

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

Health & Wellness[®]

MAGAZINE

October 2021

North Palm Beach Edition - Monthly

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FREE



**HALLOWEEN HORROR HAIR HELP
BE HAIRY, NOT SCARY,
WITH A STATE-OF-THE-ART
HAIR TRANSPLANT**

**MD BEAUTY LABS INVESTS
IN STATE-OF-THE-ART AESTHETIC
DEVICES FOR THEIR PATIENT'S
BEST OUTCOMES**

**EARLY DETECTION OF BREAST
CANCER CAN BE A LIFE-SAVER**

**ARE YOUR PRESCRIPTIONS
EMPTYING YOUR POCKETS?**

**WHAT DO YOUR EYES
TELL THE WORLD**



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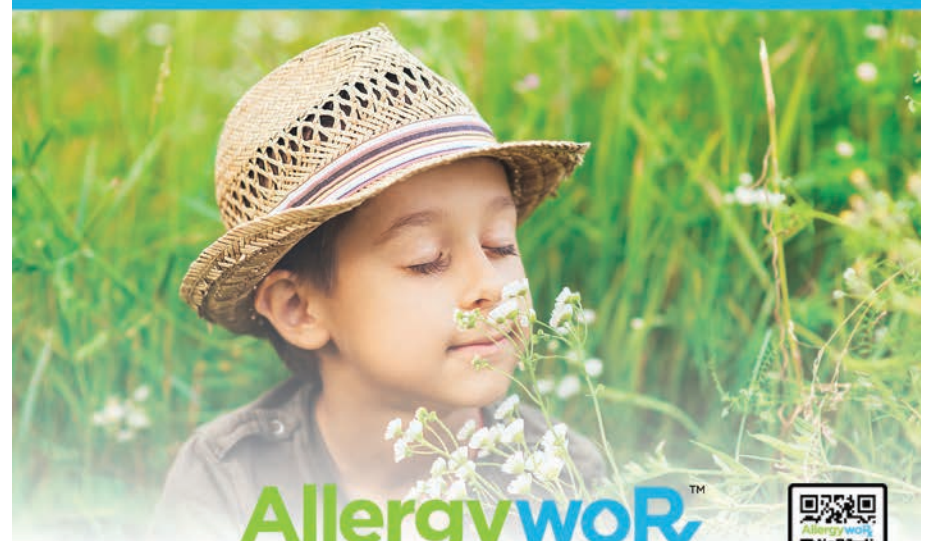
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SCAN ME



HALLOWEEN HORROR HAIR HELP

BE HAIRY, NOT SCARY, WITH A STATE-OF-THE-ART HAIR TRANSPLANT

by Alan J. Bauman, MD, ABHRS

Here's a scary thought.

If you're losing your hair you could soon have lots of unique choices for Halloween costuming such as painting the back of your head like a pumpkin. Or you could try on a new alter ego for size: Lord Voldemort. Dr. Evil. Homer Simpson. Even Captain Underpants!

However...if you're like millions of men with thinning hair, and especially if your hair loss is

advanced, I suspect you'd gladly pass up those colorful options for the chance to see hair back on your head with the help of a hair transplant. For many, however, a hair transplant is a terrifying proposition.

But only if you don't know the facts.

So let's dig up a few of the most common fears I hear from men about transplants and put them into their final resting place once and for all.

I'll end up with "plugs" on my hairline a la Chucky, the movie doll

Not true. Pluggy results were common years ago when your father or grandfather were considering what to do about their hair loss. However, significant innovations in microsurgery techniques, when performed by a skilled transplant surgeon, result in a **100% natural look**.

Advanced, minimally invasive hair transplant procedures using FUE (Follicular Unit Extraction) meticulously move as little as one hair follicle at a time. This fine control of individual hair position and direction eliminates "plugs."

I'll have a scar. Like I met a Slasher.

Absolutely not! In the "old days," surgeons used FUT (Follicular Unit Transplantation). This involved cutting a strip of skin from the scalp from which the hair to be transplanted was taken. While FUT strip harvesting may not be as invasive as the scene where "Hannibal" made a meal out of Ray Liotta's brain, it does leave a scar. Today's FUE technique involves taking as little as an individual hair follicle directly from the scalp *without cutting* out a strip of donor skin and hair. It's minimally invasive, requires no staples or stitches and leaves no linear scar.

It will be painful – during and after.

Definitely not! Only if you're abducted by sadistic aliens. 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 involves a microprocessor-controlled, robotic injection technique using extremely low pressure and a slow rate of flow for a *completely pain-free injection*.

