

S O U T H F L O R I D A ' S

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

August 2021

North Palm Beach Edition - Monthly

[www.sflhealthandwellness.com](http://www.sflhealthandwellness.com)



**FREE**



**EARLY DETECTION  
OF CANCER SAVES LIVES:  
GET SCREENED**

**NUTRITION AND HEALTH:  
MICRONUTRIENT ASSAY**

**DON'T BE "MYTH-STIFIED"  
BY HAIR LOSS MYTHS  
AND MISCONCEPTIONS**

**IMAGINE FAT REDUCTION AND  
MUSCLE TONING IN ONE: CHECK  
OUT TRUBODY BY CUTERA**

**AN ALTERNATIVE  
TO PAIN MEDICATIONS**







NO TIME FOR HAIR TRANSPLANT DOWNTIME?

# BREAKTHROUGH NO-SHAVE VIP|FUE™ DELIVERS DISCREET RESULTS!

## BENEFITS OF VIP|FUE™

- No shave – Only FUE transplant procedure available requiring no trimming or shaving of the donor area
- Preview your results immediately
- Shorter, less restricted, more comfortable downtime
- No stitches or staples • No linear scar
- Natural results



VIP|FUE™ transplant by Dr. Alan J. Bauman | BEFORE AND ONE DAY AFTER



**BAUMAN**  
MEDICAL

ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.  
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Alan J Bauman, MD, ABHRS, IAHS

#1 Top  
Hair Restoration  
Surgeon



AESTHETIC  
EVERYTHING®

To book your VIP|FUE™ procedure or  
Virtual Consultation, visit **BaumanMedical.com**  
or call **561-220-3480** for more information.

**1450 S. DIXIE HWY, BOCA RATON, FL 33432**



**MD**  
BEAUTY LABS  
SPA AND WELLNESS CENTER

**Daniela Dadurian, M.D.**  
Medical Director

Board Certified Anti-Aging  
and Regenerative Medicine  
Board certified Laser Surgery



A LUXURY MEDSPA FEATURING THE  
LATEST IN LASER TECHNOLOGIES

• Botox / Juvederm	• Skin Tightening	• Medical Facials
• Bodytite	• Tattoo Removal	• Cellulite Reduction
• Weight Loss	• Toe Fungus Removal	• Skin Resurfacing
• Laser Hair Removal	• VI Peel	• Ulthera- Skin Tightening
• Pellet Hormone Therapy	• IV Vitamin Therapy	• Trusculpt iD
• Halo/BBL	• Silhouette Instalift	• Morpheus

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

320 S. Quadrille Blvd.  
West Palm Beach, FL 33401

340 Royal Poinciana Way  
Suite 330-M, Palm Beach, FL

**561-655-6325**  
**www.mdbeautylabs.com**

Bring in this ad to receive **\$100 off\***  
your first medical service.

\* Valid on purchases of \$300 or more

# contents August 2021

4 Early Detection of Cancer  
Saves Lives: Get Screened

5 Nutrition And Health:  
Micronutrient Assay

6 Don't Be "Myth-stified"  
by Hair Loss Myths  
and Misconceptions

8 Imagine Fat Reduction and  
Muscle Toning in One:  
Check Out truBody by Cutera

10 An Alternative  
to Pain Medications

12 Sexual Dysfunction &  
The Conditions That Lead To ED

14 Is Anxiety Ruining  
Your Life???..  
It Doesn't Have to

16 "Immediate Dental Implants":  
What Exactly Does This Mean?

17 Planning for the Inheritance  
of a Disabled Child

18 Protecting Your Eyes

19 Spiritual Wellness:  
Breaking Through

## CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Sybil C. Berryman**  
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE  
**Bryan Berryman**  
bryan@sflhealthandwellness.com

**BERRYMAN**  
Marketing Group LLC

GRAPHIC DESIGNER  
**Sonny Gensing**  
sonny@gwhizmarketing.com

**South Florida's Health & Wellness Magazine** can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104  
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2021. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



**Ultra**  
HEALTH & WELLNESS

**WE OFFER**

- NAD+
- PEPTIDES
- ANTI-AGING
- HORMONE THERAPY
- IV Therapy
- NUTRITION / WEIGHT LOSS
- MEDICAL CANNABIS
- UROGYNECOLOGY

**Linda A. Kiley, MD**

**ultrahw.com**  
Schedule Consultation  
**561.671.0041**

## FREE SEMINAR

**Anxiety \* Depression \* Attention Problems?**  
**Looking for a non-drug solution?**

Learn how Neurofeedback Can Help  
Date: **Tuesday, Sept. 14\*** Time: **6-7:30 p.m.**  
Where: **Center for Brain Training**  
**550 Heritage Drive, Suite 140, Jupiter**



To register call **561-377-0124**  
or go to **www.CenterForBrain.com**



\*If you are unable to make this seminar, contact us and we'll be happy to notify you of the next one.

Read more about  
neurofeedback on Pages 14-15



**PALM BEACH CENTER** for  
PERIODONTICS &  
IMPLANT DENTISTRY, P.A.

- Implants • Laser Therapy
- Tissue Grafting
- Bone Regeneration
- IV & Oral Sedation
- 3D CT Scans

**Lee R. Cohen, D.D.S., M.S., M.S.**  
Dual Board Certified, Periodontics and Implant Dentistry  
NYU, Emory and University of Florida Trained  
Clinical Associate Professor, Shands Hospital (UF)  
State Certified, IV & Oral Sedation  
LANAP (Laser Periodontal Therapy) Certified  
Past President, Florida Association of Periodontists

**561-691-0020**  
4520 Donald Ross Road, Suite 110  
Palm Beach Gardens, FL 33418  
**www.pbcperio.com**

## REVOLUTIONARY NEW CURE FOR

- Erectile Dysfunction  
in as little as 3 weeks
- No Pills, Needles, or Surgery
- 100% Safe

**ReGAIN YOUR VITALITY**

**RejuvaWAVE®**

the gold-standard in  
**WAVE therapy for ED**

only available at **Simply Men's Health**

Call **561-459-5356**

visit us at our **NEW**  
**Boca Raton**  
location.  
9250 Glades Rd.  
Suite 210A



# Early Detection of Cancer Saves Lives: Get Screened

A cancer diagnosis changes everything; it is, perhaps, the most feared diagnosis a doctor can deliver. Every cancer patient wants to be assured they have access to the most advanced treatments, delivered by a physician who is both experienced and compassionate ... and it helps tremendously if treatment can be administered in a community setting, close to home, so the patient can be surrounded by family and friends. However, no matter what type of cancer or what the cause of cancer, the earlier it is detected, the more treatable it usually is and the better the outcome for the patient.

