxiety, stress and depression, low self-esteem, and sexual self-doubt. In turn, these feelings can exacerbate erectile dysfunction. Sexual health dysfunction can lead to depression, anger, anxiety, low self-esteem, sexual self-doubt, and poor body image can all interfere with sexual health and intimacy.

## OTHER CONDITIONS THAT CONTRIBUTE TO ED

Erectile dysfunction can have a physical, neurological, or psychological cause. Physical conditions associated with ED include obesity, type-2 diabetes, metabolic syndrome, high blood pressure, high blood fats, coronary artery disease, premature ejaculation, and a deficiency of the hormone testosterone. Medical treatments such as surgery, radiation, and hormones commonly used for prostate cancer and medications, such as some antidepressants, can also cause or worsen ED, as can the use of tobacco, alcohol, and illegal drugs. Neurological conditions that can cause ED include Parkinson's disease and stroke. The psychological causes of ED generally occur in men under the age of 40 and include performance anxiety, relationship problems, religious taboos, prior sexual abuse, and mood disorders such as depression, PTSD, and generalized anxiety.

Issues with sexual dysfunction can begin in the early 30s, but typically affects men in their 40s, 50s, and 60s. Although it's a common condition, it can be a crushing disorder that wreaks havoc on a man's psyche, which in turn, can cause severe anxiety and further intensify erectile dysfunction and low libido.

## WAVE THERAPY FOR MEN

Wave Therapy is a treatment that is all-natural and clinically proven using high-frequency shockwaves to enhance both male and female sexual function, performance, and overall health. It is the only non-invasive procedure that treats the root cause without taking prescription medication.

Over 50% of men experience some degree of erectile dysfunction in their lifetime. There are several factors that influence a man's erection, however, in nearly half of cases of erectile dysfunction is caused by decreased blood flow due to aging blood vessels.

Some may turn to oral medications to combat erectile dysfunction and increase blood flow, but these medications only relieve symptoms temporarily. Wave Therapy focuses on increasing blood flow to the penis to optimize erections, sensitivity, and sexual performance.

## P-SHOT FOR MEN

Issues with getting an erection, keeping an erection and maintaining sexual desire can be a result of many factors. Some of the causes are physical – obesity, diabetes, high blood pressure – and psychological – stress, anxiety or depression.

The P-Shot® is a specific way of using blood-derived growth factors to rejuvenate the penis. It is a breakthrough, clinically-proven, safe and effective procedure to help you \*increase penis size, sexual performance and overall sexual wellness, without the use of any drugs or surgery.

About 60% of men improve after the first P-Shot® and approximately 85% are thrilled after their second P-Shot®. It typically takes about 12 weeks to see the full effect, and some men may require a series of two or three P-Shots®, spaced 8 to 12 weeks in between, to reach their desired potential.

**DON'T IGNORE OR SIMPLY MASK YOUR SYMPTOMS, DISCOVER REAL SOLUTIONS WITH CALLA GENICS.**

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

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

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

REJUVAnation Medical Center

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



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

## ALTERNATIVE THERAPIES WORK — STOP MASKING YOUR PAIN

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

## STEM CELLS

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

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

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

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





## EXOSOMES

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

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

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

## NOT ALL STEM CELLS ARE EQUAL

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

### Amniotic and Umbilical Qualities

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

## ARTHRITIS, SPORTS INJURIES AND JOINT PAIN

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

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



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

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

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

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



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

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

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

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



## REJUVANATION MEDICAL CENTER

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

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





## Cheryl Masters – MORTGAGE PROTECTION: WHAT YOU SHOULD KNOW

If something happens, the last thing a family should have to worry about is making the mortgage payment. Some programs will return all the premium you paid, when the policy expires. Cheryl Masters is the life insurance agency owner at Masters Life Insurance in association with Family First Life. She is an expert at bridging the gap between the community and well-established insurance agents. Her years of experience and relationships allow her to help you in multiple situations. When it comes to your mortgage and unexpected disruptions, she can help you navigate the situation by supplying you with essential analytics and information, reputable agents, accessibility, and follow through.



**Cheryl shares her expertise and advice below:**

You are among the fortunate Americans who have made their dream of owning a home come true. Many families have to leave their home due to economic hardship caused by death, disability, or unemployment, so protecting your home for you and your family could be one of the wisest decisions you make.

**Consider the following:**

If you died, would your family have enough money to pay off the mortgage?

If you were unable to work for an extended period, would your family have enough money to pay the mortgage each month?

If you lost your job, would you still be able to afford your insurance premiums?

**PROTECT YOUR FAMILY AND HOME TODAY!**

Home Mortgage Series Plus from Americo Financial Life and Annuity Insurance Company (Americo) is a portfolio of term life and universal life insurance products that may help you and your family keep your home and your valuable insurance protection if the unexpected happens.

- HMS Plus and its optional benefit riders may help:
- Pay off the mortgage in the event of your death.
  - Receive 100% of the base premiums at the end of the Cash Back Option period.<sup>1</sup>
  - Make the mortgage payment during a disability.<sup>2</sup>
  - Protect your valuable coverage if you become involuntarily unemployed or totally disabled.<sup>2</sup>
  - Pay a lump sum if diagnosed with a qualifying critical, chronic, or terminal illness.<sup>3</sup>

I can schedule a time to see if you qualify for an HMS Plus policy. Feel free to call me at **(786) 338-0481** or email **ms.cheryl.masters@gmail.com** for more information or to schedule an appointment.