There's very little discomfort afterwards, too. Our new advanced FUE transplant techniques allow for a faster, easier recovery because hair follicles are harvested individually with minimal tension on the skin. Most patients can resume regular activities and get back in the gym within just a few days following an FUE hair transplant.

I'll be cut and shaved (or at least my hair will be). Everyone will know I've had a transplant.

Not necessarily. The newest No-Shave Long-Hair VIP|FUE™ technique harvests hair *without any hair trimming whatsoever*. The donor area remains completely hidden amid the surrounding full-length hair, and no dramatic shave or trim is required around the sides and back of the scalp. It also has the unique benefit of the "long hair preview, which allows you to see the results of your transplant immediately after your procedure.



Before and 12 months after FUE Hair Transplant by Dr. Alan Bauman

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

READY TO TAKE OFF THE HAT DISGUISE AND BE YOURSELF AGAIN WITH THE HELP OF A HAIR TRANSPLANT?

Yes? Then here's what you should know about choosing a surgeon.

A Hair Restoration Physician is a doctor 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 video conferencing 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.
- Request a referral from your primary care doctor or dermatologist to a qualified, credentialed, full-time hair restoration physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

LEARN MORE

We look forward to having the opportunity to answer all your questions about hair transplants and helping you decide if a hair transplant is the right solution for you. We provide both virtual and in-person consultations. 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.

To learn how we can help 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 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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MD BEAUTY LABS INVESTS IN STATE-OF-THE-ART AESTHETIC DEVICES FOR THEIR PATIENT'S BEST OUTCOMES

WE ALL WANT TO LOOK AND FEEL OUR BEST, BUT SAVVY PATIENTS TODAY WANT TO AVOID COSMETIC SURGERY SINCE THERE ARE ALTERNATIVE NONINVASIVE PROCEDURES THAT ARE INCREDIBLY EFFECTIVE. THESE PROCEDURES OFFER IN-OFFICE TREATMENT AND MUCH LESS EXPENSIVE. MD BEAUTY LABS OFFERS GROUNDBREAKING TECHNOLOGY FOR THEIR PATIENTS THAT PROVIDES SURGICAL-LIKE RESULTS WITH NO INCISIONAL SCARS, LESS DOWNTIME, AND LONG-LASTING RESULTS.

In a recent study, led by Dr. Dayan, a Plastic and Reconstructive Surgeon at Massachusetts General Hospital, the effects of combined non-invasive aesthetic procedures were analyzed on various patient demographics to weigh the effectiveness on skin tightening.¹

“The demand for minimally invasive solutions to avoid traditional operative treatment continues to increase. RF (radiofrequency) technology has emerged as an effective method to safely tighten skin and reduce underlying adipose tissue. As our armamentarium expands, we have the opportunity to treat large portions of the population who were previously considered premature or borderline candidates for excisional operations. In our experience, combination RF technology (RF microneedling and bipolar RF) advances and broadens our ability to achieve tissue retraction that does not reliably occur with other energy-based devices and liposuction alone.”¹

INNMODE, a well-known medical device company that's the premier expert of combined RF technology, has been featured on news outlets and in print like The Doctors, Vogue, NBC, and EXTRA. MD Beauty Labs in West Palm offers only the most reliable and innovative procedures for their

patients. That's why MD Beauty Labs has INNMODE devices available in their two office-settings.

WHAT ARE THESE ADVANCED PROCEDURES?

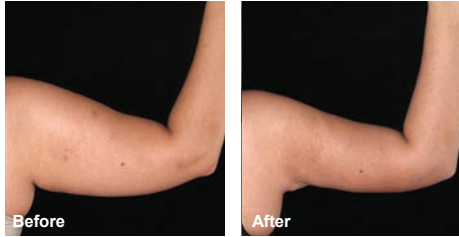
BODYTITE (treats the body)

BodyTite is a minimally-invasive device for body contouring delivering results previously only achieved through excisional procedures. BodyTite is powered by directional RF, resulting in three-dimensional tissue remodeling through fat coagulation and volumetric heating. The coagulation of fat using RF-induced heat results in radio-frequency assisted lipolysis (RFAL).