## Cancer Screenings Decreased During COVID-19

A recent study conducted for the Community Oncology Alliance (COA) showed a substantial decrease in the number of cancer screenings, diagnosis and treatment for senior adults and Medicare beneficiaries because, during the early months of the pandemic, many people chose to delay or even skip regular screenings, such as mammograms, prostate exams, PSA testing or colonoscopies, among others, for various types of cancer. This has resulted in later diagnoses for some patients and delays in beginning treatment.

Florida Cancer Specialists (FCS) urges everyone to talk with their physician about cancer screenings and follow recommended guidelines, so that an early diagnosis is possible. Here are some of the most common cancer screenings for people at an average risk for cancer and with no family history: **Skin Cancer:** Screening for skin cancer involves checking your skin and any moles for changes that could be signs of cancer. An annual skin check by a dermatologist or your regular physician is recommended for those with a family history of skin cancer.

**Breast Cancer:** In addition to monthly self-examinations, the American Cancer Society (ACS) recommends that, starting at age 40, all women should have annual screening mammograms. Talk to your doctor about what is right for you, based on your own family health history and your risk factors.



**Cervical Cancer:** A Pap test is advised for all women, beginning at age 21. Women from 21 to 29 should have a Pap test every three years. Beginning at age 30, ACS recommends a Pap test combined with human papillomavirus (HPV) testing every five years. Testing should continue until the age of 65.

**Colorectal Cancer:** Colonoscopy screening for colorectal cancer should start at age 45 and be done every 10 years, unless recommended more often by your doctor, up until age 75. This type of screening not only detects cancer early, but, in many cases, it can prevent cancer from developing by identifying and removing polyps (abnormal, pre-cancerous growths within the colon).

**Lung Cancer:** Low-dose CT scanning is recommended for some people who are at higher risk for lung cancer. This group includes adults, ages 55 to 80, who have a 30 pack-year smoking history and who currently smoke or have quit within the past 15 years. To determine a pack-year score, multiply the number of packs smoked per day by the number of years smoked. So, if you smoked two packs a day for 20 years, your pack-year score would be 40.

**Oral Cancer:** Screening for oral cavity and oropharyngeal cancer may be done during a routine checkup by a dentist or medical doctor. The exam will include looking for lesions or abnormal-looking areas in the mouth and throat. 75% of all head and neck cancers begin in the oral cavity.

**Prostate Cancer:** The PSA test is used to screen men for prostate cancer; however, it is not clear if the benefits of testing all men outweigh the risks, such as finding and treating slow-growing cancers that do not require treatment. It is important to talk with your doctor about the risks and potential benefits, based on your personal and family history.

## WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a statewide 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 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.



**Atlantis/JFK**  
5507 South Congress Ave  
Suite 130  
Atlantis, FL 33462

**Delray**  
5130 West Linton Boulevard  
Suite B-4  
Delray Beach, FL 33434

**Palm Beach Gardens**  
3401 PGA Blvd  
Suite 200  
Palm Beach Gardens, FL 33410

**Wellington North**  
1037 S State Road 7  
Suite 303  
Wellington, FL 33414-6140

**West Palm Beach**  
1309 North Flagler Drive  
West Palm Beach, FL 33401

For more information, visit [FLCancer.com](http://FLCancer.com)





By Linda A. Kiley, MD

# Nutrition And Health: Micronutrient Assay



outside of the cells. The beauty of this testing is that it allows us to be specific in recommending supplements to optimize vitamin, mineral and amino acid levels for each individual.

A micronutrient assay is a fairly simple test which can be done either via blood draw or fingerprick. Like many other wellness services and functional medicine tests, it is not covered by insurance or Medicare. However, it is a very small investment in achieving and maintaining optimal health. When used in conjunction with other evaluation and specific lifestyle changes, it can make a significant difference in achieving proper organ functioning, a stronger immune system, and a state of wellness.

For more information about micronutrient testing, food sensitivity testing, anti-aging therapies and more, call Dr. Kiley at **561-671-0041** to get started.

Everyone knows the importance of proper nutrition in achieving and maintaining good health. While last month we discussed the importance of learning about our food sensitivities so that we may avoid foods that are not well suited to us, this month we will cover the most important end result of eating: getting those important vitamins and minerals, amino acids, and other nutrients into our bodies and our cells so they can help us function properly. A multivitamin may be helpful in improving our vitamin levels, but multivitamins are not always specific enough for each person's needs. In my practice, I commonly see deficiencies in Magnesium, B vitamins, Selenium, Zinc, and especially Vitamin D. Although we live in Florida where the sun shines brightly, we tend to wear hats and sunscreen to protect our skin from sun damage. We may also not be absorbing dietary vitamin D well for a host of reasons, including gut inflammation. As a result, our cells are not able to function properly and we may actually be at risk for things like osteoporosis, heart disease, nerve disorders, mood problems, accelerated aging and a weaker immune system. One of the things I recommend to patients who are requesting wellness consultation is a micronutrient assay. We always learn

a lot from that testing and can then customize a plan to get those deficiencies corrected. When combined with food sensitivity testing, we get an excellent idea of how to achieve our goals of reduced inflammation, better nutrient absorption, and improved well-being.

Standard blood testing for chemistry profiles and blood counts don't look for most nutrient levels. While it is possible to get Vitamin D levels, some of the B vitamins and a few other important compounds like sodium, potassium, and magnesium on a standard blood test, these levels differ inside the cells versus in the circulating serum. Most labs only test serum levels, which don't properly identify nutrient deficiencies within the cells. In a true micronutrient assay, the levels of a large number of vitamins, minerals and amino acids are measured both in the serum (outside of the cells) and within the cells through a special laboratory process. When there is a normal level in one compartment but not in another, we can identify additional problems to check for and create a plan to bring the numbers back into the optimal range. If the levels are low in both compartments, we know we have a lot of work to do to get those levels back to normal both inside and



**561-671-0041**

**Linda Kiley, MD**

**3375 Burns Road, Suite 204  
Palm Beach Gardens, FL 33410  
[www.ultrahw.com](http://www.ultrahw.com)**



# Don't be "Myth-stified" by Hair Loss Myths and Misconceptions

## Arm Yourself with Facts to Look Your Best

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



HAVING BEEN IN THE HAIR RESTORATION FIELD FOR ALMOST 25 YEARS, I'VE HEARD JUST ABOUT ALL OF THE MISCONCEPTIONS ANYONE HAS EVER COME UP WITH ABOUT HAIR LOSS AND HAIR RESTORATION.

