

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

Health & Wellness[®] MAGAZINE

September 2021

North Palm Beach Edition - Monthly

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FREE



**DON'T BALDLY GO WHERE
MANY MEN HAVE GONE BEFORE
[AI CAN HELP]**

**ARE YOUR PRESCRIPTIONS
EMPTYING YOUR POCKETS?**

**TIRED OF TAKING ANTIHISTAMINES
AND OTHER ALLERGY MEDICATIONS
TO NO AVAIL?**

**KNEE PAIN – DOESN'T MEAN
YOU NEED SURGERY –
ALTERNATIVE THERAPY
APPROVED BY THE FDA
FOR KNEE ARTHRITIS RELIEF**

**PROGRESS IN TREATING
LEUKEMIA, LYMPHOMA &
MYELOMA BLOOD CANCERS**





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SCAN ME



by Alan J. Bauman, MD, ABHRS

Don't Baldly Go Where Many Men Have Gone Before [AI Can Help]

Dr. Alan Bauman uses HairMetrix® and its AI technology to gather key metrics and vital information to help him make diagnosis and treatment decisions for his patients, and accurately tracks treatment results over time.

IF YOU'RE A STAR TREK FAN, PERHAPS YOU'VE WONDERED WHY TECHNOLOGY HADN'T EVOLVED ENOUGH BY THE 24TH CENTURY FOR CAPT. JEAN-LUC PICARD OF THE USS ENTERPRISE TO HAVE MORE HAIR. MAYBE HUMANS WERE SPENDING ALL THEIR ARTIFICIAL INTELLIGENCE (AI) RESOURCES FIGHTING ALIENS.

Fortunately, without an extraterrestrial problem here on Earth thus far, humans have created some remarkable AI tools, centuries sooner, for use in more pragmatic areas, including hair restoration.

In our efforts to always stay on the leading edge of technology, we've recently added two of these innovations to our toolbox here at Bauman Medical that will save our patients time and money, and achieve better hair restoration results.

HairMetrix®

Earlier this year our practice became one of the first in the world to offer HairMetrix®, a major advance in helping us evaluate your hair and track your restoration progress.

Frankly, it's a game-changer.

Why?

For almost 20 years we've used microscopes to observe hair loss and hair restoration results, but as you can imagine it's literally difficult to count hairs, so we've had to use our best estimate. HairMetrix® uses AI to take a snapshot of your scalp, without trimming any hair, and applies an algorithm to get a readout of your *precise* hair quantity and quality (and other metrics). No "educated guess" or other tools required. And we can track this over time. This information helps us make diagnosis and treatment decisions and monitor how well you're responding to your treatment *better than ever before*.

