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# Health & Wellness<sup>®</sup> MAGAZINE

April 2021

North Palm Beach Edition - Monthly

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**SCREENINGS HELP DETECT HEAD,  
NECK AND ORAL CANCERS AT  
EARLY STAGES**

**HOW POST-QUARANTINE CRASH  
DIETS CAN LEAD TO HAIR LOSS**

**SILHOUETTE INSTALIFT  
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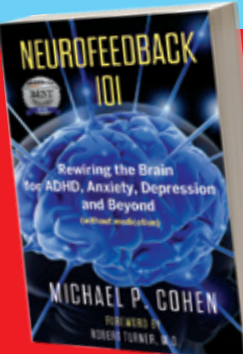


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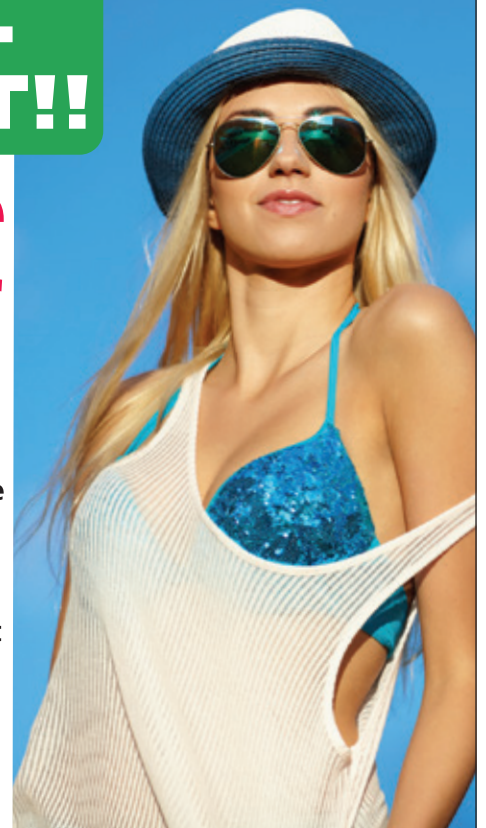
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# Screenings Help Detect Head, Neck and Oral Cancers at Early Stages

While not as common as some other types of malignancies, oral cavity and oropharyngeal (head and neck) cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam. During the pandemic, many people have chosen to delay or even skip routine screening exams that can detect these cancers at an early stage, when they are more easily treatable. This has resulted in some people being diagnosed with cancers that are more advanced and more difficult to treat. It is extremely important not to skip regular screening exams with your dentist or primary care physician.

Oral, head, neck and throat cancers account for about 4% of cancers in the U.S. and are more than twice as common among men than women, according to the National Cancer Institute. Most of these cancers begin in squamous cells, which are cells that line moist surfaces, such as those inside the mouth, nose, sinuses and throat. Salivary gland cancer, another category of head and neck cancer, has many different forms because these glands are made up of many different types of cells that can become malignant. As you might suspect, tobacco use, heavy alcohol use, and infection with human papillomavirus (HPV) increase the risk of many types of head and neck cancer.

One of the factors that can increase your risk of oral cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papilloma virus (HPV) in Caucasian men and women.

According to the American Cancer Society, some of the early warning signs and symptoms can include:

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn't go away (also very common)



- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn't go away
- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.

## WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a state-wide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, in locations throughout Florida. FCS is also a strategic partner with Sarah Cannon, one of the leading research and clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and 24/7 access to Care Managers, who help deliver the most advanced and personalized care in your local community.



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# PANDEMIC FALLOUT:

# How Post-Quarantine Crash Diets Can Lead to Hair Loss



It has been a challenging year, and many of us took on some unhealthy habits as coping strategies to get us through it. But as we slowly inch forward back to normalcy, we all want to look and feel our best as we rejoin friends and families and the outside world.

But before you consider turning to an extreme diet to lose those extra pounds you put on during quarantine, you may want to reconsider...

## CRASH DIETS AND HAIR LOSS

Many men and women don't realize that what you eat, or don't eat, can have a significant impact on the health of your hair. In fact, so-called 'crash dieting' isn't just bad for the body, it can also lead to hair loss.

Within weeks after the start of a crash diet, a major shedding event can occur. It's a condition known as telogen effluvium – in this case, caused by a steep drop in nutrients to the body, which forces some hair follicles to shed their hair strands and go into a prolonged resting phase during which time no new hairs are grown. Fortunately for patients, this condition is usually

temporary, but it can still take six to ten months for the hair to return back to normal. The condition can be truly frightening for many people, particularly younger women, so it's important that people understand its causes and prognosis.

Many patients falsely believe that their shedding or hair loss will stop as soon as they end their diet. The reality is, first it's going to take a few months to see all the shedding, then a minimum of six to twelve months for the body to stabilize and the hair follicles to return to normal operation. However, for some, the loss may be long-term, especially in those people who have underlying risks like those with a tendency toward genetic hair thinning, have high levels of stress, or on certain medications for conditions like high blood pressure, high cholesterol, anxiety or depression.

Because there is a risk for long-term or even permanent hair loss, if you're experiencing shedding, thinning, or decreased hair volume or coverage, you may want to consult with a full-time board-certified Hair Restoration Physician who can help assess the risks for hereditary hair loss and other risks, as well as scientifically track and

monitor the hair's progress and prescribe a course of treatment in more serious cases. Similar to sudden hair loss associated with childbirth and menopause, a readily treatable tendency toward permanent hereditary hair loss may be revealed by this typically temporary situation.

