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Health & Wellness[®] MAGAZINE

March 2021

North Palm Beach Edition - Monthly

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YOUR MEAL PLANNING**

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DEBUNKING HAIR TRANSPLANT
MYTHS AND MISCONCEPTIONS**

**SKIN REJUVENATION AT
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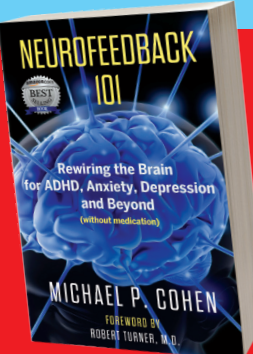

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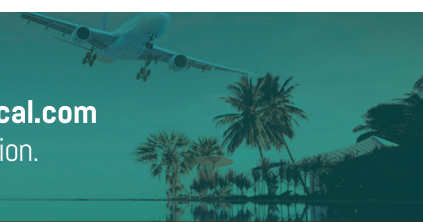
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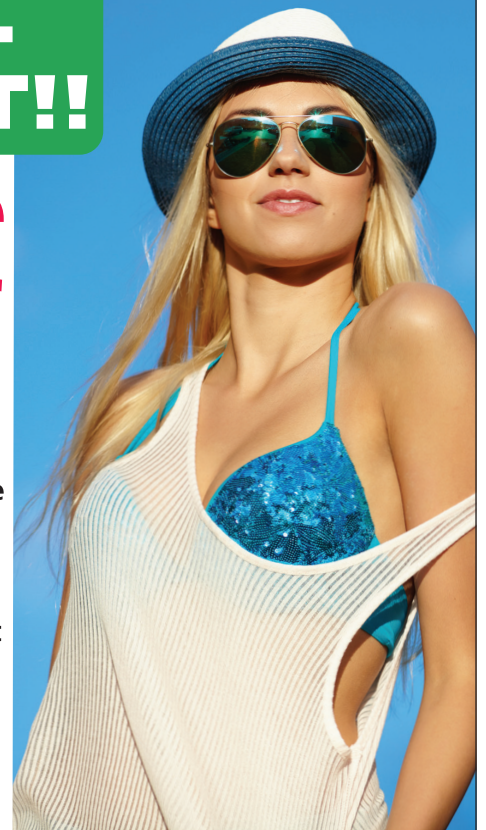
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Include Good Nutrition in Your Meal Planning

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

WHAT FACTORS CAN AFFECT OUR IMMUNE SYSTEM?

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

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

CAN I STILL EAT THE FOODS I LOVE

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

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

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

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

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

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

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

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

HERE ARE SOME IDEAS TO GET YOU STARTED:

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

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

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

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

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

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

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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

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



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PAINFUL, PLUGGY?

Debunking Hair Transplant Myths and Misconceptions

By Alan J. Bauman, MD, ABHRS

M yths and misconceptions continue to make it harder for the more than 80 million U.S. men and women with hair loss to get the right kind of help – and this is especially true when it comes to hair transplants. Despite cutting-edge technological advancements, many patients still have an outdated picture in their minds of what hair transplant results look like and what it feels like to undergo a procedure.

WILL MY HAIR TRANSPLANT LOOK PLUGGY?

Absolutely not. The truth is, while pluggy results were common decades ago, today, significant advances in microsurgery techniques and artistry can now make a properly performed hair transplant appear 100% natural. Advanced, minimally invasive hair transplant procedures using an FUE or Follicular Unit Extraction approach enables artistic surgeons and their skilled surgical teams to meticulously relocate as little as one hair follicle at a time. This means there are no “plugs,” no rows, and absolutely no linear scars left behind – the signature of outdated linear “strip-harvest” procedures.

What’s more, new instruments and techniques developed, even so recently as the past year or so, allow for some procedures to be performed without ANY trimming of hair. The discreet No-Shave Long-Hair VIP|FUE™ process offers patients all the advantages of traditional minimally-invasive FUE – including no staples, no stitches, no-linear-scar, and a more comfortable and less restricted downtime when compared to outdated strip harvesting – but without the downtime of having to undergo a drastic hairstyle change.

WILL MY HAIR TRANSPLANT HURT?

This is often one of the first questions asked by patients considering a hair transplant.

How can a procedure that involves hours of work and thousands of transplanted grafts be comfortable? The use of local anesthesia and medication for relaxation allows for patients to sit, watch movies, listen to music or comfortably nap during their procedure.

Afraid of needles and pain? No worries, thanks to a new computer-controlled local anesthesia delivery system – a robotic syringe called Dentapen by Septodont. This cutting-edge device, now in use at Bauman Medical, makes injections comfortable by using a microprocessor to control the extremely low speed and pressure of local anesthetic for a completely pain-free injection.

While these new technologies have made the procedure itself comfortable, it also allows for a faster and easier recovery for patients. Because there are no staples or stitches with today’s advanced FUE transplant harvest techniques, there is no tension on the skin, and most patients can resume regular activities immediately and get back in the gym within just a few days following a hair transplant.



Old-fashioned hair transplants appear “pluggy” and unnatural

Patients can expect a little soreness following FUE surgery for maybe a day, but most don't require anything more potent than over-the-counter pain medication.