WITH AUGUST BEING HAIR LOSS AWARENESS MONTH, IT HAD ME THINKING THAT IT MIGHT BE INTERESTING – AND ENTERTAINING – TO THROW OUT A FEW FUN FACTS TO TEST YOUR KNOWLEDGE ABOUT WHAT IS – AND ISN'T – **THE TRUTH ABOUT HAIR LOSS.**

One of my favorite baldness "remedies" was created by Hippocrates, the "Father of Modern Medicine," whose topical remedy consisted of a concoction of opium, horseradish, pigeon droppings, beetroot, and spices. At least Julius Caesar resorted to a laurel wreath instead of a comb-over!

**So, let me ask you, which of these hair loss "causes" is a fact?**

1. Wearing a hat
2. Only your mother's genes (not your father's, too)
3. Frequent hair washing
4. Too much testosterone
5. Clogged pores on the scalp

**If you said "none," you're right.**

1. Wearing a hat doesn't cause hair to fall out, despite what pilots tell you.
2. You can inherit hair loss genes from both parents.
3. Frequently washing your hair isn't the problem. Rigorous towel drying or too-hot hair dryers can be.
4. This one's tricky because it's not necessarily the amount of testosterone you have that contributes

to hair loss. It's the way any given individual's body reacts to testosterone and its metabolites that can cause it in some people (and that's genetic).

5. Clogged pores cause acne, not hair loss.

Regardless of your actual – and true – cause of hair loss, sometimes it's gone too far for remediation with therapies such as topical treatments. That's when hair transplants, with their extraordinary technological advancements, can enter the mix. However, many people hesitate because they harbor an outdated understanding of the facts. Here are a few of the most common misconceptions.

**A hair transplant will look "pluggy"**

The truth is, pluggy results were very common decades ago. However, significant innovations in microsurgery techniques, when performed by a skilled, artistic transplant surgeon, result in a **100% natural look**. Advanced, minimally invasive hair transplant procedures using follicular unit extraction (FUE) meticulously move as little as one hair follicle at a time. This fine control of individual hair position and direction eliminates "plugs" or "rows" as well as the telltale linear scars left by the old "strip harvest" methods.

**Even with newer techniques, my hair will have to be shaved or cut, and everyone will be able to tell I've had a hair transplant**

Wrong again. The newest No-Shave Long-Hair VIP|FUE™ technique harvests hair *without any hair trimming whatsoever*. The donor area remains completely hidden amidst the surrounding full-length hair, and no dramatic shave or trim is required around the sides and back of the scalp. Minimally-invasive VIP|FUE™ requires no staples or stitches and leaves no linear scar.

**A hair transplant is painful during and after the procedure**

Definitely not! Local anesthesia and medication for relaxation allow patients to sit, watch movies, listen to music or even comfortably nap during their procedure.

Even injecting the anesthesia is now pain-free. Our new computerized local anesthesia delivery system uses a microprocessor-controlled, robotic injection technique using extremely low pressure and a slow rate of flow for a completely pain-free injection.

Our new advanced FUE transplant harvest techniques also allow for a faster, easier recovery because hair



follicles are harvested individually with minimal tension on the skin. Most patients can resume regular activities immediately and get back in the gym within just a few days following a hair transplant.

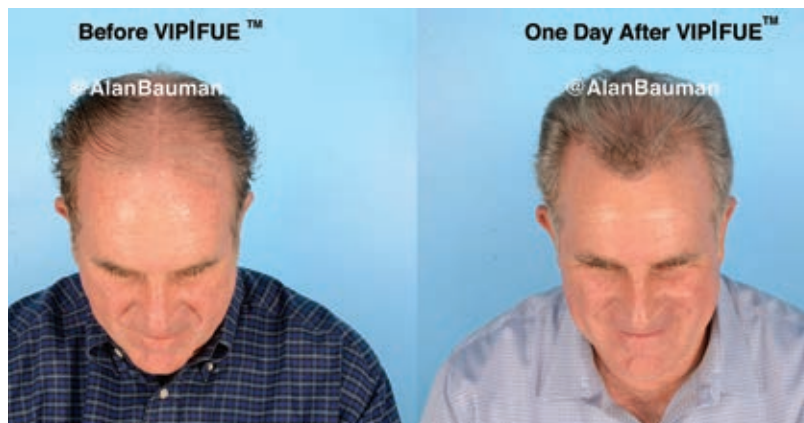
#### Doctors who perform hair transplants have special training and credentials

Not necessarily. MDs and DOs are allowed by law to perform surgery, including hair transplantation, but this doesn't mean they possess a high level of skill or training in this specialty area.

A significant issue in the hair transplant field today is that many unqualified, inexperienced non-specialist physicians offer this procedure, which they perform infrequently. Your surgeon's experience, knowledge and artistry are of utmost importance to ensure the most natural looking result. (See sidebar for tips on how to choose a hair transplant surgeon).



Before and after FUE Hair Transplant by Dr. Alan Bauman



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

### TIPS ON FINDING A TOP HAIR RESTORATION PHYSICIAN

- A hair restoration physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair growth.
- Look for a **full-time hair transplant surgeon** who is certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Due to the limited number of full-time, experienced ABHRS-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and/or consult "virtually" via phone, Zoom or other videoconferencing services.
- Before choosing your doctor, research the clinic, read reviews and request before-and-after pictures. Ask questions about how to achieve your desired results and what should be done to maintain them.
- The International Society of Hair Restoration Surgery (ISHRS) urges patients to avoid unprofessional clinics and unscrupulous practices that offer unsolicited financial incentives upfront. Ask yourself if a practice offering "free consultations," deeply discounted coupons, or financial rebates truly has your best interests in mind.

#### LEARN MORE

As life is reopening post-pandemic, we're seeing a higher than usual demand for consults and procedures. However, we will make time for you and welcome the opportunity to chat about the many ways we can help you look good and feel great about your hair. Don't wait. Let's discuss!