## HAIRCHECK MONITORING

The HairCheck™ device is one of the many tools being used by Bauman and his team to measure hair loss and regrowth. HairCheck is a simple, painless, non-invasive way to measure and track the amount of hair growing in a given area of the scalp (called the Hair Mass Index or "HairScore"). The highly sensitive hand-held 'trichometer,' measures hair caliber and hair density together and expresses them as a single number. It can also measure the percentage of hair breakage, which is a common cause of hair loss. Tracking these numbers over time can help determine the extent and rate of a patient's hair loss and/or breakage and inform them of any changes. HairCheck can also be used to quantify the degree of hair breakage from harsh hair care regimens or hair loss from extreme diets and also to track regrowth as the acute shedding phase resolves or treatments have begun.



The HairCheck® tool can accurately determine the amount and quality of hair growing in a given area of the scalp to gauge the severity of hair loss and measure results during treatment.





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

The data collected through HairCheck monitoring provides consumers with actionable information by combining scientific hair tracking measurements with a series of non-invasive, easy-to-follow hair improvement plans and options. The good news is that HairCheck measurements also help track regrowth and improvements before they're noticeable to the naked eye – so you can know what's working and what's not when it comes to your treatment.

**NUTRITION TIPS FOR HEALTHY HAIR**

While the HairCheck and other tools allow doctors a better understanding of the damage a patient's hair has suffered, the best way to protect the hair is through preventative measures. One of the simplest preventative actions consumers can take is a healthy diet, which gives your hair follicles the vitamins and nutrients they need. There are many ways to protect your hair while you shed those extra pounds.

- Caloric, iron, and protein deficiencies are among the most common nutritional triggers for unhealthy hair, while vitamins, especially B, are important to the overall health of your hair and preventing hair loss and thinning.

- Some of the best food choices for healthy hair include salmon, which is loaded with omega-3 fatty acid, dark green vegetables for vitamins A and C, and Nuts, which are a terrific source of zinc, which can prevent hair shedding.

- Many women take calcium supplements to improve their health – but the same should also be true for hair supplements. Scientifically developed treatments like Viviscal PRO, Nutrafol, and Biotin (also known as 'Vitamin H' or B7) support the growth of thicker, healthier hair.

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



**About Dr. Alan J. Bauman**



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

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

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

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

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

**HERE ARE SOME OF THE ADVANCED TOOLS AND TREATMENT OPTIONS THAT ARE AVAILABLE AT BAUMAN MEDICAL TO HELP YOU LOOK AND FEEL YOUR BEST AS YOU REINTRODUCE YOURSELF TO FRIENDS, FAMILY AND COLLEAGUES.**

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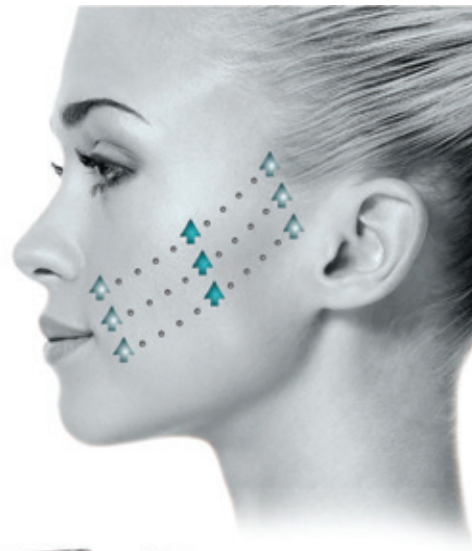
**M**ore and more patients prefer to avoid or at least postpone surgery, or simply are not a candidate for surgery due to medical reasons. This is a good alternative for those patients.

First let's discuss what aging really is in order to understand how we can combat it effectively. Aging consists of volume loss and sagging skin. If we want to "naturally" rejuvenate our face and body we need to address both these issues. The Silhouette Instalift™ is the only non-surgical procedure that addresses both issues.



This Silhouette technology is in a class of its own, it's not a filler and it's not your typical thread. It is both, "dual action" means it lifts and volumizes at the same time. It is an advanced micro-suspension technology that uses small (3D) 360 degree cones made from PLLA (also known as "Sculptra") to simultaneously lift skin and build collagen. The lifting effect is immediate while collagen production is gradual and peaks at about 8-12 weeks.

After the patient's needs are assessed, and the entry points are marked, a local anesthetic is injected and the sutures are placed. There is very little discomfort during and after the treatment.



Once the sutures are placed, the skin will be repositioned to obtain the desired lifting effect. The ends of the suture are then cut. The number of sutures applied depends on each individual patient's skin elasticity and condition of the skin. Possible side effects are, as with any procedure that involves needles, bruising and minor pain and swelling. This is an office procedure that takes about 45 minutes and lasts about 18-24 months. The Silhouette Instalift™ was FDA approved in April 2018 for use in the mid-face and was awarded the prestigious 2018 New Beauty Magazine breakthrough award. It has been popular in both South America and Europe for many years.

Silhouette Instalift™ now has different sutures with varying numbers of cones, depending on where on the body it is being used. The 8 cone suture is used on the face, whereas the 12 and 16 cone sutures can be used to lift butts, saggy skin above the knees, elbows and saggy belly skin. It also works well for cellulite.

#### Why choose Silhouette Instalift™?

- Non-surgical procedure
- Minimally invasive
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- Immediate lifting effects
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- Sutures are entirely re-absorbable
- Natural looking

I am so excited to be able to perform this procedure right here in my office. Call today to see if you are a candidate for the Silhouette Instalift™. MD Beauty Labs (561) 655-6325.