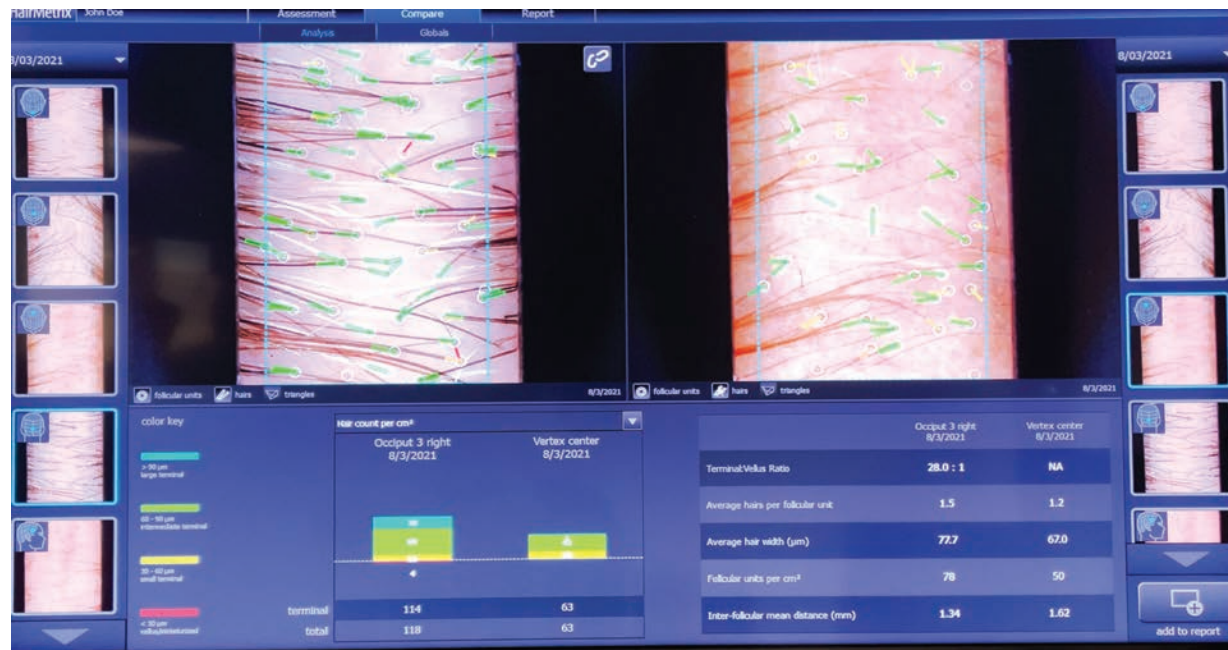
Trichotest™

Trichotest™ is a genetic test based on state-of-the-art DNA microarray analysis technology. It's designed to identify the exact hair loss treatments that will perform best for you, based on your genetics.

All it requires is a saliva sample and some details about your lifestyle. The AI then analyzes the characteristics of your specific metabolism that are contributing to your particular hair loss situation. An algorithm identifies the treatment options that are likely to be the most successful for you.

The Trichotest™ can be performed from home or in the clinic and is for anyone who wants to understand how genetics affects their hair loss and treatment options. It's useful for men and women with a family history of hair loss and for those who have tried different treatments with minimal or no success.

It's a one-time test, as your genetics won't change. And it gives your doctor a deeper understanding of your genetic characteristics, how they relate to your hair loss, and what treatments will work best for you.



HairMetrix® provides digital readouts with the exact number of hairs and the caliber of those hairs, comparing them in different zones. Dr. Bauman believes that HairMetrix® is a gamechanger for the scalp that eliminates any guess work.

HERE ARE SOME OF THE ADVANCED TOOLS AND TREATMENT OPTIONS THAT ARE AVAILABLE AT BAUMAN MEDICAL TO HELP YOU LOOK AND FEEL YOUR BEST

- Minimally Invasive, Permanent, No-Linear-Scar Follicular Unit Excision/Extraction (FUE) Hair Transplant using SmartGraft®, NeoGraft®, ARTAS robotic-assisted, or the newest No-Shave VIP|FUE™.
- High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)
- PDOgro™ - Implanted PDO Polydioxanone threads for hair growth
- Non-surgical 3D-Printed Hair Systems or Cranial Prostheses
- Compounded Formula 82M Minoxidil - a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil - designed to reduce the risk of side-effects from oral finasteride (Propecia).
- Low-Level Laser Therapy - FDA-cleared, drug-free, side-effect-free hair regrowth using a powerful physician-only device such as the Bauman "Turbo" LaserCap device for at-home use.
- Vitamins, Nutritionals & Nutraceuticals: BaumanMD SuperBiotin and Nutrafol
- Hair Loss Risk Management - the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

GENETICS AND HAIR LOSS

- There are now over 200 known DNA locations (genes and SNPs) that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two.
- Hair loss can start as soon as puberty starts, depending on your hereditary sensitivity to DHT, inflammation, stress and other factors.
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding -- all of those put together will determine how quickly you see hair loss occur, how quickly it progresses, and how long it will occur later in life.
- Because it is a recessive gene, hair loss can skip generations, skip siblings, etc.
- Many consumer DNA tests (e.g. 23andMe) include a prediction of whether you are likely to experience hereditary hair loss but physician-directed DNA analysis (e.g., TrichoTest) can determine which treatments might work best for you.