BIGGEST TAKEAWAYS

One of the significant issues with the hair transplant field today is that many unqualified, inexperienced, non-specialist doctors offer this procedure and also perform procedures infrequently. The risks for hair transplant patients visiting these “part-time” providers include increased discomfort, surgical complications, infections, scarring, low density, and unnatural looking results. Another concern is that many doctors and large national clinics still mostly (or only) perform the “strip” or “linear” harvest technique instead of advanced, less invasive FUE procedures. When looking for a hair transplant specialist, make sure you consult with an experienced minimally-invasive hair restoration physician – someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and performs FUE hair transplantation daily.

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistic ability of the surgeon involved. Therefore, patients should not choose their surgeon based on the tool they use, but more so on their artistic ability. To find a qualified hair restoration specialist, start by visiting and cross-referencing the American Board of



Bauman Medical's state-of-the-art Hair Transplant technology provides natural, youthful looking results.

Hair Restoration Surgery (ABHRS), the International Alliance of Hair Restoration Surgeons (IAHRS), and the list of Fellows of the International Society of Hair Restoration Surgery (FISHRS). A talented team will not only provide exceptional results, but also a comfortable experience start to finish. Do your research, ask questions, look at before-and-afters, and don't be afraid to ask for patient testimonials.

For more information on what kind of results you might achieve with an advanced FUE hair transplant or a Long Hair No-Shave VIP|FUE, please visit www.baumanmedical.com or call 561-220-3480.

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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WHAT DO HAIR TRANSPLANT CREDENTIALS MEAN?

- **ABHRS** - American Board of Hair Restoration Surgery. After more than 20 years, only approximately 200 doctors worldwide have received this certification through a rigorous written and oral board examination process. It is the only recognized certification in the field of Hair Restoration Surgery.
- **FISHRS** – Fellow of the International Society of Hair Restoration Surgery. Less than 10% of all ISHRS members worldwide have achieved the coveted “Fellow” status recognizing their continuing commitment to excellence and having met exceptional educational criteria.
- **IAHRS** – International Alliance of Hair Restoration Surgeons. This elite group was hand-selected by the premier consumer organization dedicated exclusively to protecting hair restoration patients through their commitment to excellence. IAHRS members represent only the best in the discipline and the true leaders in surgical hair restoration.
- **AHLA** – American Hair Loss Association. The AHLA is committed to educating and improving the lives of those affected by hair loss. They are the authoritative source of information for people with hair loss and the healthcare professionals that care for them.



SKIN REJUVENATION AT MULTIPLE LEVELS

HAVE YOU HEARD OF **HALO AND FOREVER YOUNG BBL TREATMENTS?**

These are two new technologies that are game changers for skin resurfacing and pigmentation. Having been in the non-surgical aesthetic space for 19 years, I am very pleased to have finally discovered 2 technologies that deliver results for very common skin problems we have tried to correct for years; fine lines, pore size, skin texture, broken capillaries and even melasma. The fraxel laser was revolutionary when it first became available years ago. For the first time, skin texture was addressed with minimal downtime. However, the Halo laser is the next generation technology for skin resurfacing. Technology keeps evolving and the Halo laser is truly unique. It is a “hybrid fractional laser” that delivers an ablative and non-ablative wavelength to the same area. What does that mean?

1

**NON-ABLATIVE
1470 MM WAVELENGTH**

This wavelength can be adjusted from 200-700 micron depth, the level in the epidermis and papillary dermis that needs to be targeted for hyperpigmentation such as sun spots and melasma, as well as texture and pore size.

2

ABLATIVE 2940 MM WAVELENGTH

2940 mm ER: Yag laser penetrates from 20-100 microns under the skin. It targets lines and wrinkles with significantly decreased downtime as opposed to other ablative lasers. Combining these 2 wavelengths results in ablative results, mainly improvement of wrinkles and lines with non-ablative downtime. I myself have tried it for melasma and was very impressed with the results.



In addition, combining Halo with Forever Young BBL further combats the signs of aging by correcting sun damage and broken capillaries. BBL stands for broad band light and is basically a much more advanced version of IPL that most people are familiar with. It targets the epidermis and dermis, stimulating changes in skin texture, acne scarring, skin tone, broken capillaries, as well as pigmentation. BBL reduces melasma and diminishes fine vessels that cause redness. It is a very effective treatment for rosacea. Both of these technologies, especially combined, gently treat the upper layers of the skin and take years off the neck, face, chest, hands and anywhere else where aging is visible.

In summary areas of improvement include:

1. Sun damage
2. Broken blood vessels
3. Fine Lines and Wrinkles
4. Scars including acne scarring
5. Large pores
6. Crepey Skin

To maintain radiant, glowing skin, a series of 3 BBL treatments 2 weeks apart combined with 1 Halo treatment at the time of the first BBL treatment yields the best results, but treatments are custom tailored according to the individual patient's needs.



Medical Director, Daniela Dadurian M.D.
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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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HARMFUL UV RAYS: HOW AND WHY PROTECTING YOUR EYES IS IMPERATIVE

By Monique Barbour, M.D.