**Medical Director, Daniela Dadurian M.D.**  
 \* Board Certified Anti- Aging Medicine  
 \* Board Certified Laser Surgery

Daniela Dadurian, M.D. received her medical degree from the University of Miami School of Medicine. She is certified by the Board of Anti-Aging & Regenerative Medicine and the Board of Laser Surgery. Dr. Dadurian has also completed a fellowship in Stem Cell Therapy by the American Board of Anti-Aging Medicine. She is a member of the International Peptide Society, the American Academy of Anti-Aging Medicine and the Age Management Medicine Group. Dr. Dadurian is the medical director of several medical spa and wellness centers in palm beach county with locations in West Palm Beach and on the island of Palm Beach. She is a leading expert in anti-aging & aesthetic medicine. Her state of the art facilities offer an array of anti-aging, functional medicine, cosmetic and laser therapies.

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# CAN YOU GET RID OF YOUR GLASSES AND CONTACTS FOR LIFE?

## ADVANCED REFRACTIVE, LASER-ASSISTED SURGERY IS A CUT ABOVE AT CLEAR VUE EYE CENTER

Clear Vue Eye

**T**he 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. 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.



### WHAT CAUSES CATARACTS?

Aging is the primary cause of the hazy, cloudy lens, 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.

### NOT ALL CATARACT SURGERY IS EQUAL

**Clear Vue Eye is an elite center with extensive experience, and they are dedicated to cutting-edge techniques. That's why they offer their patients Refractive, Laser-Assisted Cataract Surgery.**

### HOW DOES REFRACTIVE, LASER-ASSISTED CATARACT SURGERY WORK?

Cataracts must be removed surgically. In most cases, Dr. Barbour of Clear Vue Eye Center, 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 Clear Vue Eye Center's groundbreaking procedure, you might not need glasses at all. Dr. Barbour performs cataract surgery at several local hospitals and surgery centers on an outpatient basis.

### 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.

### FOR A LIMITED TIME ONLY:

**Dr. Barbour is offering a \$500 discount on Refractive, Laser-Assisted Cataract surgery with the mention of this article.**

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Comprehensive eye examinations are available at Clear Vue Eye Center, as they use the latest state-of-the-art instrumentation to diagnose and treat eye conditions such as Cataracts, Astigmatism, Dry Eye Syndrome, Glaucoma, Diabetic Eye Disorders, and Pterygium (corneal growth). Clear Vue Eye Center has become

the spotlight for eye-wear fashion due to Dr. Barbour's stylish choices for patients.

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- Multilingual Staff

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



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

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

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



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# Computer CT Guided Dental Implant Surgery: Implant Procedures with No Incisions

**D**ental implants can help patients regain their ability to chew and smile with confidence. The implant itself supports the crown or crowns (the chewing part of the tooth) allowing the new “teeth” to be anchored. New technologies are now available that aid your surgeon in performing these procedures in an extremely conservative and comfortable fashion.

## TRADITIONAL IMPLANT PLACEMENT:

Implants are usually planned by the surgeon using a combination of a clinical evaluation and a careful examination of dental x-rays. These x-rays are helpful, but have the limitation of only showing a 2-dimensional view of the area. Typically the “width” and exact locations of important structures such as nerves cannot be determined.



CT scans offer a significant improvement in the detail provided to the surgeon when planning the procedure. In-office CT scanning takes typically less than a minute and involves sitting in a chair while the unit rotates around your head. The scan offers a 3-D view of the structures being evaluated. The views are similar to slicing a loaf of cinnamon raisin bread and seeing the exact detail of each slice. In the CT scan, nerves, sinuses and other important anatomy can be identified with a high degree of precision. This information allows the procedure to be planned in the most conservative and safest manner. Once the treatment has been planned, the procedure is performed by opening the gum tissue and inserting the implant into the desired location. Sutures are typically used to close the surgical area.



**COMPUTER CT GUIDED IMPLANT SURGERY:** Guided Implant Surgery allows your procedure to be “performed” in advance of the actual surgery. The majority of the work occurs when you are not in the dental office. Once the CT scan is taken, advanced computer programs are used to “perform the surgery” and place implants within the 3D representation of your mouth in the safest and most ideal positions.

These implant positions can be shared in advance with your general dentist so that the overall treatment is ideal. In a very oversimplified example, the programs used are similar to a very advanced video game with full representation of your jaws and all the implants available to an exact scale. Ideal placement location and implant size selection can be determined using this software.

A surgical guide is created that only allows the surgeon to place the implant in the predetermined locations. The technology lets the surgeon perform the procedure without the need for typical incisions and suturing. This conservative approach typically leads to decreased pain, swelling and a more streamlined recovery. Improved safety can often be achieved around nerves and sinuses with the use of this procedure. The state-of-the-art procedure can be used for patients requiring 1 implant to patients in need of full mouth rehabilitation.

This technology has drastically changed the way dental implant surgery can be planned and performed with improved preciseness and typically decreased pain. The procedure is not applicable for every case and needs to be determined by your surgeon on an individual basis. Shorter treatment times, increased safety and decreased pain are patients’ most frequent comments regarding this type of 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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[www.PinholeSurgicalTechniquePalmBeach.com](http://www.PinholeSurgicalTechniquePalmBeach.com)



# What makes this practice different?



By Linda A. Kiley, MD

Is anyone tired of the confusing, mixed messages in the media and on social media these days regarding health and well-being? Tired of consulting Dr. Google and either getting more confused or becoming frightened from what you are reading? Tired of going to the doctor's office for answers and having your doctor, NP or PA staring at the computer screen and never laying a hand on you during your visit? Do you feel that something is missing when you enter into the world of modern "healthcare"? Do you want open-minded, holistic, science-based healthcare from a doctor who is willing to step outside of the box of the medical algorithm based on "herd medicine"? Do you want to work with someone who will help you work on improving your healthspan and quality of life?