*P.S. – I know that initiating that first call is often the most difficult part of the hair restoration process, but we make it easy and comfortable from start to finish. That's my promise to you.*

For more information on the causes of and treatments for hair loss, or to learn what treatment regimen is right for you (we have many), call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



### About Dr. Alan J. Bauman



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

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 30,000 patients, has performed nearly 10,000 hair transplant procedures and over 8,000 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 Surgeon" in North America by Aesthetic Everything for the 5th consecutive year, "Top Hair Restoration Surgeon of the Decade", and he was recently named by Forbes as one of "10 CEOs Transforming Healthcare in America."



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.  
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

**Hair Restoration  
for Men and Women**  
**www.BaumanMedical.com**  
**561-220-3480**





# Imagine **Fat Reduction** and **Muscle Toning** in One:

## Check Out **truBody** by **Cutera**

**F**or so long we have been told that a proper diet and consistent exercise was the only way to meet our lifestyle goals or create a perfect body. In some ways, like valuing a healthy lifestyle in terms of diet and exercise, this still holds true; however, there is a protocol developed recently to not only blast away fat but tone and build muscle definition at the same time. For the first time in the aesthetics arena, two technologies, truSculpt iD and truSculpt Flex by Cutera were combined to create truBody, a protocol that targets fat and muscle in the same treatment plan. truBody is a solution for those hoping to achieve a specific appearance when dieting and exercise is simply not enough. This protocol is ideal for those who are already in shape or are enthusiastic in their workout routines and dedicated to a healthy diet and lifestyle; hoping to address those pesky areas that they continue to struggle with.

For so long we have been told that a proper diet and consistent exercise was the only way to meet our lifestyle goals or create a perfect body. In some ways, like valuing a healthy lifestyle in terms of diet and exercise, this still holds true; however, there is a protocol developed recently to not only blast away fat but tone and build muscle definition at the same time. For the first time in the aesthetics arena, two technologies, truSculpt iD and truSculpt Flex by Cutera were combined to create truBody, a protocol that targets fat and muscle in the same treatment plan. truBody is a solution for those hoping to achieve a specific appearance when dieting and exercise is simply not enough. This protocol is ideal for those who are already in shape or are enthusiastic in their workout routines and dedicated to a healthy diet and lifestyle; hoping to address those pesky areas that they continue to struggle with.

Recently, many body sculpting technologies have been introduced to the medical aesthetic industry. However, no treatment has shown results such as those of truSculpt iD. truSculpt iD provides a hands-free and customizable fat-reducing treatment through non-invasive, Monopolar radio frequency platforms that use Real-Time Temperature Control. Real-Time Temperature Control works to treat an entire fat layer, which has been clinically proven to safely and permanently reduce an average of 24% of fat in an area, with no downtime. Because truSculpt iD has no downtime or required recovery, it makes the perfect first step in the truBody protocol. Additionally, truSculpt iD uses this industry disrupting radio frequency instrument to tailor each treatment to the patient's long-term body aesthetic goals. The radio frequency works to break apart and destroy fat through Apoptosis, which is a medical system that literally kills fat cells. Over the next 12 weeks,

patients' bodies will naturally remove these dead cells from the area and of the body. Another benefit of this treatment is that depending on which area the patient wants to address, it can be performed quickly; sometimes receiving the treatment in less than 15 minutes. truSculpt iD is tailorable but also incredibly versatile as the design of the technology allows for treatments on small areas and large areas of stubborn fat. Unlike competing body sculpting technologies like CoolSculpting, the applicators and devices used with truSculpt iD allow even more specific or rounded areas to be targeted, in combination with larger or flatter areas, all at once. truSculpt iD is almost completely pain free, with little discomfort ever disclosed by patients. While it is not a system for weight loss, truSculpt iD provides an option to patients hoping to truly meet their body sculpting needs, before proceeding with the next step in the protocol, truSculpt Flex.





truSculpt Flex is the second technology used to create a lean and defined appearance that is typically hard to achieve. A muscle defining and sculpting device, truSculpt Flex has the ability to perform personalized treatments on patients following their truSculpt iD experience, customizing the second treatment in the protocol based on the patient's fitness levels, goals, and current physique. Using Multi-Directional Stimulation (MDS),

truSculpt Flex produces a method of electrical stimulation of the muscles using three treatment modes, which replicate intensified crunch, squat, and twisting actions. Only truSculpt Flex has been able to achieve fast results and treat multiple areas of the body at the same time; unlike its competitor, Emsculpt. This technology can treat up to three areas of the body at once, making it more convenient for patients who want to sculpt more than one part of the body. Over a 45-minute treatment session and using two to sixteen applicators, the treatment is

As a standalone treatment, truSculpt Flex is the only technology available that can perform a non-surgical butt lift by strengthening the gluteus muscles.

Initially, two treatments per week are performed. There is a recommended amount of six treatments in the protocol in order to establish the type of results patients hope to see. Therefore, it is recommended that patients receive 4 treatments in a time frame of 2 weeks, no closer together than two days and no further apart than seven. Following the consecutive weeks of treatment, a maintenance program will be designed by Dr. Dadurian for each patient and their individual goals and needs.

Together, these truSculpt iD and truFlex iD have the ability to burn fat and define muscle in even the most stubborn places, with quick results and no downtime. Spend less time in the gym and call MD Beauty Labs today to book a complimentary consultation.

completed. As previously noted, there are three unique modes used during these 45 minute treatments: Prep, Tone, and Sculpt. Patients will have a customized experience based on their specific needs, but mainly, their current fitness levels. Prep Mode is the recommended and best choice for starting this treatment cycle, as it works to elongate and stretch muscles, preparing them for toning and sculpting in the following sessions. It is important to note however, that Prep Mode may only be used in a cycle once for someone who is already lean and defined versus an individual who needs a muscle memory refresher. Regardless of the timeline of each patients' protocol, the results over the next few weeks will be successful, as the technology is multifaceted.