For more information on the causes of and treatments for hair loss or the newest advancements in hair restoration, please visit www.baumanmedical.com.

You can also 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.



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 more than 10,000 hair transplant procedures and over 8000 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 was recently named by Forbes as one of "The 10 CEOs Transforming Healthcare in America."



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SKIN REJUVENATION AT MULTIPLE LEVELS

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

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

1

NON-ABLATIVE 1470 MM WAVELENGTH

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

2

ABLATIVE 2940 MM WAVELENGTH

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



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

In summary areas of improvement include:

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

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



Medical Director, Daniela Dadurian M.D.

* 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 and array of anti-aging, functional medicine, cosmetic and laser therapies.

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D **O YOU HAVE KNEE PAIN?** DOES IT KEEP YOU FROM CERTAIN ACTIVITIES? DO YOU TAKE MEDICATION FOR KNEE PAIN? DO YOU HAVE KNEE PAIN AFTER EXERCISE? DO YOU HAVE DIFFICULTY GOING UP AND DOWNSTAIRS? ARE YOU CONSIDERING KNEE REPLACEMENT SURGERY? HAVE YOU TRIED EVERYTHING TO GET RID OF KNEE PAIN WITHOUT SUCCESS? IF YOU HAVE ANSWERED YES TO ANY OF THESE QUESTIONS YOU NEED TO KNOW YOUR OPTIONS.

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

Causes of knee osteoarthritis

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

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

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

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

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

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

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

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

Why do knee injections often fail?

What is different about the Supartz procedure?

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

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

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



Benefits

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

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

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Our facility is equipped with a state-of-the-art USP <797> compliant Sterile Clean Room. AllMedRx pharmacists and pharmacy technicians are highly trained in sterile and non-sterile compounding. Specializing in sterile eye drops. We are passionate and dedicated to providing premier customer service to our patients.

Our patients' security and privacy are of utmost importance. To us, confidentiality is imperative to all parties involved. While many online pharmacies are illegitimate our HIPPA compliant pharmacy is LegitScript certified. This badge provides our patients with a trusted and recognized stamp of approval for legitimate and safe health merchants. AllMedRx eliminates the need to order medications from outside of the United States by offering cost-effective prices. Medications that you can trust at a price that will help you confidently apply your healthcare dollars in a safe and secure environment. AllMedRx will guarantee the authenticity of all of our prescription medications ensuring the medication ordered is the medication dispensed.

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TIRED OF TAKING ANTIHISTAMINES and other allergy medications to no avail?

Over the counter, allergy medications treat the symptom, not the cause. The AllergywoRx program, developed in 2011 by a clinical team that included doctors, pharm. D's and compounding pharmacists, is one of the foremost comprehensive allergy treatment programs in the nation. Powered by AllMedRx Specialty Pharmacy this immunotherapy program is your one-stop allergy solution designed to include the screening, testing and treatment plan of your environmental allergies via our website AllergywoRx.org.

Fighting allergens with allergens

We believe in patient-centered care and partner with many physicians across the United States. Don't feel trapped by your allergies, immunotherapy could be the key to your freedom from your symptoms.

Immunotherapy is a process that desensitizes your body to allergens. It involves a formula that safely introduces small amounts of specific allergens to your body over a period of time. This allows your body to build up immunity to the allergy. Allergy immunotherapy increases your allergic threshold, so you no longer experience allergy symptoms. Safe and effective for patients

of all ages, allergy immunotherapy has been helping people live symptom-free for decades. In fact, studies show that immunotherapy helps reduce hay fever symptoms in about 85 percent of people with allergic rhinitis. (jama, march 2013-vol 309, no. 12)

"[immunotherapy] is the only known treatment that modifies the immune response and treats the cause rather than the symptoms."