The human genome contains approximately 30,000 genes, and while we all share some basic chromosomal and genetic qualities, every human being is unique. We are also greatly affected by our environment, or epigenetics, which influences how each person expresses the particular genes they carry. Each day more data is produced demonstrating our incredibly rich diversity, and while we are all human our experiences and needs are different. Medicine has long been focused on the "average" person's response to treatment, looking at populations rather than individuals in order to study the potential merits and risks of a new treatment. In every case, very little attention is paid to the outliers unless the outliers provide some sensational newsworthy responses. We now know that it is possible to tailor treatment to an individual taking into account each person's unique genetic and environmental composition. Unfortunately, many of the tests that can provide such information are not covered by insurances, and physicians must then resort to using the population data to make treatment recommendations. While our understanding of

genetic medicine is in its infancy, there are ways we are able to delve into an individual's specific genetic code and even into their gut microbes to create a better picture of how we need to adjust that person's nutrition and physical activity as well as what medications might be more or less harmful for that individual. That is really exciting! All of this has implications for prevention of disease and slowing the aging process. We all want to live longer, healthier lives. That was the reason I went to medical school: to learn how to help people stay healthy longer. Unfortunately, we spent very little time on prevention and much time on treatments.

My new practice, Ultra Health & Wellness, was created with one goal: build a practice that uses real world data for prevention, optimum health and healing while remaining open to nontraditional methods of evaluation and treatment. We will focus on dietary and environmental factors as key elements in achieving better health for our patients. We will use available technology to help our patients feel better, slow the aging process, and maintain or return to a state of well-being.

After years of study and with continuing medical education focused on these goals, I feel confident that we are ready to enter this area, providing our patients with a high level of knowledge and expertise in hormone management, anti-aging therapies, weight management, and nutritional support. I will continue to see patients for gynecologic and urogynecologic issues, and will offer them the same top quality care that I have always done. This practice will allow me to offer all of my patients more than before. I'm excited and eager to begin.



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# The Herbal Treatment Of Sleep Apnea

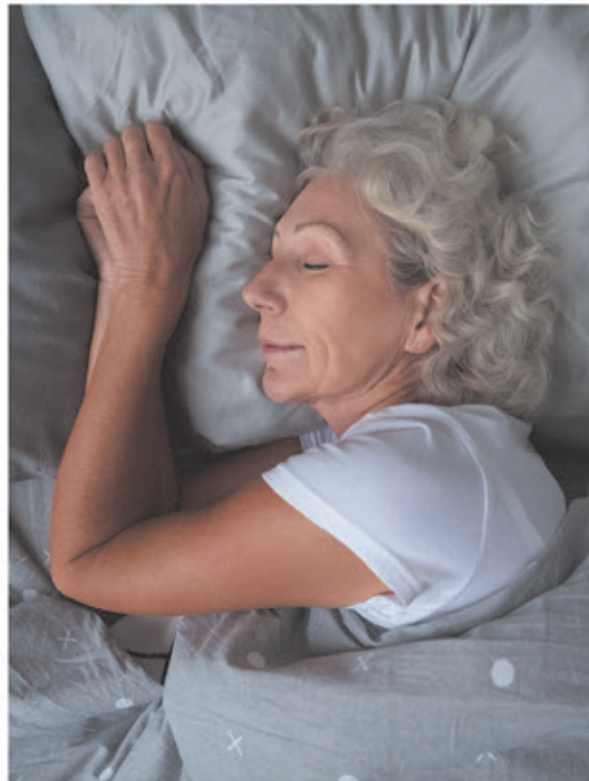
**S**leep apnea is one of the most common sleep disturbance problems in America. It ruins the sleep of 25 million Americans with likely millions more un-diagnosed sufferers. The condition prevents the sleeper from entering REM and Delta sleep causing them to become anxious, cantankerous and tired during the day. There are very serious health consequences of prolonged sleep disturbance and deprivation.

When diagnosed, the patient is told to lose weight, drink less alcohol and quit smoking. Beyond that, surgery is offered, though it is painful and has provided only limited success. Dental mouth-pieces can be difficult to sleep with and long-term effects on tooth alignment are questionable. Another common option is CPAP. This is a forced air mask, worn during sleep, that insures proper inhalation. Experience has shown that 60% of patients are not able to tolerate the mask and ultimately discontinue using the equipment. Some users develop respiratory infections from the mask. Finally, there is an herbal and natural approach that we can explore.

## Cause of the condition:

Before we evaluate the “solutions”, let’s consider what is causing the condition. When we begin to fall asleep, we move from stage one (drowsiness) into stage two sleep. Stage two sleep, is the transition stage before entering REM (rapid eye movement). REM sleep is where we dream. Dreaming is critical to a good nights sleep. When we enter stage two sleep in preparation for dreaming, muscular activity is inhibited (blocked). It is called “reduction of muscle tonus”. This is a function that occurs primarily to keep the dreamer from physically acting out the movements of their dreams.

The first problem is that the inhibition of signals from the brain tends (inadvertently) to reduce the signal that tells the diaphragm to breathe. In some individuals, upon entering stage 2 sleep, the breathing will actually come to a stop (Sleep Apnea means *cessation of breathing*).