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

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

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



**Complimentary Consultation / Gift Cards  
 Financing Available**

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

320 S. Quadrille Blvd., WPB  
 West Palm Beach, FL  
 561-655-6325

340 Royal Poinciana Way, Suite 330-M  
 Palm Beach, FL  
 561-797-9090  
**mdbeautylabs.com**

**Demo and Consult Day Package Special  
 NON-Surgical NON-Injection Butt Lift Plus  
 see additional areas for muscle toning.**

**Truflex by cutera**

**August 19th**

**Live Demos 11am, 1 pm, 3pm and 5pm\***

\* Light bites will be served and 1 winner will receive a free treatment of an area of their choosing

\*\* Must have attended demo or have a consultation on that day to receive special pricing



# 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

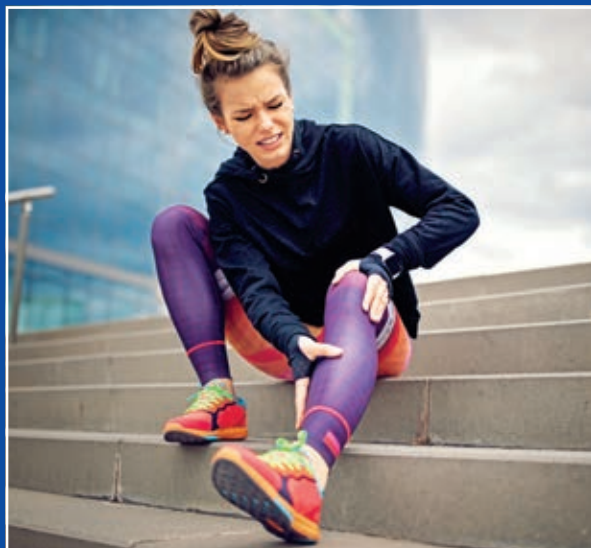
**Injury & Trauma**  
**Disease & Infections**  
**Fibromyalgia**  
**Spinal compression**  
**Arthritis**  
**Neuropathy (Nerve Damage)**

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.

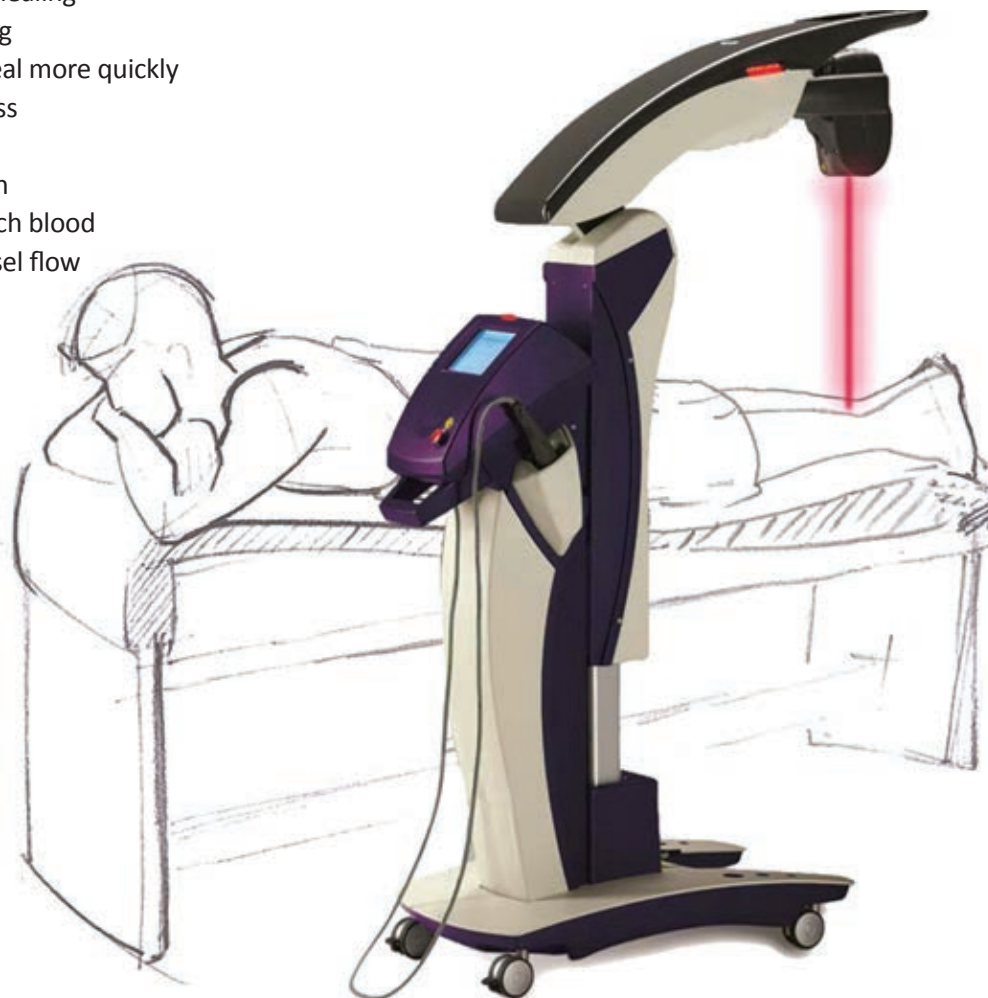
Laser Therapy uses no thermal or heating effect; it creates microcirculation around the soft tissue and nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light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