Sincerely,  
**Cheryl Masters Independent Agent**

*1HMS Plus CBO build a cash value that is available to you upon request, less any loans, if the policy is terminated. If the Enhanced Surrender Value Benefit (Cash Back Option benefit) is in effect at the end of the Enhanced Surrender Value Period, the surrender value of the policy will equal the total amount of premiums paid for the base policy, not including any premiums paid for riders.*

*2 Riders are optional, available for an additional cost and may not be available in all states.*

*3 Living Benefit Riders are included at no additional cost on HMS Plus 100, 125, and CBO. Subject to state variations.*

Americo is authorized to conduct business in the District of Columbia and all states except NY.

Home Mortgage Series Plus (Policy Series 301/302/303/315) and Accidental Death Benefit Rider (Rider Series 2165); Enhanced Surrender Value Rider (Rider Series 2200); Critical Illness Accelerated Death Benefit Rider (Riders Series 2190/2195), Chronic Illness Accelerated Death Benefit Rider (Rider Series 2191/2196), and Terminal Illness Accelerated Death Benefit Rider (Rider Series 2192/2197); Disability Income Rider (Rider Series 2145); Waiver of Premium for Disability Rider/Waiver of Monthly Specified Premium Rider (Rider Series 2158/2158-UL); Involuntary Unemployment Waiver of Premium Rider (Rider Series 2140) are underwritten by Americo Financial Life and Annuity Insurance Company (Americo), Kansas City, MO, and may vary in accordance with state laws. Certain restrictions apply. Consult base policy and riders for all terms, exclusions, and limitations. Cheryl Masters is an independent, authorized agent of Americo.



**Tell us a little about yourself...**

Name: \_\_\_\_\_ Spouse: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Sex: ☐Male ☐Female Sex: ☐Male ☐Female

Tobacco Use: ☐Yes ☐No Tobacco Use: ☐Yes ☐No

Phone Number: \_\_\_\_\_

Please mail or email this information to:  
**Cheryl Masters**  
**1251 NE 141 St**  
**Miami, FL 33161**  
Email: **ms.cheryl.masters@gmail.com**

A representative will contact you.  
This form will only be used by Cheryl Masters to determine which products to offer. It will be kept in strict confidence and will not be shared or sold to other companies.

By completing this form, you authorize an insurance agent to contact you by phone, text or fax at the phone number listed to provide automated and/or pre-recorded advertisements. You are not required to sign this to purchase any product. This consent applies to all products currently or in the future marketed or sold by us. This authorization continues until it is revoked by you. Further, you waive your right to commence or be party to any group, class or collective action against us relating to any communication made by us to you. This waiver extends to protect any third party on whose behalf or for whose benefit, in whole or in part, we initiated any communication. This waiver applies even if you revoke your consent to be contacted in the future.



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# ANXIETY: The Silent Pandemic

## Reducing anxiety without medications

By Michael Cohen



**C**OVERD-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.

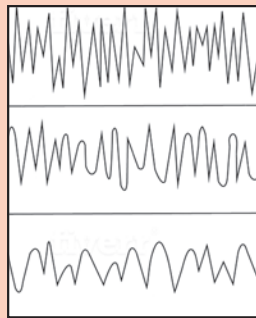
And one big benefit: Neurofeedback and body biofeedback can help lessen or eliminate your reliance on medications.

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.



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.

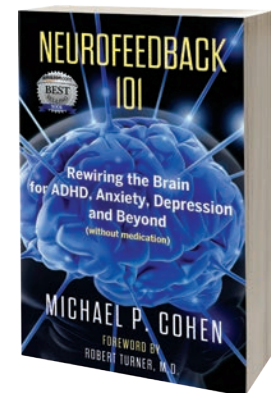
The brain hears or sees the feedback (visual or auditory) and starts “tapping along” automatically, trying to make more of that calm pattern. With practice, you get much better at it.

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



### About Michael Cohen

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



Interested in learning more about neurofeedback?

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

Available in paperback or Kindle format on Amazon.



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# KNEE PAIN

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

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





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

### Causes of knee osteoarthritis

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

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

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

At the Advanced Spine & Joint Institute, their goal is to give you the best chance of preventing knee replacement surgery, which is what arthritis frequently involves if left unprotected or untreated. Their medical practitioner will inject directly into your knee joint using a high-tech medical device called a fluoroscan to pinpoint the exact location intended with extreme accuracy, which provides the best possible outcome from each injection.

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

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

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

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

### Why do knee injections often fail?

#### What is different about the Supartz procedure?

- They perform blind injections without image guidance
- They use antiquated equipment from as far back as 2001, even in some of the largest hospitals.
- They use Cortisone, which can have side effects

Most blind injections result in needle misplacement. With this much inaccuracy, it's no wonder most people never find relief. When properly injected into the knees, Supartz helps to cushion and lubricate the knee joint, nurturing the cartilage for natural pain management. This solution helps to restore normal function to the knee, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.

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



### Benefits

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

With so many people suffering from knee arthritis, the demand for this procedure has been overwhelming. Please call **(561) 721-0492** now to schedule your appointment. To learn more, please visit their website at [advancedspineandjoint.com](http://advancedspineandjoint.com) or [Facebook page](#).

**ADVANCED SPINE  
&  
JOINT INSTITUTE**

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# A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit [www.goldmaneye.com](http://www.goldmaneye.com) or call Dr. Goldman’s office at (561) 630-7120.







**I**n 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

*Brent Myers*

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