Contact your physician today and see if you are eligible for the AllergywoRx program.

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Stop referring your patients out for allergy testing! Treat the underlying allergic disease with minimal time and man power. In just 3 easy steps you could be on your way to generating additional revenue and with a turn key allergy program while also providing positive patient outcomes! Our allergenic extracts are exclusively handled at allMedRx Specialty Pharmacy's state – of – the – art USP <797> sterile compounding lab. The pharmacists are available at any time for your staff and patients and every customer service team member is a registered pharmacy technician. To start complete our contact form at AllergywoRx.org

or call us at 888-508-5110 to become versed in the simple steps to prescribe *allegiShots* and *allegiDrops*.



SCAN ME

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Progress in Treating Leukemia, Lymphoma & Myeloma Blood Cancers

Blood cancers are the third leading cause of cancer deaths in the U.S. Approximately every three minutes, someone in the United States is diagnosed with a type of blood cancer (leukemia, lymphoma or myeloma).

What Are Blood Cancers and What Causes Them?

According to the American Society of Hematology (ASH) there are three main types of blood cancers: leukemia, lymphoma and myeloma. Leukemia is found in blood and bone marrow and is marked by the rapid production of abnormal white blood cells. These abnormal white blood cells are not able to fight infection like normal white blood cells do. They also impair the ability of bone marrow to produce red blood cells and platelets.

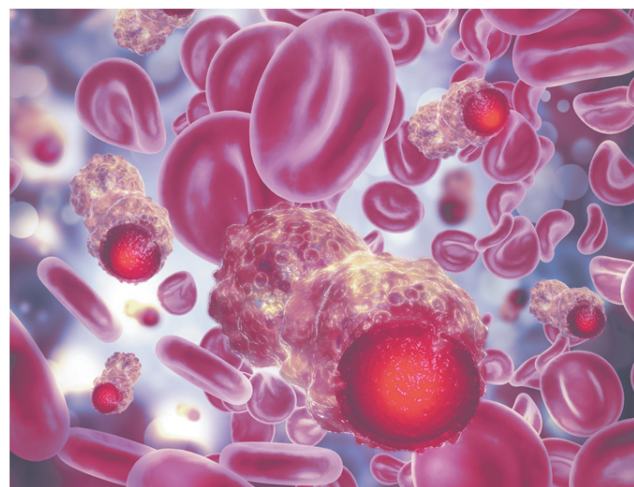
Lymphoma is another type of blood cancer that affects the lymphatic system. The function of the lymphatic system is to remove excess fluids from the body and to produce immune cells. Lymphocytes are a type of white blood cell that fights infection. Abnormal lymphocytes can mutate and become lymphoma cells that multiply uncontrollably and collect in the lymph nodes and other tissues.

Myeloma is a third type of blood cancer that specifically targets plasma cells. Plasma cells are white blood cells that produce antibodies to fight disease and infection in your body. Myeloma cells prevent the normal production of antibodies, leaving the body's immune system weakened and susceptible to infection.

Although the specific causes of blood cancers remain largely unknown, scientists have learned that the DNA of immature blood cells (mainly white cells) can become damaged or mutated in some way. This abnormality causes the blood cells to divide chaotically and grow uncontrollably. As more and more space is occupied by these damaged blood cells, there is less space for normal cells and, as a result, the immune system becomes compromised and does not function normally.

Making Progress Against Blood Cancers

The Leukemia & Lymphoma Society largely attributes the dramatic improvement in blood cancer treatment to research and new, targeted treatments, such as immunotherapies. Research in the past



10-15 years has led to an increased understanding of the many subtypes of each blood cancer and the differences in therapy that are required to treat each of these subtypes.