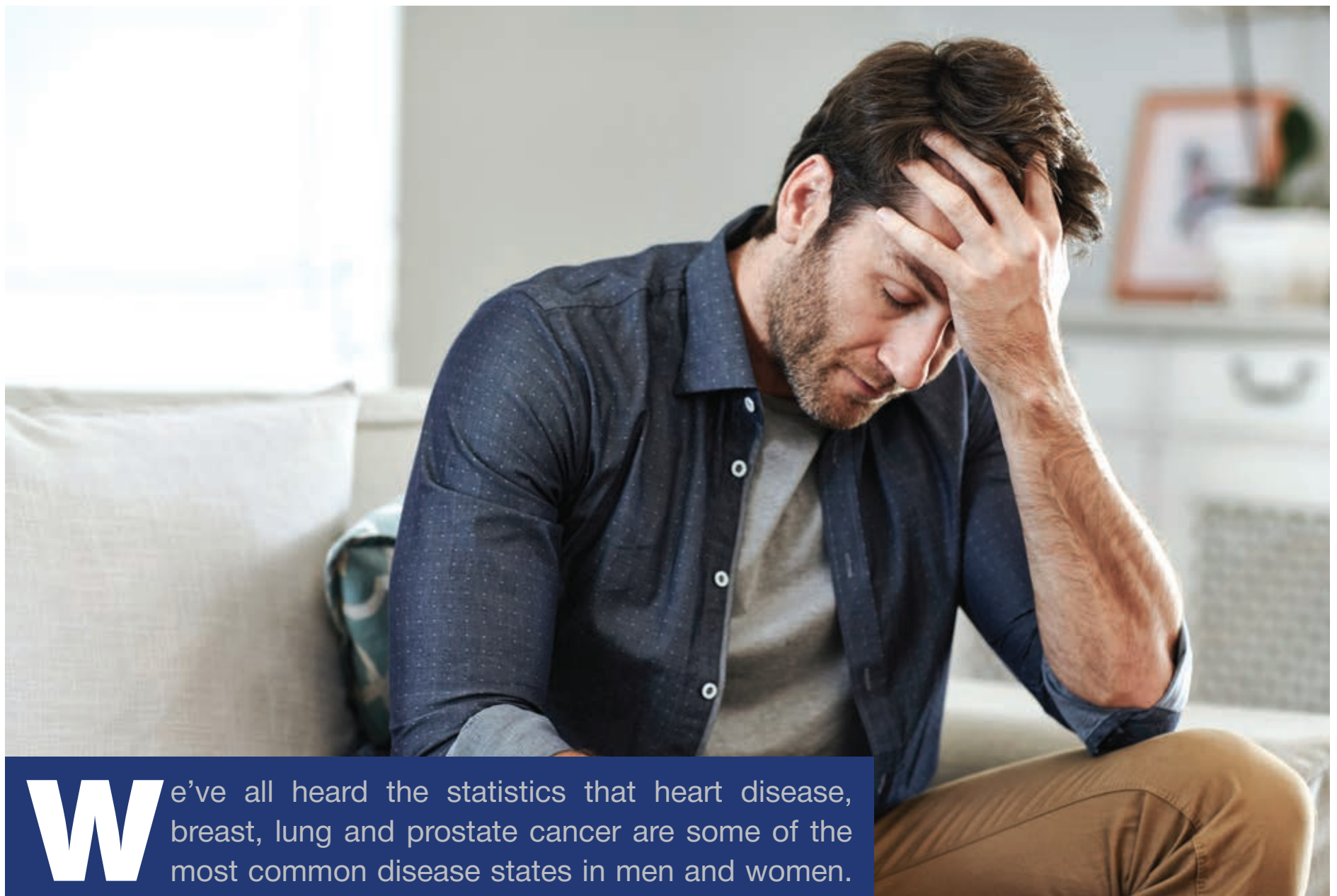
Treating the underlying cause of your pain is essential. Having a comprehensive evaluation to define your level of discomfort and conditions are critical steps to eliminating your pain naturally and improving your long-term outcomes.

**ADVANCED SPINE  
&  
JOINT INSTITUTE**

10233 Okeechobee Blvd, Suite B-6  
West Palm Beach, FL 33411  
561-721-0492  
advancedspineandjoint.com



# Sexual Dysfunction & The Conditions That Lead To ED



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

## STRESS AND INTIMACY

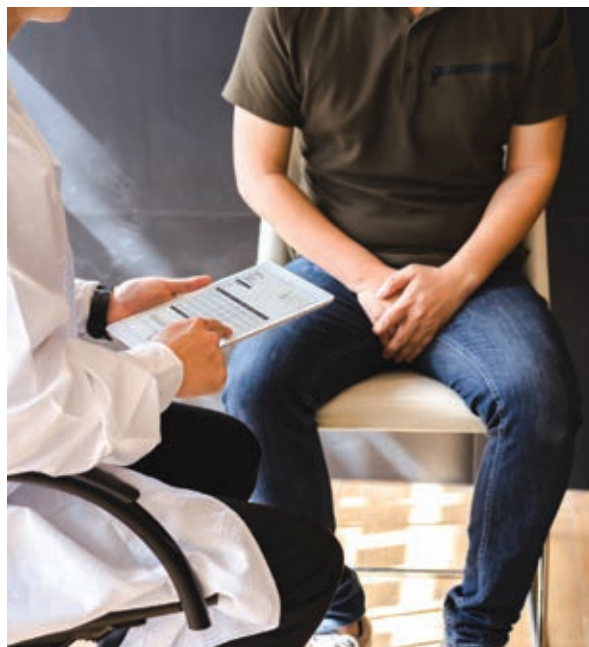
Sexual dysfunction in a relationship causes men (and women) a great deal of anxiety, stress, depression, low self-esteem, and sexual self-doubt. In turn, these feelings can exacerbate erectile dysfunction. Sexual health dysfunction can further lead to anger, generalized self-doubt, and poor body image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



## OTHER CONDITIONS THAT CONTRIBUTE TO ED

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

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



## WAVE THERAPY FOR MEN

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



Over 50% of men experience some degree of erectile dysfunction in their lifetime. There are several factors that influence a man's erection with vascular issues being the most common. About 80% of erectile dysfunction is associated with decreased blood flow which is commonly seen in aging blood vessels.

Some people may turn to oral medications to combat erectile dysfunction and increase blood flow, but these medications only relieve symptoms temporarily. Over time, many require increasing doses of medications which eventually are just not enough to help. Wave Therapy focuses on increasing blood flow to the penis to optimize erections, sensitivity, and sexual performance.

## P-SHOT FOR MEN

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

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

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

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

Calla Genics specializes in medical aesthetics, non-surgical treatments and hydration therapy that rejuvenate a healthier and happier YOU. Their new and innovative approach uses your body's own regenerative active agents – in the form of own-blood therapies resulting in longer lasting, naturally impressive outcomes.

**Dr. Tiffany McCalla**  
**12794 Forest Hill Blvd**  
**Suite 9-10**  
**Wellington, FL 33414**  
**(877) 243-6427**

*Calla Genics*  
**CallaGenics.com**





# Is Anxiety Ruining your Life???

## It doesn't have to

by Michael Cohen  
Director and Chief of Neurotechnology

### Anxiety can:

- **Keep you from getting out or enjoying things**
- **Tighten your chest or make breathing hard**
- **Cause chronic worry, fear or a racing mind**
- **Create stomach or "gut" distress**
- **Create major sleep issues**

### Medications don't always work well

Anxiety and panic attacks are often treated with medications such as Prozac, Zoloft, Xanax or Klonopin. The problem is that medications don't fix the problem, they just reduce symptoms until they're discontinued, then the symptoms come back.