We all know the importance of sun protection. We wear SPF and protective clothing, but what about our eyes? Many individuals are unaware of the issues UV light can cause concerning vision.

UV RAYS EXPLAINED

UV radiation has multiple levels; for example, UVC rays are the most harmful to the skin and eyes, but the ozone layer blocks many of the rays. UVA rays play a considerable role in causing skin damage and aging. The wavelengths of UVA rays are long and are, therefore, less harmful than UVB rays. UVB rays are incredibly damaging to the skin and eyes and can cause cancer. UVB

rays are shorter wavelengths and consequently can even penetrate through glass, so while driving in a car, or sitting by a window at work, the UVB radiation can harm you. It's best to always protect yourself by wearing sunscreen and protective clothing.

According to the American Optometric Association, if your eyes are exposed to excessive

amounts of UV radiation over a short period of time, you will likely experience photokeratitis. Like a "sunburn of the eye," photokeratitis can be painful. Its symptoms include red eyes, a foreign body sensation or gritty feeling in the eyes, extreme sensitivity to light, and excessive tearing. Fortunately, these symptoms are usually temporary and rarely cause permanent damage to the eyes.



CATARACTS | MACULAR DEGENERATION

The longer the eyes are exposed to solar radiation, the greater the risk of developing cataracts or macular degeneration later in life. It is not clear how much exposure to solar radiation will cause damage. Therefore, whenever you spend time outdoors, wear quality sunglasses that offer UV protection and a hat or cap with a wide brim. Also, certain contact lenses can provide additional UV protection.

EYE CANCER

It's a rare diagnosis, but if your eyes are constantly exposed to UV radiation, your chances of getting melanoma in the eye significantly increase. Ocular melanoma tumor cases are uncommon, but about 2,000 new cases are diagnosed each year. Living in Florida, we need to be especially conscientious about preventing this form of cancer, due to our excessive exposure to the sun.

Your eye is made up of three stratum, the outer, inner, and middle layers. The middle layer is where most melanomas form. They typically occur in the uveal tract, which houses the iris, pupil, muscle fibers, and layer of blood vessels that provides nutrients to reach the retina. This layer of blood vessels is called the choroid and is where most intraocular melanomas are found.

During your regular dilated eye exam, an ophthalmologist can usually detect the tumors if they are present. Some of the symptoms of ocular melanoma are a dark spot on the iris (color portioned eye), blurry vision, changes in the size of pupils or their shape, pain, redness, or consistent irritation.

PROTECTING YOUR EYES

The reason we hear so much advice on wearing sunscreen, sunglasses, and avoiding over sun exposure between 10:00 am to 4 pm, is due in large part to the sun's harmful UV rays during the time when the sun is the highest in the sky.

Sunglasses are fashionable accessories that can indeed help to prevent melanoma from forming in the eyes. Your eyes need protection from both UVA and UVB rays.

When choosing sunglasses, some cheap versions may actually increase your risk by easily allowing harmful rays to filter through. It's important to choose frames that cover your eyes securely. If they don't fit your face correctly, UV radiation can penetrate through the gaps and openings.

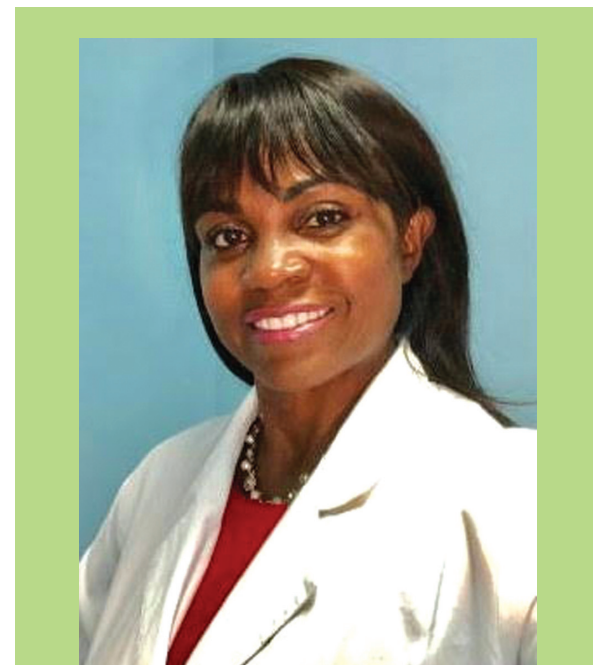
Sunglasses Should Have One or More of the Following Options:

- 100% UV protection
- Polycarbonate lenses
- Polarized lenses
- UV coated lenses

If you or a loved one have any eye symptoms or are in need of your yearly eye exam, please schedule an appointment with an ophthalmologist immediately. Problems with sight, such as macular degeneration, retinal disorders, or melanoma, need to be addressed and treated as soon as possible. Although the treatment options for ocular melanoma are limited, if caught early on, a resection (removal) of the tumor is the standard of care.

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

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



Monique M. Barbour, M.D.

Dr. Barbour A Board Certified Ophthalmologist. She attended Saint Augustine's College 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.