As our breathing becomes shallower, the blood oxygen level drops and the carbon dioxide levels rise. In a young and healthy individual, this would elicit stronger and deeper breathing from the physiological control system that regulates these activities. In an older individual the respiration reduces in intensity and the blood oxygenation drops. This is where the safety back-up system comes in. When the blood gas levels get too far imbalanced, the brain intervenes and causes the body to make a large and immediate inhalation. This causes a large pressure differential in the pharynx and literally sucks the sagging-soft palate into the airway. This obstructs the air flow and causes a loud “SNORT” partially or fully awakening the subject. Most times, the subject is not fully awakened and thus isn’t aware that this is even happening. It still disturbs their sleep enough so that they return to stage 1 sleep.

Upon awakening or returning to stage 1 sleep, the inhibition causing the reduction of muscle tonus for entry into stage two sleep is released and respiration begins again in a somewhat normal manner. As the subject starts to drift off to sleep again, they move into stage two, the muscle tonus drops, the soft palate sags, the signal to the diaphragm diminish and the cycle repeats. The resulting snorting awakenings typically occur every 1 to 5 minutes or so.

## The Solution:

If your breathing was sufficiently deep enough, then you would not make a rapid inhalation, suck your soft palate into the airway and snort; disturbing your sleep.

The appropriate solution is to accentuate (increase) the ability of the brain to communicate with the diaphragm so that you breathe deeply and steadily throughout the night.

Sure it is beneficial to strengthen the muscles of the soft palate. Yes it is advantageous to reduce muscular tension in the neck. Both of these things will make a noticeable improvement in the condition. In fact some foods like wheat products and cheese should not be eaten near to bed time as they can cause congestion which aggravates the condition. However; the most dramatic impact can be made by the administration of just a few common herbs.

Lobellia, when used in small doses, acts as a respiratory stimulant. It has been used for thousands of years to treat respiratory conditions. This herb, when taken before bed, can *actually increase* the quiescent level of respiration sufficiently so as to avert the dangerous drop in blood oxygen level that occurs upon muscular inhibition. It can maintain deep steady breathing throughout the stage 2 sleep period.

Thyme has traditionally been used to enhance pleural activity. It actually improves the ability of the lungs to exchanges CO2 for oxygen and makes an excellent contribution to maintaining sufficient respiratory amplitude. To round out the combination, Chamomile aids the subject in relaxing and Cramp Bark helps the upper trapezius muscles to relax.

This combination of herbs taken before bed has been demonstrated to relieve sleep apnea in most cases.



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# Has the Pandemic Made You Feel Even More Anxious?

**Start feeling better NOW with less anxiety and less reliance on medication**

By Michael Cohen  
Director and Chief of Neurotechnology  
Center for Brain Training

**Navigating a pandemic is stressful for everyone, but for many people suffering from chronic anxiety and panic attacks, this past year has been almost unbearable. Neurofeedback can help.**

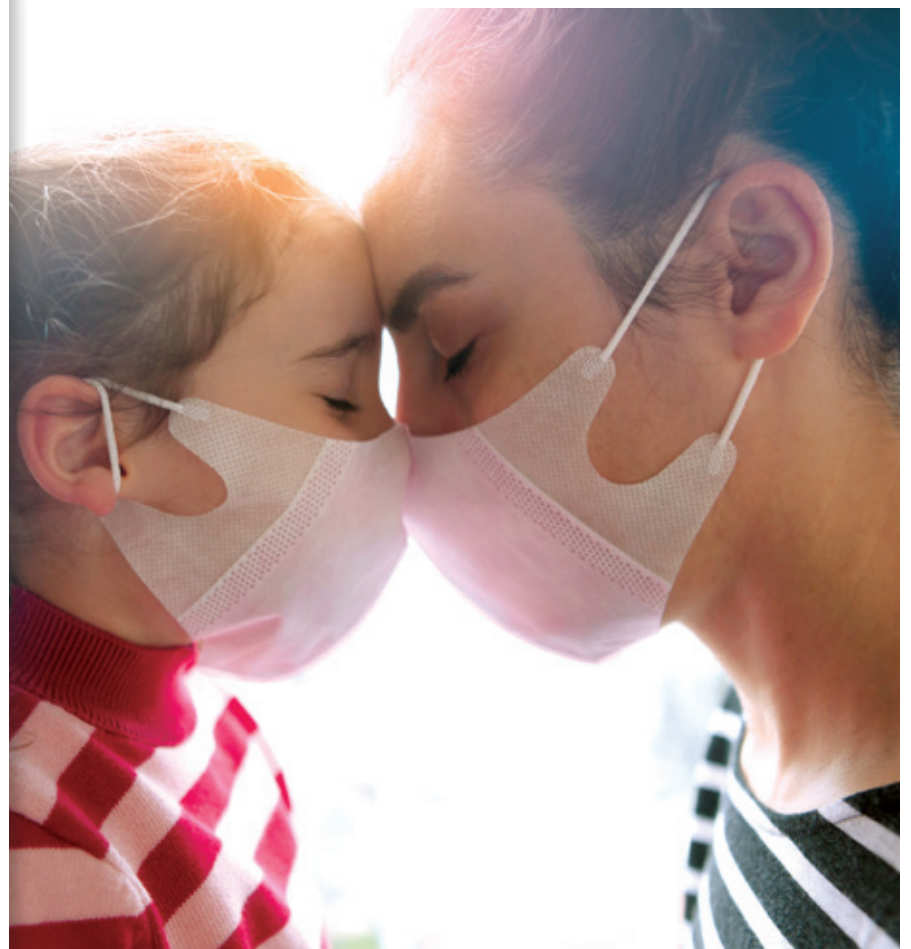
## **ARE YOU SUFFERING FROM CHRONIC ANXIETY?**

**Take a moment to answer these questions:**

- Do you feel fearful?
- Do feelings of fear “come out of nowhere?”
- Do you worry excessively?
- Do your worries result in physical discomfort such as sweating, irritability or difficulty making decisions?
- Do you have trouble concentrating, even on important matters?
- Do you have difficulty falling asleep or staying asleep?
- Do you have panic attacks?
- Do your symptoms make it hard to carry out day-to-day activities?