Long-term use has another potential problem: side effects including nausea, nervousness/restlessness, reduced libido, drowsiness, weight gain or loss, headache, and dry mouth (depending on the medication).

### Neurofeedback offers an easier way to reduce anxiety and anxiety medications

Neurofeedback is biofeedback technology that helps you calm your brain and shut off your mind. It's like a gym for your brain and nervous system that helps you learn how to maintain calm and not be overwhelmed. It harnesses your neuroplasticity to help you change your brain pattern. Neuroplasticity is the brain's ability to physically change itself.

You may be unaware that there are biofeedback systems and supplement combinations that can greatly speed up your ability to change your nervous system. You may believe it's impossible to get to the point where you don't need anxiety

medication. Perhaps you've tried getting off your meds, and when you were unsuccessful your doctor suggested that the "failure" was "proof" that you really did need the medication. But that's often not true.

Many of our clients are able to reduce or even eliminate their medications under the supervision of their doctor with the help of our combined approach comprised of neurofeedback, biofeedback and supplements.

### Sound interesting?

**Contact us today to learn more.**

**561-7447-616 (phone) \* 561-291-9562 (text)**

**[info@centerforbrain.com](mailto:info@centerforbrain.com)**

### What will your neurofeedback training sessions do?

The brain of someone with anxiety is "stuck" in a pattern of being "over-aroused." (It's similar to a car that won't downshift out of fourth gear). Using advanced biofeedback technology, neurofeedback guides the brain into becoming "unstuck" from this dysfunctional cycle. Once unstuck, the brain will be able to "shift gears" more appropriately and function in a healthier way.



**Many of our clients report being calmer after just a few sessions and describe being less susceptible to mood swings after a few more sessions.**

#### **How many sessions will you need?**

The number of sessions varies depending on the individual, including how long they've been suffering with anxiety and how many medications they're taking. People typically notice some short-term improvement within three to five sessions. Longer-term improvements often occur within 15-20 sessions (or sometimes more if the issues are deep-rooted or long-term).

#### **Does neurofeedback do the same thing as medication?**

In some ways, yes, but in one important way, no. Both neurofeedback and medication can regulate mood. The difference: medication doesn't teach or change your brain. Once the medication wears off, you're back where you started. Neurofeedback, on the other hand, teaches the brain a different way to operate. We have clients who've been able to reduce or eliminate anti-anxiety medications, even after being on them for 20 or 30 years.

#### **Brain mapping**

For people with long-term, or deeply embedded, issues we may recommend a brain map (which is not a requirement for training at our center). A brain map provides insight into where the problem is coming from. What "sounds like" one thing in a verbal or written questionnaire can actually be identified as something completely different when patterns of activity from the brain map are analyzed.

#### **Benefits of a brain map**

- Assists in identifying problems with brain timing
- Pinpoints specific areas of the brain not functioning optimally that can impact mood, behavior, attention, sleep, learning and more
- Helps indicate which interventions and neurofeedback protocols to employ
- Provides information that can suggest which class of medications is appropriate or not suitable to the problem. (This knowledge can help reduce prescribing by trial and error).
- Helps explain why remedies tried up to that point haven't worked

We'll be happy to talk to you about brain mapping during your consultation.

**Learn more about neurofeedback**  
at our free informational seminar

**Tuesday, Sept. 14**  
**6-7:30 p.m.**

Call **561-744-7616** for details  
or visit **www.CenterForBrain.com**



### **Case histories**

"Nicole" had worked for years as a waitress to put herself through nursing school. When she got her dream job, it soon became a nightmare. Severe anxiety and daily panic attacks made walking into the hospital every day an exercise in courage. She worried that her mental state might impact her ability to care for her patients. A year of experimenting with different medications didn't help. Desperate, she tried neurofeedback. After her third session she felt calm enough to discontinue her medication. After her fifth session she was panic-free with significantly less anxiety and was able to discontinue her neurofeedback training.

"Ray," a licensed therapist, was a very wound-up man. He was hyper and anxious most of the time, though he hid it well from his clients. It was exhausting putting up this front, so he came to us for help. He also wanted to get off medication, which he had been on for years. After just one neurofeedback session he said, "I haven't felt this calm in my whole life." That one session didn't solve his problem, of course. He had to do numerous sessions in order for his brain to consistently function differently, but over time his brain learned to stay calmer.

"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 intensive neurofeedback training, his panic attacks and extreme anxiety diminished, and he was able to drive again.

#### **Book a consultation**

Wondering if neurofeedback might be the solution you've been seeking for your anxiety? Contact us today to book a consultation.

#### **Why come to the Center for Brain Training?**

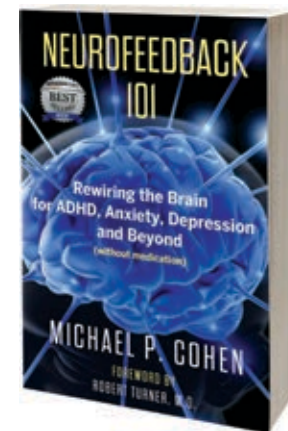
As neurofeedback training and its effectiveness have become better-known, neurofeedback companies have sprung up around the country. While some are staffed by veteran practitioners like myself, in the field for more than 25 years, many are not. It takes a great deal of technical know-how and clinical experience to correctly customize neurofeedback training protocols for maximum benefit. We also have tools that other practitioners may not have that complement neurofeedback and can make the process work better.

When you entrust the Center for Brain Training to help you with brain-based issues such as anxiety, you're in the hands of a recognized national expert. Call us today to find out how we may be able to help. (And don't forget to ask us about home training options).



**Michael Cohen**  
Director and Chief  
of Neurotechnology

Michael Cohen is a leading expert in brain biofeedback. For over 25 years he's worked with clients, taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate into their practices new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.



Interested in learning more about neurofeedback? You'll have all your questions answered in Mike Cohen's Amazon best-selling book *Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication)*  
<https://amzn.to/2VbRoMS>



Scan to learn about this book.



**Welltower Center**

**550 Heritage Drive, Suite 140, Jupiter, FL 33458**  
**Phone: 561-744-7616, Text: 561-291-9562**  
**[www.CenterforBrain.com](http://www.CenterforBrain.com)**



# “IMMEDIATE DENTAL IMPLANTS”: What Exactly Does This Mean?

Many of our patients start their consultation for dental implants very confused from the numerous advertisements they have read. Often times, patients are not clear exactly what a dental implant consists of or how it can be used to help replace a missing tooth or teeth.