7657 Lake Worth Road, Lake Worth, FL 33467

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<http://www.ClearVueNow.com>

MonaLisa Touch[®]

THE MONA LISA TOUCH EXPERIENCE

By Linda A. Kiley, MD

After more than 25 years as a practicing gynecologist I have spent many hours evaluating and treating women afflicted with vaginal dryness and pain during sex. While painful sex may occur at any age, it is more common after menopause when hormone levels plummet, causing changes in the vaginal tissues due to reduced blood flow and elasticity of the collagen. This may also occur after treatment for breast cancer, when women are given drugs to block the effects of estrogen. Many women simply stop having sex or find reasons to avoid it, thinking they're just "too old" or feeling embarrassed about seeking help. Some women are either afraid of using vaginal estrogens or have been instructed not to use them for a medical reason (hint: there are VERY few medical contraindications to ultra-low-dose vaginal estrogen use for atrophy). Often, what may have started out as minor discomfort developed into severe, lingering pain following attempts at intercourse. Lubricants were often either ineffective or only minimally helpful.

Vaginal atrophy following hormonal menopause is a treatable condition. When vaginal estrogens were not adequately effective or were contraindicated, prior to the advent of the MonaLisaTouch there were few alternatives. Oral medications such as Osphena[®] were helpful in some cases, and a new vaginal gel, Intrarosa[®] provided another alternative for treatment. Some hyaluronic acid vaginal suppositories have been developed in an attempt to provide additional solutions to this problem. However, the development of a vaginal laser therapy to restore blood supply and improve collagen production created a new and exciting option for many women. The story of the origin of this device is quite interesting. Two Italian doctors, a gynecologist and a dermatologist, were having a conversation and the gynecologist asked why, when there is a laser to restore a youthful facial appearance, wasn't there something to do the same for the vagina? The conversation led to development and testing of the MonaLisaTouch. Clinical trials that included actual tissue biopsies of the vagina prior to and after treatment provided encouraging results. In the USA, the initial trials at Christ Hospital in Cincinnati and Stanford Medical Center in Palo Alto also demonstrated significant improvements for women in vaginal

moisture, tone and elasticity. After reviewing these results and speaking with respected doctors who had used this machine successfully I decided to purchase one to offer this treatment to my patients. The results have been similarly successful in my practice. Additionally, I have found that the combination of MonaLisaTouch therapy and vaginal estrogen therapy work better together than either one does alone. Eighty-five percent of my patients are either improved or very much improved, only between 5-10 percent of my patients did not show any significant improvement.



Does the MonaLisaTouch relieve all intercourse related pain? Absolutely not. A thorough evaluation is necessary to correctly diagnose and treat this problem. Very often, even when atrophy is a major contributing factor, the experience of pain creates a reflex muscle spasm which must be treated with pelvic therapy in order to fully alleviate the problem. Painful sex is not only due to vaginal dryness. Many times pelvic muscle spasms are the primary cause of the pain. Sometimes infections may be contributing to the problem. It is vital that a thorough evaluation be done prior to instituting vaginal laser therapy in order to properly develop a treatment plan, which may or may not include the MonaLisaTouch. I'm often dismayed at how many offices that do not treat other causes of painful sex offer the MonaLisaTouch as a "cure-all", resulting in a number of treatment failures. The MonaLisaTouch can be almost miraculously effective, when used properly for the proper indications.

Thanks and kind regards,
Linda Kiley, MD



Palm Beach
Center for Pelvic Health

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drlindakiley.com

Reversing Gum Recession: Scalpel FREE, Suture FREE, Graft FREE

Gum recession is very common among patients for a variety of reasons. Recession can occur due to genetics, past orthodontics (braces), tooth shifting, infrequent dental hygiene appointments, inflammation and aggressive tooth brushing (among others).



Recession is the loss of the gum tissue that covers the root portion of the tooth. The gum tissue protects both the tooth itself, along with the supporting jaw bone. If the gum starts to recede, the underlying bone will start to resorb as well. This change can lead to significant issues such as tooth loosening, tooth loss, jaw bone loss, root cavities (that frequently lead to the need for root canals), longer looking teeth and tooth sensitivity.

TRADITIONAL GUM GRAFTING:

Traditional therapy for treating gum recession is called “gum grafting”. The technique typically involves surgically taking tissue from one part of the oral cavity (typically the roof of the mouth) and transplanting it to the area where gum tissue has receded. More specifically, the area that has

recession is opened surgically. Tissue is then removed from the “donor” location in the mouth and sutured in place where the recession has occurred. If there is a large area of recession, multiple areas in the mouth may be needed as donor sites, in order to collect a sufficient amount of tissue to treat the recession. In some cases, tissue from a tissue bank can be used in place of surgically removing tissue from another location in the mouth.

PINHOLE GUM REJUVENATION:

A new procedure, similar to a laparoscopic technique, has been developed with over 10 years of research showing its effectiveness in treating gum recession. This procedure is performed by making a small pinhole in the gum tissue. Using specially designed instruments, the gum tissue is loosened and guided over the receded part of the tooth. There is no incision, suturing or tissue graft placement. Due to this fact, patients can expect minimal post-operative symptoms (pain, swelling and bleeding). Most patients also are pleasantly surprised by the instant cosmetic improvement. The technique is also known as the Pinhole Surgical Technique (PST) and the “Lunchtime Gum Lift”. The procedure has been featured on “The Doctors Show”, “Dr. Steve Show”, “ABC”, “NBC”, and over 240 stations across the United States and Canada.