Multiple areas can be treated in one visit such as stomach, arms, chest, knees and inner and outer thighs.²

FACETITE (face and neck)

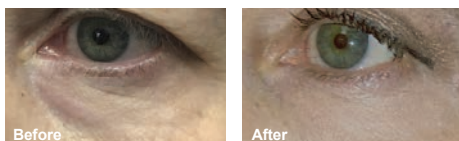
In just one treatment, FaceTite can provide significant improvements to the contour of the face and small body areas. Using RFAL technology, FaceTite is the next best thing to a traditional facelift, without the associated large scars and downtime. Any areas on the face and neck with saggy skin can be treated. This includes the double chin, jowls and other areas with deep lines and loose skin.²



BODYTITE



FACETITE



ACCUTITE

ACCUTITE (face, neck and smaller areas of the body)

AccuTite makes focal RF treatment without excisional surgery. AccuTite is based on RFAL technology delivering precision heating to remodel adipose tissue. It treats the brows, periorbital region, nasolabial fold, lower face, and neck. On the body, patients can receive AccuTite for the axilla, upper arms, abdomen etching, inner thighs, knees, and areas for women's health and wellness.²

MORPHEUS8 (body contouring, face, and neck)

Morpheus8 is a novel technology that lets the operator discover new depths. It is the first and only full-body fractional technology adjusted for subdermal tissue remodeling, dermal treatment, and epidermal resurfacing. Morpheus8 is the deepest fractional technology with penetration up to 4000 microns.²

RFAL Technology Represents the Future of Body and Face Contouring.

- No surgery
- No scarring
- No downtime
- Skin tightening and contouring
- The most innovative, leading technology
- Offer minimally invasive procedures that deliver surgical results.²

MD BEAUTY LABS & WELLNESS CENTER

Come to MD Beauty Labs to find out why clients from across the Palm Beach area choose us to help them reach their aesthetic goals. We proudly serve residents throughout Palm Beach County, including West Palm Beach, Boca Raton, Wellington, Jupiter, Royal Palm Beach, Lake Worth, and Delray. Our team is dedicated to finding and meeting your every beauty need.

DANIELA DADURIAN, M.D., MEDICAL DIRECTOR

Daniela Dadurian, M.D., specializes in anti-aging medicine, laser treatments, and cosmetic medicine. She's traveled the world to research the safest and latest technologies on the market to provide you with the best possible treatments and care.

Dr. Dadurian received her medical degree from the University of Miami School of Medicine and is board-certified in anti-aging and regenerative medicine, as well as laser surgery. Her expertise in anti-aging techniques and her passion for excellence are reflected in the attentive personal care she gives each patient.

MD Beauty Labs offers medical, spa, and body treatments within a luxurious contemporary loft environment. We are committed to providing a revitalizing experience. Dr. Dadurian, alongside her team of nurses, medical estheticians, massage therapists, permanent makeup specialist, and medical spa concierge, is here for you.

Do you want to have tighter, brighter skin, and turn back the clock without surgery? Contact the experts at MD Beauty Labs today!

To schedule your appointment, please call West Palm Beach at **(561) 513-5817**, Palm Beach at **(561) 288-6678**, or visit **MDbeautylabs.com**.



Medical Director, Daniela Dadurian M.D.

- * Board Certified Anti-Aging Medicine
- * Board Certified Laser Surgery

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

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



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An Alternative to Pain Medications

Chronic 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.



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

COMMON CAUSES OF CHRONIC PAIN

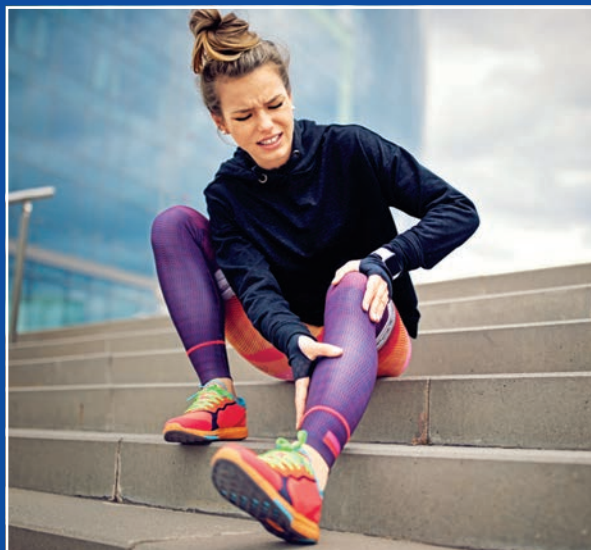
Injury & Trauma
Disease & Infections
Fibromyalgia
Spinal compression
Arthritis
Neuropathy (Nerve Damage)