One of the biggest success stories to date has been the treatment of chronic myelogenous leukemia (CML), which is one of the four main types of leukemia. Treatment of CML has greatly improved since the late 1990s after a new, targeted biologic therapy (imatinib) was introduced. Today, patients with CML take a daily pill and can enjoy a normal life expectancy. This drug, as well as more recent second-generation targeted therapies, has transformed a previously fatal disease into a manageable chronic disease with very few serious side effects.

Most recently, oncologists have been encouraged by the results of a type of immunotherapy, Chimeric Antigen Receptor - T Cell, or CAR-T Cell therapy, which programs the body's T cells to attack cancer cells. There are hundreds of CAR-T clinical trials currently underway and three different CAR-T treatments have already received FDA approval for the treatment of blood cancers, such as follicular non-Hodgkin's lymphoma, mantle cell lymphoma, diffuse large B-cell lymphoma, acute lymphoblastic leukemia (ALL), multiple myeloma and chronic lymphocytic leukemia (CLL).

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 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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West Palm Beach

1309 North Flagler Drive
West Palm Beach, FL 33401

For more information, visit FLCancer.com

Dental Phobia:

Managing Anxiety in the Dental Office

Many of us, dentists included, have a fear of going to the dentist. In reality, almost all dental procedures do not hurt due to the use of local anesthetics (often referred to as Novocaine). Typically this anxiety is primarily related to fear of having a procedure performed, fear of possible pain during the procedure or flat out phobia of getting numb (“the dreaded injection”). Fortunately, there are a variety of ways in which these fears can be addressed so that the visit is not only pain free, but non-anxiety producing. Different forms of sedation can be provided to the patient based on their needs and of the level of training certification of the doctor. In addition, more advanced levels of sedation require state permitting of the treatment facility. Below is a list of commonly used modalities to help manage dental anxiety.

Nitrous Oxide (“Laughing Gas”)

This form of therapy is administered in the office and usually has a fairly rapid onset. A combination of oxygen and nitrous oxide are delivered as the patient breathes in and out. The gas is delivered through a small mask placed over the nose. Typically this treatment allows the patient to relax as the procedure is performed. When the procedure is completed, oxygen alone is delivered in the mask to flush out the “laughing gas” and return you to a normal state. In most cases, you may drive yourself to and from the appointment when nitrous oxide is utilized.

Oral Sedation (Prescription Medications)

Another form of therapy is the use of prescription medications taken prior to and during the appointment. Typically medications such as benzodiazepines (i.e. – Valium, Xanax, Ativan), antihistamines (i.e. – Benadryl, Vistaril) and narcotics (i.e. – Demerol) are prescribed based on the needs of the patient. Using these medications in combination



requires special training and permitting by the doctor. In the majority of the cases, this form of sedation is used to provide minimal sedation or the relief of anxiety. Depending on the dosing, needs of the patient and doctor's training, this form of treatment can be used to provide a deeper level of sedation than simply a reduction of anxiety. The sedation in this case is provided to relax the patient and local anesthetics (“Novocaine”) are also used so the procedure is pain free. A driver is typically needed when oral sedation is provided due to the effect of the medications on your reflexes (similar to alcohol).

Conscious Sedation (Prescription Medications or “Twilight Sleep”)

Conscious Sedation is a form of sedation that relaxes a patient beyond simple relief of anxiety. As the name implies, you are still conscious, but are typically more drowsy and forgetful of your surroundings. The level of relaxation can range from mild to moderate based on the dosing of the medication. In many cases, this type of sedation is provided via an IV similar to “twilight sleep” provided for other types of procedures. Special training and permitting is required to provide patients this safe and effective method of sedation. Often patients do not remember much of the procedure after it has been completed. A benefit of this type of therapy is

that when administered by IV, the medications can be given drip by drip so that the sedation can be titrated to each patient's exact needs. Conscious Sedation can be achieved by the use of prescription pills alone, but the exact control as seen with the IV is not possible as each patient digests and absorbs oral medications differently. A driver is needed when this type of sedation is utilized and local anesthetics (“Novocaine”) are used to provide a pain free procedure.