If you said “yes” to two or more of these questions you probably have anxiety – and you also probably already know it, especially if you’ve been plagued by these symptoms for six months or more.

Maybe you've tried medications over this past year and they didn't help much...



**For someone like you there's a solution called neurofeedback – and it doesn't involve drugs.**

### **Why can't I talk myself out of my anxiety?**

People who don't understand anxiety may tell you to calm down and not let things bother you. You may even tell yourself that, but if it were that easy you'd already be doing it!

Anxiety and fear are a normal state of mind when there's a true threat or danger. For most people, when the danger has passed, the mind goes back into a calm state.

People prone to anxiety have often suffered trauma either as a child or as an adult which wasn't dealt with through therapy or other means. This impacts their feelings of safety. The brains of people subject to chronic anxiety get “stuck on high alert,” making it difficult to go about daily life. No amount of logic changes how you feel. How can you concentrate, trust people or have normal interactions when your brain is telling you that your life or well-being may be at risk?

### **What is neurofeedback?**

Neurofeedback is one of the most powerful technologies in the world for reducing anxiety and panic attacks. It helps the brain get “unstuck” from high gear and operate the way it should when going about day-to-day living.

Neurofeedback takes advantage of “neuroplasticity,” the brain's ability to change itself. It teaches the brain another way to respond to stimuli like everyday triggers. A computer



analyzes the brainwaves, then “talks back” to the brain using customized sounds and images. This feedback encourages positive brain activity, such as relaxation, focus and attention, and discourages the type of brain activity that causes anxiety. With repeated training, the brain learns to slip more easily back into a state of calm.

**Do I have to do neurofeedback indefinitely?**

No. The number of sessions varies depending on the individual, but 25-30 sessions are sufficient for many people to have retrained their brain for long-term improvement.

**Does neurofeedback do the same thing that medication does?**

In some ways, yes, but in one important way, no. Both neurofeedback and medication calm the brain. The difference is that medication doesn't have any permanent impact on brain function. Once the medication wears off, you're right back where you started.

Neurofeedback, on the other hand, teaches the brain a different way to handle the stimuli of life, reducing its tendency to overreact to the situations encountered in day-to-day life. Many of our clients have been able to reduce or eliminate anxiety medications.



**About the Center for Brain Training**

The Center for Brain Training is staffed by a team of compassionate professionals whose mission is to enhance the lives of people suffering from a variety of conditions that can be significantly improved with the help of neurofeedback and other brain technologies.

**CLIENT STORIES**

**Cecily, 52**, had suffered from anxiety and depression since her late 20s following a serious car accident. Medications helped at first but eventually did not. Doctors ran out of ways to help her, and her anxiety surged.

Cecily became increasingly fearful. She stopped participating in normal activities and felt completely overwhelmed. An intensive and comprehensive intervention of neurofeedback and other therapies at the Center for Brain Training, along with an adjustment of her hormones, and acupuncture, broke her cycle of anxiety and depression. Today she is sleeping without medication and living a calm and peaceful life.

**Brett, 24**, had become so paralyzed by panic attacks that he had been unable to work or drive for two years. He was on heavy-duty mood stabilizers, an antipsychotic medication and other drugs. The medications helped somewhat but not enough for him to function.

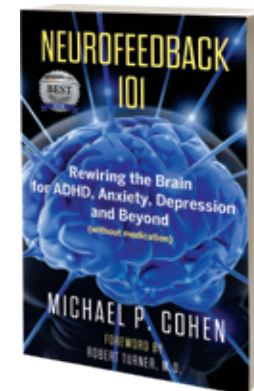
After one month of neurofeedback sessions 3-4 times per week his panic attacks and extreme anxiety diminished, and he was able to drive again. Now that he knows how to calm himself he reports feeling “completely normal.”

**Melissa, 47**, had anxiety so severe that she was unable to drive, couldn't pay attention to anything and was afraid to leave her house. She took numerous medications for anxiety and sleep but did not improve. By the time Melissa came to the Center for Brain Training, she had been suffering extreme anxiety for a solid year with very little relief.

After a month of neurofeedback, Melissa began feeling much calmer and was sleeping better. She started leaving the house and was even able to get and keep a job. Following three months of treatment Melissa appeared in our office bright, cheerful and engaging, without any anxiety symptoms.



**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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**Have you been seriously considering getting help for anxiety?**  
**DON'T SUFFER ONE MORE DAY!**  
**Call today to schedule a consultation to find out**  
**how we may be able to help.**  
**561-744-7616**



# 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 own<sup>6</sup> – 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 withdrawals<sup>7</sup> 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<sup>®</sup>.

## 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.<sup>8</sup> 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 Riders<sup>13</sup> 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.<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>

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.

**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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# 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.

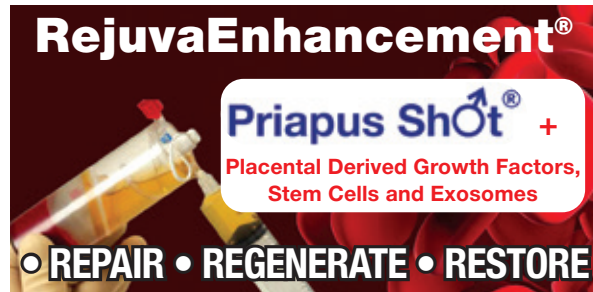
## Is RejuvaWAVE® Safe? Instead of Medicating – Cure with RejuvaWAVE®?