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

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

SYMPTOMS OF NEUROPATHY MOST OFTEN INCLUDE THE FOLLOWING SENSATIONS

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



HOW LASER THERAPY WORKS

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

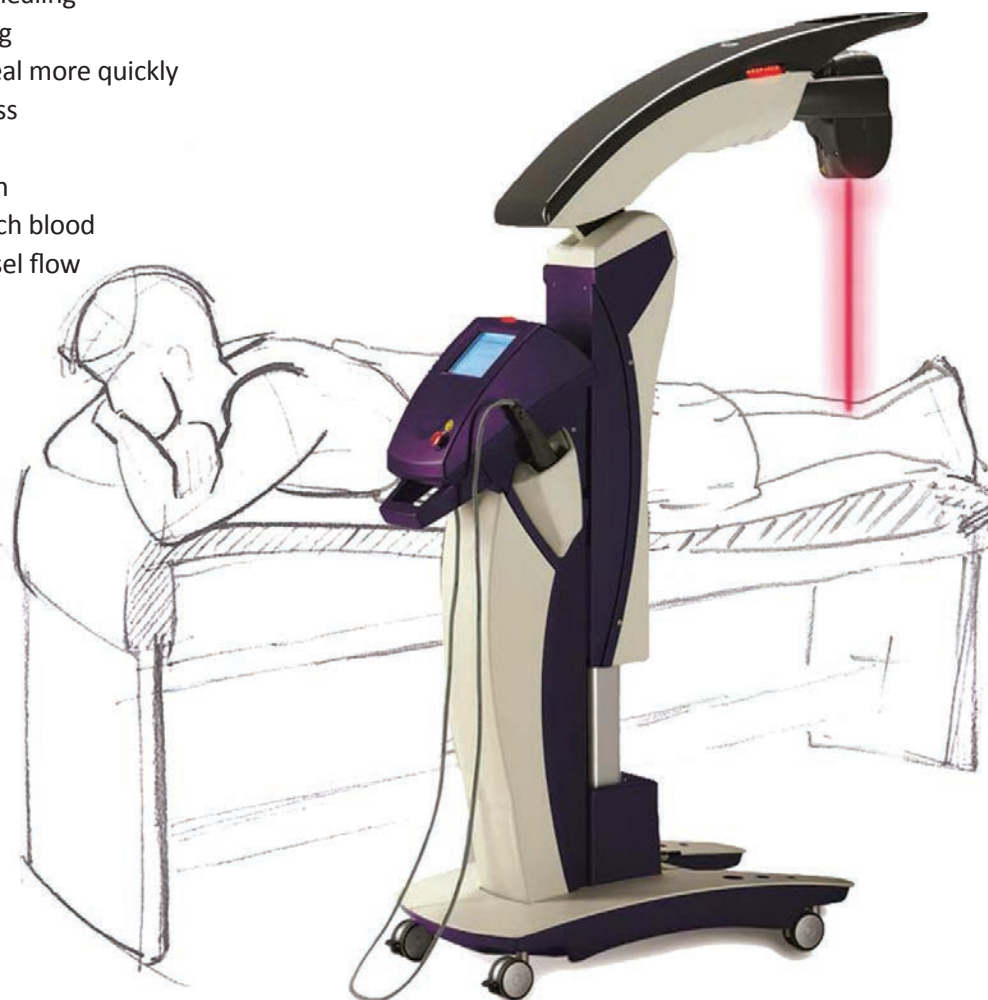
Laser Therapy uses no thermal or heating effect; it creates microcirculation around the soft tissue and nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light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

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



ADVANTAGES OF LASER THERAPY

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



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

SYNERGISTIC TREATMENT

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

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

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What Do Your Eyes Tell the World?



In this month's issue, we want to shine a light on ocular injury prevention. With the change of seasons and new allergens in the air ocular allergies are on the rise. The two main types of eye allergies are seasonal and perennial. Seasonal allergy symptoms occur during a particular pollen season and typically refer to outdoor allergens such as grasses, weeds, trees, and some mold. Perennial allergy symptoms occur year-round and typically refer to indoor allergens such as dust mites, animals and other insects, and some molds. October is Vision Awareness Month and at AllergywoRx we care about your eye's health.

Approximately 50 million Americans suffer from some sort of allergic disorder. Allergies can affect the entire body, including the eyes, and may progress to more complicated allergic diseases, such as allergic asthma. The progress of allergic disorders is known as the Atopic March. Allergy screening is a quick and simple way to identify what is causing your allergies.

About 30%-50% of all U. S residents have some type of allergy symptoms and about 75% of those symptoms affect the eyes. Eyes are especially vulnerable to allergens and irritants. Ocular allergies or allergic conjunctivitis can cause itching, redness, lid swelling, tearing, light sensitivity, and swollen eyes. Allergic conjunctivitis occurs when your immune system reacts to a certain environmental substance as if it were harmful, resulting in bothersome symptoms.