Deep Sedation / General Anesthesia

This form of sedation allows for a depressed state of consciousness and can be achieved with the use of IV, inhalation gases or prescription pills. In this situation, your reflexes are diminished. This type of treatment is typically used in specific situations and not for the majority of dental procedures. Special permitting is required to perform Deep Sedation and a driver is needed.

The fear of seeing the dentist can become paralyzing and causes many not to seek the treatment they truly need. Unfortunately, what may be a simple problem can become much more involved, painful and costly if left untreated. Sedation techniques which are safe and effective can make seeking the treatment you need not only bearable, but possibly even pleasant (I know it seems impossible, but it is true).

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 PeriLase 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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FIXING YOUR GUT

The more we learn about our bodies and physiology, the more we come to appreciate the importance of intestinal health in maintaining good health everywhere. The organisms that live in our intestines have a tremendous effect on our overall health, well-being, and state of mind. It is common for my patients who are experiencing problems with their bladders or having abdominal or pelvic pain to complain of either chronic constipation, diarrhea, bloating, or some combination. I have a separate handout on constipation that I give to my patients. Maintaining health in the gut involves more than just taking probiotics or supplements. It is critical to feed the healthy organisms and starve the harmful ones in order to achieve maximum wellbeing. Every individual has a different intestinal microbiome (my-kro-by-ohm) which will determine what types of foods are likely to be tolerated as well as a number of other important health parameters. We'll go over how to make proper choices to feed the good colonizers and reduce numbers of the irritating, agitating colonizers.

Step 1: Eliminate the toxic foods and liquids from your diet. Good eating and drinking habits are critical in maintaining happy intestinal flora. Sometimes food sensitivities can be present but may not be obvious. Having a stool test to reveal the gut microbiome and ideal foods for an individual may be helpful. We have lab companies we work with to send test kits out to your home for a reasonable cost that will test your blood for food sensitivity and/or stool for the organisms living in your gut and give you some idea of what might be best for you to emphasize or avoid.

Universally unhealthy: Artificial sweeteners, carbonated beverages, processed foods, "fast" foods, most store-bought juices (they are mostly sugar), most "sports" drinks, overly sweetened foods. Lose all of these from your diet! This includes many prepared teas and coffees and snack foods.

Variably unhealthy/best to limit: Dairy, factory farmed meats, fried foods, seafood (due to contaminants like mercury), high glycemic index/starchy "white" foods. Again, this may be individualized through food sensitivity testing.

Emphasize: Fresh, preferably locally grown (when possible) vegetables and fruits. Try to get one food of every color in your diet each day. Check out the "Clean 15 and Dirty Dozen" lists of foods. Clean water. If you must have something in your water to flavor it, try getting a bag of frozen mixed fruits/berries and lining the bottom of a pitcher with the frozen items, then fill the pitcher with fresh water and place in the refrigerator. That will give the water a bit of "flavor" without using a lot of artificial flavorings and contaminants. Plant based proteins and



nutrients, particularly coming from fresh sources, provide your gut with the best possible environment and help the most healthy organisms to thrive. This list includes "prebiotics", not to be mistaken for probiotics which are strains of a few bacteria used to repopulate the intestine with some select strains of bacteria. A normal intestine has hundreds or thousands of organisms and having diversity is healthy.

Step 2: Move your body. You need to exercise every day. This needn't involve going to the gym for a major workout, a nice long walk may be enough. Pool exercise, walking, jogging, yoga or Pilates, functional fitness training, martial arts, tennis, or other sports are all options. If you are unable to engage in anything other than moving your arms and legs and torso, even if you are unable to walk, you may be able to move your body to help the blood circulate, get oxygen flowing to your cells, and release the toxins as well as the tension from everyday living. Some form of exercise is necessary every day for optimal health. Find yours and stay with it. Your gut will function much better if you are getting movement nutrition as well.