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.



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# An Alternative to Pain Medications

**C**hronic pain affects many people in the United States. It's diagnosed when a person has experienced pain for at least three months or longer. Many individuals suffer for your years in silence before they seek medical help, but unfortunately, the standard of care for chronic pain is to mask it with drugs or injections.



**W**ith the epidemic of people becoming addicted to pain relievers like oxycontin and other narcotics, educating the public on proven alternative methods that actually heal the body to reduce pain instead of “numbing it” is helping many people to overcome their painful conditions.

## COMMON CAUSES OF CHRONIC PAIN

- Injury & Trauma
- Disease & Infections
- Fibromyalgia
- Spinal compression
- Arthritis
- Neuropathy (Nerve Damage)

Neuropathy is associated with many of the above-listed types of pain, as it's common for nerve damage to have occurred in individuals with diabetes, chemotherapy treatment, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a build-up of toxins, and vascular disease.

In the United States alone, neuropathy affects nearly 20 million people. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and unsuccessful.

## SYMPTOMS OF NEUROPATHY MOST OFTEN INCLUDE THE FOLLOWING SENSATIONS

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling & stumbling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation





**HOW LASER THERAPY WORKS**

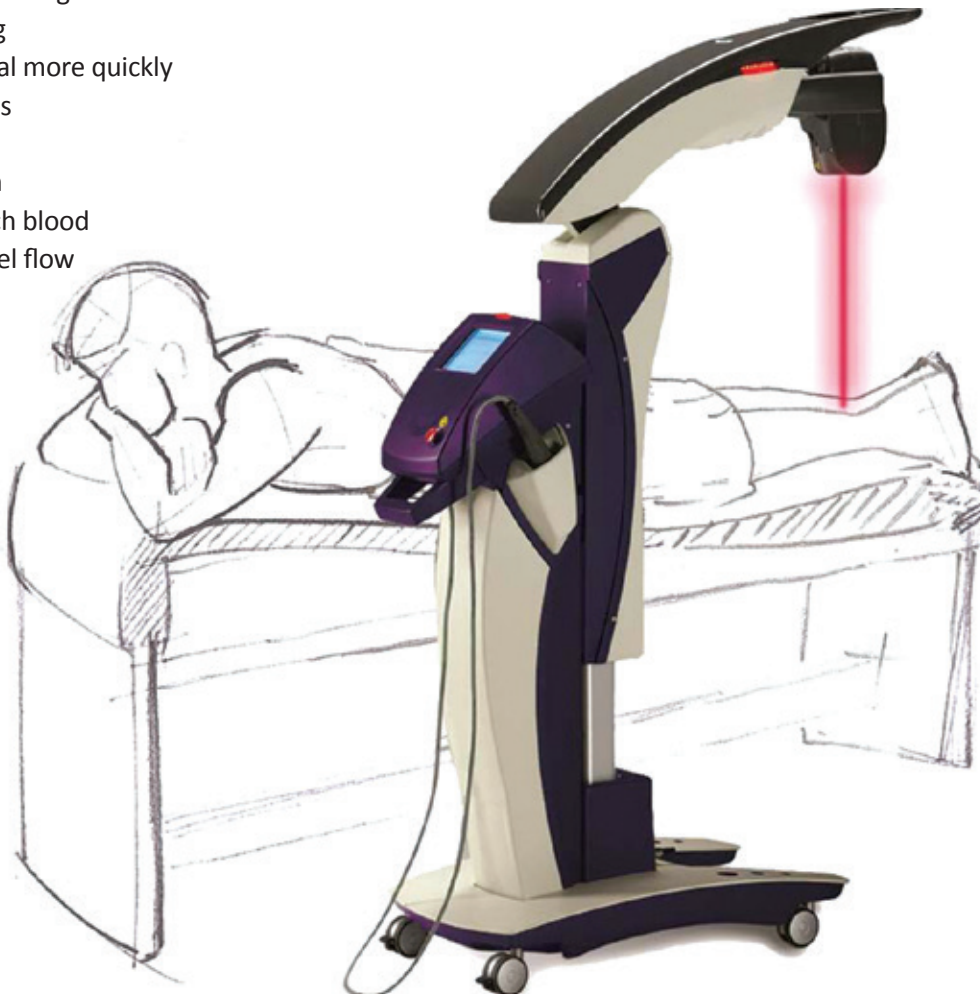
As mentioned, the most common treatment for pain and nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past decade, Laser Therapy has proven effective in treating and reducing chronic pain and neuropathic issues.

Laser Therapy uses no thermal or heating effect; it creates microcirculation around the soft tissue and nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light beam.

Laser Therapy is quick, painless and highly effective. The laser light's infiltration, an increase in ATP (Energy) and mitochondrial cell function, increases and produces the healing and stimulation of damaged tissues and nerves.

**ADVANTAGES OF LASER THERAPY**

- Decreases inflammation
- Stimulates tendon healing
- Incites nerve healing
- Helps wounds to heal more quickly
- Decreases numbness
- Decreases tingling
- Improves circulation
- Increases oxygen-rich blood
- Improves microvessel flow
- Relieves back and spinal inflammation
- Remove toxins



It is often beneficial to co-treat severe cases of chronic and neuropathic pain by combining laser therapy and synergistic approaches. These are regularly sought after by patients to improve mobility, functionality and alleviate pain faster.