This procedure has helped treat thousands of patients with gum recession. Our patients have been extremely satisfied with both the immediate cosmetic results and quick recovery because no scalpel or sutures were used. An evaluation by a Certified Pinhole Technique Clinician can help determine if your recession can effectively be treated by this amazing, non-invasive therapy.



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

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



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

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

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

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

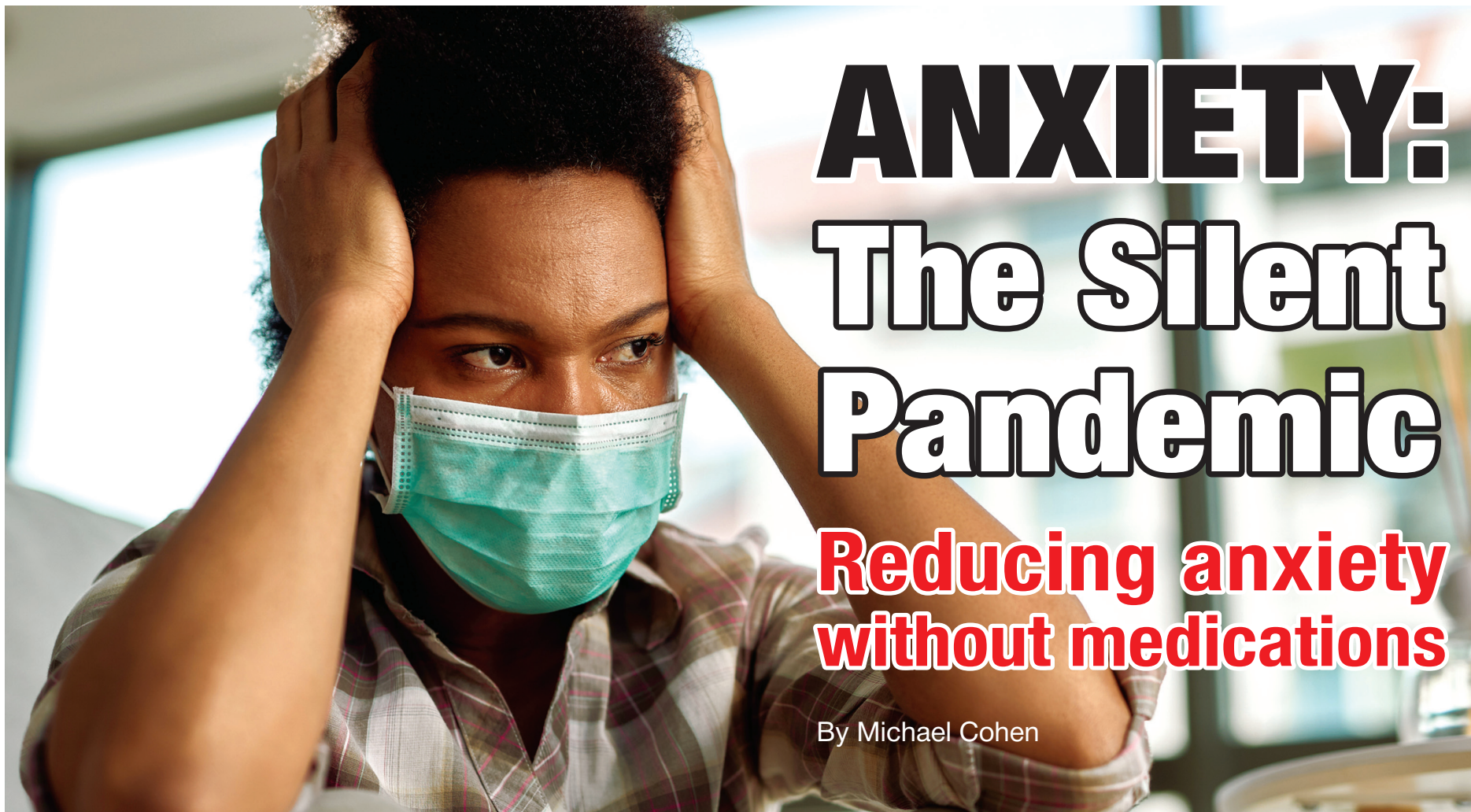


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For More Information and an animation of the treatment please see:
www.PinholeSurgicalTechniquePalmBeach.com



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

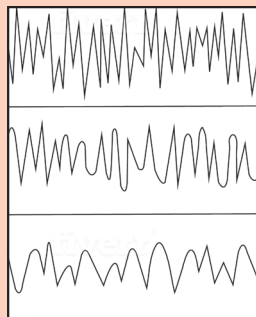
Fortunately, neurofeedback and certain other forms of biofeedback, including body biofeedback, do a very good job of helping regulate the brain and calm the nervous system. Once those are under control, anxiety and panic attacks become less of a problem.