## THE BASICS:

Teeth consist of 2 parts: the Crown- the part you see when you smile and chew with and the Root- the part in the bone and under the gums that gives support. When teeth need to be removed and replaced (this can be due to a number of factors such as decay or bone loss), one option is to use a dental implant. An implant is often referred to as a “root placement”. When the entire tooth is extracted, the crown and root are removed. This leaves an empty space or socket in the bone where the old root used to live. An implant or “new root” can ultimately be placed in the site of the socket and over time the bone in the area can “glue” itself to this implant. Typically, this gluing can take around 3-6 months. Once this occurs, a new crown can be cemented onto the implant to complete the process of replacing the tooth.

Traditionally, when a tooth is removed, a bone graft is placed in the extraction socket to aid in regrowing bone in the site. After a period of healing, an implant is placed into the area with the newly formed bone acting as a support structure for this new root. Three to Six months after the implant has been placed into the area, a crown can usually be attached to complete the process.

## IMMEDIATE DENTAL IMPLANTS:



A more advanced technique that can be utilized involves placing the dental implant into the tooth extraction site at the time the tooth is removed. This can be very tricky as variations in bone anatomy, shape and hardness can impact the stability and position your surgeon can place the implant. On the positive side, research has shown that placing an implant at the time of tooth extraction may help preserve the jaw bone structure around the implant area. In addition, fewer procedures may be needed if the implant is able to be inserted in the same appointment.

Due to the additional complexity of this procedure, we find the use of a 3D x-ray (CT scan) of the mouth area to be critical to helping decide if the use of immediate implant placement is appropriate in each individual case. Having an in-depth knowledge of the anatomy, including location of the nerves and sinuses, can help identify the safest and least invasive approach.

No tooth replacement site is the same and success can vary patient to patient and site to site. In some situations, such as areas of significant infection, the traditional approach to implant placement may be a better option. The more information your surgeon has regarding the areas being considered for treatment can help increase success and assist with determining the best approach for your individualized needs.

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.*



**PALM BEACH CENTER<sup>®</sup>  
PERIODONTICS &  
IMPLANT DENTISTRY, P.A.**

**www.PBCPERIO.com**

**561-691-0020**



# PLANNING FOR THE INHERITANCE OF A DISABLED CHILD

How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?

Do you have a disabled child who will be inheriting from your estate?

Does this disabled child receive government benefits?

Many families are not aware that once a disabled child (minor or adult), who is receiving government benefits, receives an inheritance all their government benefits will be stopped until the inheritance is spent down.


All parents worry about what will happen to their children after they die. Parents of adult children with a chronic disability have an additional concern: whether the child will have financial security.

Additionally, many families are not aware that with proper planning through a Third-Party Special Needs Trust the loss of government benefits can be avoided.

The disabled child can utilize their inheritance to provide for their health, maintenance, education and support. The Trusted Law Office welcomes you to contact us at (561) 998-6039 to schedule a free consultation with us to discuss your specific planning needs.





**TRUSTED  
LAW OFFICE**  
**(561) 998-6039**



**GOLDMAN EYE**  
DAVID A. GOLDMAN, M.D.  
561-630-7120  
[www.goldmaneye.com](http://www.goldmaneye.com)

- CATARACT SURGERY
- FULL EYE EXAMINATIONS
- CORNEAL TRANSPLANTATION
- DRY EYE MANAGEMENT
- LASER VISION CORRECTION
- REPAIR OF CATARACT SURGERY COMPLICATIONS

3502 Kyoto Gardens Dr. Suite B, Palm Beach Gardens, FL 33410



**ADVANCED SPINE  
&  
JOINT INSTITUTE**

- MLS Laser Therapy
- Osteoarthritis Program - Knee Pain Relief
- Physical Therapy

10233 Okeechobee Blvd, Suite B-6  
West Palm Beach, FL 33411  
561-721-0492  
[advancedspineandjoint.com](http://advancedspineandjoint.com)



# Protecting Your Eyes

By David A. Goldman MD

**P**rotecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

## Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

### *For all eye injuries:*

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

### *If your eye has been cut or punctured:*

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

### *If you get a particle or foreign material in your eye:*

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

### *In case of a chemical burn to the eye:*

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

### *To treat a blow to the eye:*

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

### *To treat sand or small debris in the eye:*

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

## DAVID A. GOLDMAN



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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | [www.goldmaneye.com](http://www.goldmaneye.com)



**F**our years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

## 1. DON'T HAVE ALL THE ANSWERS.

It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

**2. LISTEN.** Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

**3. WRITE IT DOWN.** When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

**4. DO IT.** Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

# BREAKING THROUGH



**CHRIST**   
FELLOWSHIP

[hello@christfellowship.church](mailto:hello@christfellowship.church)  
[www.christfellowship.church](http://www.christfellowship.church)

**561-799-7600**

## FIND A LOCATION NEAR YOU

**Palm Beach Gardens**  
**Port St. Lucie**  
**Royal Palm Beach**  
**Boynton Beach**  
**West Palm Beach**  
**Jupiter**  
**Stuart**  
**Okeechobee**  
**Belle Glade**  
**Boca Raton**  
**Vero Beach**  
**Riviera Beach**

These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers





# 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.

By your side – every step of the way.

ACCESS TO  
**85+**  
NATIONAL  
CLINICAL TRIALS



## Caring for patients at our five Palm Beach County locations.

Barry S. Berman, MD, MS  
Elizabeth A. Byron, MD  
Todd A. Gersten, MD  
Howard M. Goodman, MD  
Shaachi Gupta, MD, MPH  
Antonella Leary, MD  
Elisabeth A. McKeen, MD, FACP  
Rina Patel, MD  
Carisa Pearce, MD

Shachar Peles, MD  
Marilyn M. Raymond, MD  
Neal E. Rothschild, MD  
Napoleon Santos, DO  
Avram J. Smukler, MD  
Daniel L. Spitz, MD, FACP  
Mahdi Taha, DO, FACOI, FACP  
Sumithra Vattigunta-Gopal, MD, FACP  
Gerald Zemel, MD



**FLORIDA CANCER**  
SPECIALISTS  
& Research Institute

[FLCancer.com](http://FLCancer.com)

\*All required paperwork must be provided at time of referral.