Step 3: Get some mental and physical rest. A meditation or mindfulness practice can be very helpful in eliminating spasm and promoting better body function. Adequate sleep is important for maintaining health including gut health. If you have difficulties with sleep, be certain there are no underlying disorders creating a bigger problem. A sleep specialist can be helpful in this situation as well.

Step 4: Consider a gut peptide such as BPC157 (500mcg per day up to 1500mcg per day for severe cases) for a few months to help restore balance.

If you are doing all of these things perfectly, can go back to Step 1 and be assured you are doing everything



By Linda A. Kiley, MD

right, and are still having problems, then additional evaluation is important. There are many conditions that can cause problems, including infections, medications, food sensitivities, toxins, autoimmune disorders, among others. The complex interplay between what we ingest and how we manifest symptoms can make it difficult to figure out, but starting with an elimination diet may also be helpful.

Food Sensitivities:

More people are developing food sensitivities, probably due to the environmental impact of organophosphates and other contaminants that are able to bind to molecules in different foods and create an immune response. Whatever the reason, food sensitivities are likely the cause of many chronic ailments, and data have shown that eliminating foods that create an undesirable immune response in an individual can result in a remarkable improvement in health and vitality. In my practice, I encourage patients having multiple chronic complaints which could include bloating, fatigue, skin rashes, muscle aches, recurrent infections, headaches, or sinus problems to explore testing for food and environmental sensitivities. A small change with an elimination diet tailored to the individual's needs can make a huge difference in overall health and well-being. I have a nutrition and fitness counsellor in my office who is able to create a custom diet plan to include balanced meals eliminating foods or food groups that create an undesirable immune reaction in my patients. Very often, this is a critical step in re-establishing health and achieving goals such as better sleep, weight loss, improved energy, as well as clearer thinking and better immune function.

In summary, the gut is a primary force in our bodies for keeping us well and for allowing us to become ill. Food really is medicine, but like medicine, it must be appropriate to the individual. For more information contact Ultra Health & Wellness at 561-671-0041.



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TubcuT® Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.



BEFORE



AFTER

Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

The TubcuT® is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT® as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

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The TubcuT® threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® Follows the same exact contour of your tub there, and there is no ledge on the

threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT® is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!



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Sexual Dysfunction & The Conditions That Lead To ED



We'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

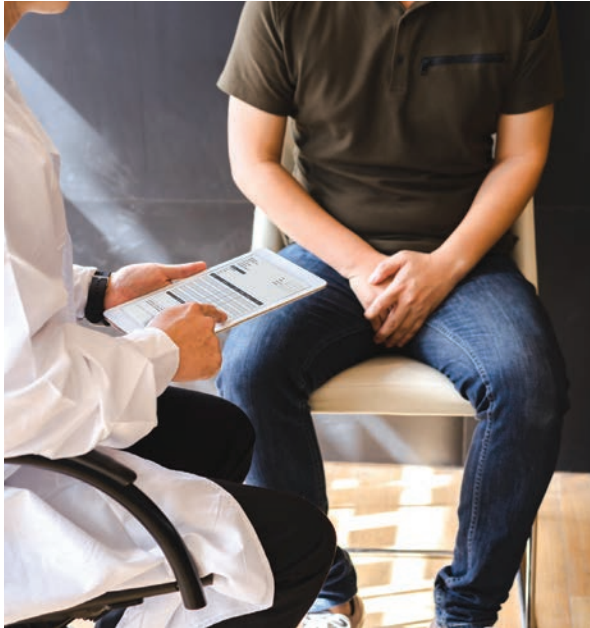
Erectile dysfunction can have a physical, neurological, or psychological cause. Physical conditions associated with ED include obesity, type-2 diabetes, metabolic syndrome, high blood pressure, high blood fats, coronary artery disease, premature ejaculation, and a deficiency of the hormone testosterone. 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.

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Common Myths About Your Eyes

By David A. Goldman MD

Just because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eye-glasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**
- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers

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