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.



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.

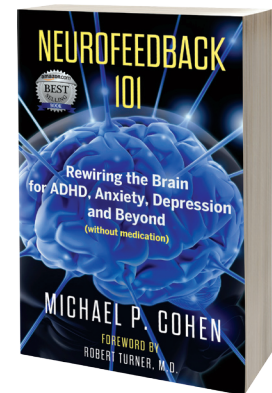
The brain hears or sees the feedback (visual or auditory) and starts “tapping along” automatically, trying to make more of that calm pattern. With practice, you get much better at it.

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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www.CenterForBrain.com

Cure Erectile Dysfunctions and Peyronie's RejuvaWAVE® Priapus Shot, Stem Cells, & Exosome and Low-T Treatments

Simply Men's Health, the # 1 ED clinic established in 2014, brings their World-Renowned RejuvaWAVE®, the Gold-Standard in WAVE therapy for ED, to Boca Raton.

Serving West Palm Beach, Boca Raton and Miami, Simply Men's Health is quickly grabbing attention as the leader in Men's Sexual Health and Regenerative Medicine for introducing the most advanced, cutting-edge treatments to CURE ED and Peyronie's Disease. Even when all else has failed, Simply Men's Health has over 90% success rate in restoring your sexual vitality.

Turn back the clock with Simply Men's Health, RejuvaWAVE® and RejuvaEnhancement™ Stem Cell Treatments. Men of all ages can enjoy a spontaneous, active sex life once again, as they did when they were much younger.

Why Medicate When You Can CURE?

Simply Men's Health has revolutionized the standard of care by introducing and developing the ground breaking RejuvaWAVE® and RejuvaEnhancement™ Procedure to CURE ED and Peyronie's. Traditional ED Treatments such as the "blue pill" just offer a "band aid" approach to mask the condition, while the underlying disease and degenerative age-related erectile dysfunction continues to progress until eventually the pills stop working. Their exclusive, state-of-the-art RejuvaWAVE® (acoustic-pressure wave) combined with RejuvaEnhancement™ Procedure (stem cells) repairs damaged tissues and regenerates and



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

grows new blood vessels helping to REVERSE and CURE the underlying cause of Erectile Dysfunction and Peyronie's.

Simply Men's Health is the leader in Men's Sexual Health and a pioneer in the field of regenerative medicine. Simply Men's Health was

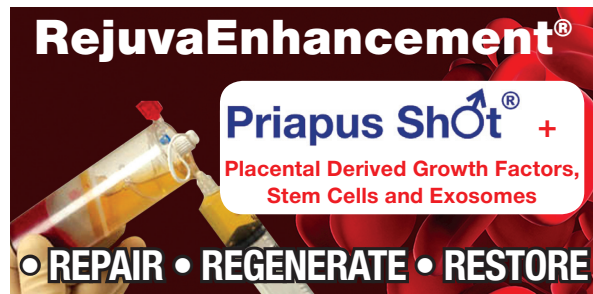
the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men's sexual health by introducing the state-of-the-art RejuvaEnhancement® Procedure to help reverse the inevitable aging process and treat ED and Peyronie's Disease. Peyronie's is a build up of scar tissue in the penis that causes a curvature or bend in the erected penis. This disorder typically causes a great deal of pain during intercourse.

Is RejuvaWAVE® Safe? Instead of Medicating – Cure with RejuvaWAVE®?

Yes RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used worldwide and has virtually no risk and no side effects. Although acoustic pressure wave technology has been used in Europe for almost 20 years, it is relatively new to the US for ED and Peyronie's. RejuvaWAVE® uses state-of-the-art, scientifically proven technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation, and to stimulate tissue regeneration, which creates new blood vessels in treated areas. As the leader in men's sexual health, Simply Men's Health introduced their exclusive RejuvaWAVE® technology in 2015, and the results have been nothing short of amazing!

The RejuvaWAVE® is revolutionary, non-invasive, and HEALS THE UNDERLYING CAUSES OF ED. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. Our treatment is about regenerative medicine; helping men return to their younger healthier selves, and enabling a spontaneous, active sex life.

RejuvaEnhancement™ Procedure: PRP, Stem Cells and Exosomes.



RejuvaWAVE® stimulates your body's own healing response and creates new blood vessels and regenerates tissue in the area treated. The RejuvaEnhancement™ Procedure combines the growth factors and stem cells from your own body along with cryogenically-preserved amniotic and umbilical growth factors, cytokines, stem cells and exosomes derived from human placental, amniotic and umbilical tissues which activate your own body's stem cells and regenerative capacity.

The RejuvaEnhancement™ Procedure works synergistically with and exponentially magnifies the regenerative and restorative effects of RejuvaWAVE® to restore one's sexual vitality and enabling one to enjoy a spontaneous and active sex life again. Also, this procedure can increase both the length and girth of the penis by up to one inch.