**SYNERGISTIC TREATMENT**

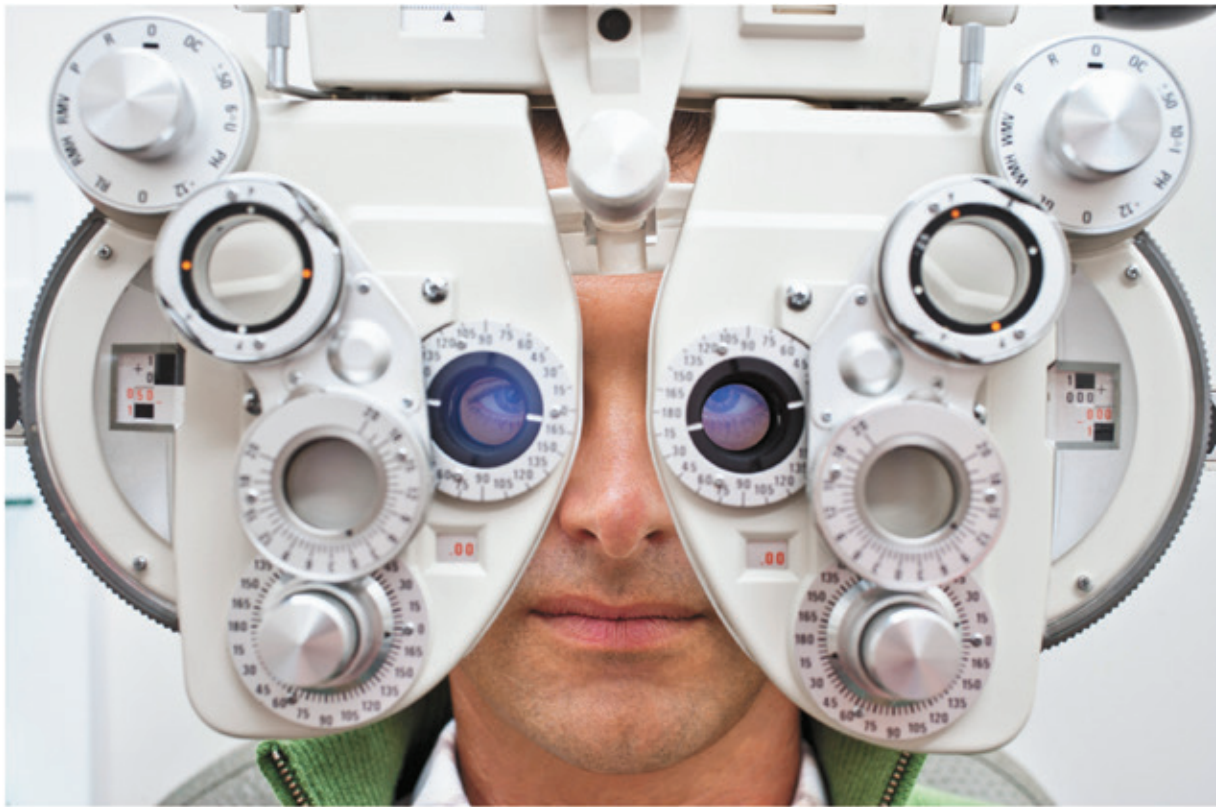
- Decompression
- Electrical nerve stimulation
- Manual stretching
- Massage therapy
- Natural supplementation to regenerate the myelin sheath
- Therapeutic ultrasound

Treating the underlying cause of your pain is essential. Having a comprehensive evaluation to define your level of discomfort and conditions are critical steps to eliminating your pain naturally and improving your long-term outcomes.

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# SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

**T**hroughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



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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# *I Have* A Wait Problem

Brent Myers

**Y**ou're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

## **Waiting is expected by God.**

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual

or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

## **God uses waiting to build our character.**

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

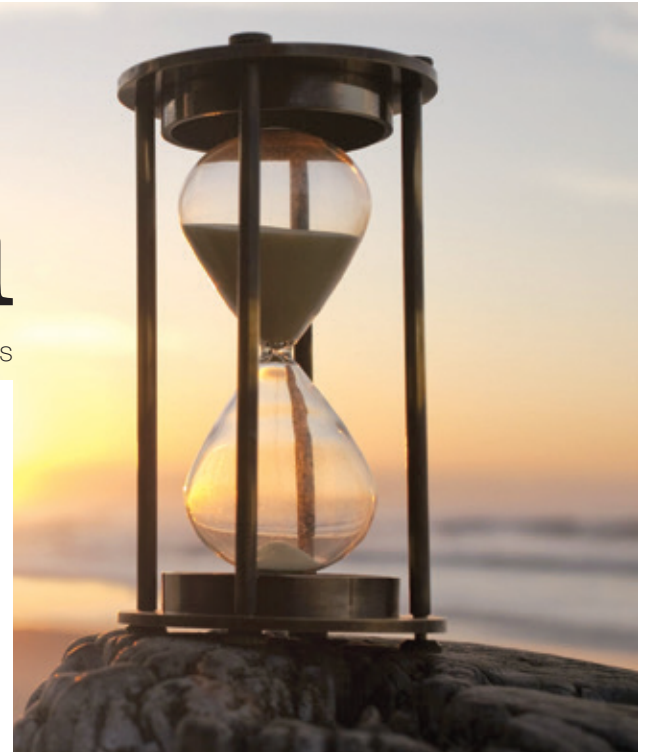
## **Waiting is rewarded by God.**

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

## **Waiting is the fruit of our faith.**

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



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



# Your treatment. **Our Journey.**

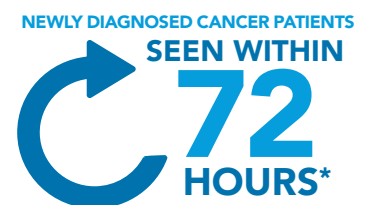
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