Stem Cells Therapy Helps with Peyronie's and Erectile Dysfunction and potentiates the effectiveness of RejuvaWAVE®

Stem cells are the human body's master cells, with potential to grow into any one of the body's more than 200 cell types. They can replicate into more unspecialized stem cells, or they may react to the environment in which they are placed by receiving signals from that environment telling them which differentiation "pathway" to go down. Stem cells contribute to the body's ability to renew and repair its tissues.

What are Amniotic and Umbilical Stem Cells?

Simply Men's Health uses stem cells, undifferentiated biological cells derived from the amniotic fluid, amniotic membranes and umbilical cord that can differentiate into various cell types that can help your body repair, regenerate and renew your health and vitality. These are derived from donated afterbirth from full term babies whose mothers have been thoroughly screened.

What are Exosomes?

Exosomes are little vesicles that are released by stem cells that carry all the regenerative messages and actually impart the regenerative benefit. Exosomes are being described as the 'secret sauce' of stem cells. Exosome therapy is a very concentrated form which harnesses the highly potent natural regenerative capability from stem cells.

Are Stem Cells and Exosomes Safe?

This cryogenically preserved amniotic and umbilical tissue has a "100-year history" with no reported recipient rejections since the amniotic tissue is immunoprivileged and does not express HLA type antibodies.

How to Get Started?

At Simply Men's Health, we respect your time and privacy. You receive individualized care with our experienced staff of physicians. We pinpoint the exact cause of your sexual health and create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. Simply Men's Health's innovative approach of regenerative medicine can restore your sexual confidence and allow you to enjoy a Spontaneous and Active Sex life again!

WHAT OUR PATIENTS ARE SAYING:

Testimonial: "I am celebrating my second anniversary since being treated at Simply Men's Health and I am maintaining the high level of performance I achieved with RejuvaWAVE® treatment. My spontaneity and stamina is back and my frustration and performance anxiety that goes along with it is gone. I am performing like I did decades ago. It's like magic! There are a lot of copycats out there, but Simply Men's Health was the first to provide this treatment and they are the best!" – Steve, Wellington

Testimonial: "I'm a 70 year old widow and have had ED for over twenty years. Unexpectedly, I met a wonderful lady and when we wanted to take our relationship to the next level, I couldn't perform. I came to Simply Men's Health and after several months I started to notice improvements... and after about six months ED is no longer a problem. I have sex regularly without any pills or needles." – Joseph, M

Testimonial: "I am in my 70's and have diabetes, high cholesterol, and had prostate removed for cancer several years ago. I had tried everything, and thought my sex life was over. I have been coming to Simply Men's Health for about six months, and the results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. The RejuvaWAVE® and RejuvaEnhancement™ Stem cell procedures are remarkable. I feel like Superman." – E.M.

Testimonial: "I have chronic renal failure and diabetes and am on dialysis and suffer from chronic symptoms and knee pains. I had IV stem cells treatment and I noticed a difference right away in my wound healing and my knee pain was gone." – Joshua
Testimonial: "I have been suffering from degenerative arthritis and was getting steroid injections for knee pain which didn't help much or for long. Several months ago, I had stem cell injections for my knees. The procedure was quite painless and after a month or so I notice remarkable improvements. I can walk pain free." – John M.



**CALL TODAY –
AND GET YOUR LIFE BACK
TOMORROW!
561-459-5356**

www.SimplyMensHealth.com

**Our NEW
OFFICE LOCATION
9250 Glades Rd, Suite 210A
Boca Raton, FL 33434**

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.

CHERYL MASTER'S WANTS YOU TO KNOW MORE ABOUT YOUR OPTIONS FOR FLEXIBLE COVERAGE

Did you know that 6 in every 10 Americans lives with at least one chronic disease?

In the US, every 40 seconds a stroke occurs. 38.4% of men and women will develop cancer in their lifetime.

The #1 Reason households file for personal bankruptcy is due to medical debt.

Don't let these unfortunate issue blindsides you; take the essential steps to be proactive and prepared. Protect what matters most FlexLife provides an income tax-free benefit to your beneficiaries plus access to cash values during your lifetime.

FlexLife offers:

- Permanent death benefit protection for your loved ones
- Flexible coverage and premiums
- Cash value accumulation potential
- Protection from market losses
- Optional rider provides the potential for guaranteed income for life
- Living benefits to provide resources in the event of a qualifying terminal illness, chronic illness, critical illness or critical injury
- Five index crediting strategies offer diversified choices for cash values

Flexible Coverage

Compared to other permanent life insurance products, universal life is perhaps the most flexible. That's because it lets you adjust the amount of insurance you own⁶ – and the level of premiums you pay – to best suit your changing needs.

There is also the potential to build cash value in your policy on a tax-deferred basis, which you can use during your lifetime. For example, you have the potential to take policy loans and withdrawals⁷ for sudden emergencies or later for retirement income. And because FlexLife is an Indexed Universal Life product, your policy values can be credited interest based in part on Crediting Strategies tied to major market indexes, such as the S&P 500[®].

Flexible Death Benefits

FlexLife offers two death benefit options; Level Death Benefit, where it stays constant, and Increasing Death Benefit, which lets your protection increase as your policy's cash value grows.

Should your needs change after you've selected a death benefit option, you may switch options.⁸ For example as your family grows you may feel the need for additional protection. By switching to an increasing death benefit amount your death benefit increase will occur as your cash value increases and is much more convenient

than buying additional insurance policies. Or, if your protection needs diminish and you want to focus on growing cash value only, you can choose to lower your death benefit so that more of your premiums are directed to building cash value.

Illness or Injury

Accelerated Benefits Riders¹³ are optional, no additional cost riders that can allow you to access all or part of the death benefit while you are living if you experience a qualifying terminal, chronic, or critical illness or a critical injury.

How you use your benefit is unrestricted with the exception that in the state of Massachusetts, Accelerated Benefits Rider benefits for chronic illness can only be used to pay for expenses incurred for Qualified Long-Term Care services.

Benefits could be used for, but aren't limited to:

- Home modification
- Household expenses
- Regular bills
- Nursing or adult daycare

Access to Cash Value

Your FlexLife policy's cash value has the potential to grow, tax-deferred, over time. Cash value is different than your death benefit. If sufficiently funded, cash value can be accessed through policy loans and withdrawals to help meet a wide range of financial needs, including:

- Financial emergencies
- College tuition
- Retirement income
- Home down payment
- Life Insurance with Upside Potential and Downside Protection

IMPORTANT TERMS YOU SHOULD

Accumulated Value

A portion of your premium payments that can grow tax-deferred over time and may be used throughout your lifetime.

Basic Strategy

A fixed interest crediting account that acts like a holding tank for 12 months of policy expenses and any unallocated premium until it is moved into your chosen Indexed Crediting Strategies on the 14th of every month.

Cap

The maximum interest or upper limit that may be credited. A Cap of 10% means that 10% is the most the chosen Indexed Crediting Strategy will be credited.

Cash Value

The part of your Accumulated Value that can be accessed for policy loans and withdrawals.

Credit Suisse Balanced Trend Index

A volatility-controlled Indexed Crediting Strategy whose returns are based on an index of a global multi-asset investment universe comprised of equities, bonds, real estate, commodities and cash. The Index is rebalanced daily to limit up or down volatility.

Death Benefit

Money beneficiaries receive upon the death of the insured.

Floor

The minimum interest or bottom limit that may be credited. Most crediting options provide a 0% floor. A 1% Floor Strategy is also available (see page 11).

Fixed-Term Strategy

Earns a specific rate of interest declared by the company that is credited on a daily basis and guaranteed for one year.

Hang Seng Index

The Hang Seng Index is a market capitalization-weighted benchmark that tracks the 50 largest companies traded on the Hong Kong stock exchange.

Interest Bonus*

An interest bonus of at least 0.35% will be credited beginning in year 6.

Interest Crediting Strategy

Strategies you choose for the excess premium.

Indexed Strategies

Interest crediting may be tied to performance of a market index.

Participation Rate

The maximum percentage that an index account shares in the positive changes of the chosen index.

Policy Expenses

The cost of insurance and administering the policy taken out of the policy’s Accumulated Value every month.

Premiums

The regular payments you make on your policy.

S&P 500® Index

The S&P 500® is widely regarded as the best single gauge of the U.S. equities market. This world-renowned index includes a representative sample of 500 leading companies in leading industries of the U.S. economy. Although the S&P 500® focuses on the large-cap segment of the market it is also an ideal proxy for the total market.

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 Amerigo Financial Life and Annuity Insurance Company (Amerigo) 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.¹
- Make the mortgage payment during a disability.²
- Protect your valuable coverage if you become involuntarily unemployed or totally disabled.²
- Pay a lump sum if diagnosed with a qualifying critical, chronic, or terminal illness.³

Please call Cheryl Masters at **(786) 338-0481** or email her at **ms.cheryl.masters@gmail.com** for more information or to schedule an appointment.

Source: National Life, Indexed Universal Life Buyers Guide, Montpelier, VT, 2021, NationalLife.com

1 HMS 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.

Amerigo 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 Amerigo Financial Life and Annuity Insurance Company (Amerigo), 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 Amerigo.

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 Sex: Male Female Sex: Male Female
 Tobacco Use: Yes No Tobacco Use: Yes No
 Phone Number: _____

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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.

Currently, 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 or [Facebook page](#).

ADVANCED SPINE & JOINT INSTITUTE

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Laser Cataract Surgery: What you should know

By David A. Goldman MD

With every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femtosecond laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes then Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



Does this mean there are no advantages to laser cataract surgery? Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

Act differently. “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)



*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*

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



Your treatment. Our Journey.

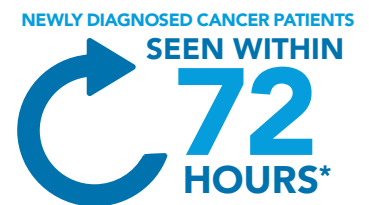
A cancer diagnosis can feel unexpected, leaving you questioning what to do next. But, within 72 hours, Florida Cancer Specialists gives you and your family the comfort of a personalized treatment plan. Our experienced doctors and nurses provide immunotherapy, the latest technologies from clinical trials and targeted treatment based on your cancer's genomic profile. And with world-class care that's close to home, we're always here to make treatment simple and clear.

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