WHAT CAN HELP MY EYE ALLERGIES, YOU ASK?

Getting tested for environmental allergies can help combat these symptoms and prevent injuries

to the eyes. Our qualified and experienced telehealth physicians at AllergywoRx.org are here to guide you through the process. With a simple at-home allergy test you can be on your way to getting the relief you deserve.

Eye allergies don't have to own your life. Assessing your symptoms will not only allow you and your doctor better understand your triggers but will provide our pharmacist with the necessary information to formulate the right allergy treatment to desensitize you gradually. Tailoring the allergidrops to your specific needs will not treat your symptoms but rather treat the cause. Prevention is key and our AllergywoRx program includes the screening, testing, and treatment plan for your environmental allergies – providing you with a one-stop allergy solution right in the comfort of your home.

For more information on how to get tested schedule your telehealth visit today at [AllergywoRx.org](https://www.allergywoRx.org).

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- 1. Complete our contact form at [AllergywoRx.org](https://www.allergywoRx.org) or call us at 888-508-5110** to learn the simple steps to prescribe allergy immunotherapy.
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Early Detection of Breast Cancer Can Be a Life-Saver

Identifying any type of cancer at an early stage, before it has spread extensively (metastasis), provides a much better outcome for patients. That is certainly the case when it comes to breast cancer. The earlier cancer is detected, the easier it is to treat – and patients likely will have a more positive prognosis. In its earliest stages, where the cancer is localized and has not spread outside of the breast, the 5-year relative survival rate is 99%, according to the American Cancer Society. Sixty-one percent (61%) of cases are diagnosed at this stage.

Florida Cancer Specialists' physicians concur with the American Cancer Society's recommendation that women over 40, with no family history of breast cancer, should get a mammogram once a year; for women under 40, a clinical breast exam is recommended at least once every three years. In addition, monthly breast self-examinations can be an effective way of discovering any changes in the normal look and feel of the breasts. Since 2007, breast cancer death rates have continued to decrease in women older than 50; rates have remained steady for women under 50. Researchers believe these decreases are the result of several factors, including increased awareness, better screening technologies and improvements in treatments.

Know Your Risk Factors for Breast Cancer

Regardless of age, race, or family history, all women – and about 1% of men – have some level of risk for breast cancer. Primary risk factors include age and gender, along with a number of other factors, such as obesity and alcohol use, which can be moderated through healthy lifestyle choices, awareness, finding breast cancer earlier through better screening technologies and improved treatments. The risk of breast cancer nearly doubles if a woman has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. This is one reason why you should discuss genetic testing with your doctor, if you have a family history of breast cancer.

Impact of COVID-19 on Breast Cancer Screenings

Breast cancer is one of the few types of cancer for which there is an effective screening (mammography); however, during the coronavirus crisis, many women have wondered if it is safe to go to certain



medical appointments, including getting scheduled mammograms. Screening mammograms – at every age – are one of the best ways to diagnose breast cancer early, when it's most treatable. Women will need to make an informed decision with their physician as to whether or not to get a mammogram during COVID-19.

Remember – even if you are diagnosed with breast cancer, it does not necessarily increase your risk of having more serious complications if you do get COVID-19; however, for people in active treatment for breast or any type of cancer, there may be a higher risk for serious complications from COVID-19 if their treatments cause them to become immunocompromised (have a weakened immune system) or have lung problems.

Screening Guidelines for Women 55 to 75

The American Cancer Society (ACS) screening guidelines recommend that women ages 55 to 75 at average risk of breast cancer, with no family history, can be screened every one to two years. If you are between 55 and 75 and had a normal mammogram within the past year, you could choose to have your next mammogram up to 24 months after your last one, so that you don't have to be screened during the pandemic.

Are Mammograms Necessary for Women Over 75?

Considering that older people have a higher risk for COVID-19, some are questioning whether mammograms are even necessary after the age of 75 for women with no family history of breast cancer, and

a record of normal mammograms. The ACS recommends, "Women should continue screening mammography as long as their overall health is good and they have a life expectancy of 10 years or longer."

One study, cited by *BreastCancer.org*, confirmed the benefits of regular mammograms and emphasized that there is no upper age limit for mammograms. Again, every woman should discuss with their physician whether or not to get a mammogram during COVID-19.

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



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Saving Teeth:

Determining If Teeth Should Be Treated or Replaced

Patients every day face the decision of whether or not to have teeth treated or removed. The choice can be difficult from an emotional viewpoint as well as a functional one. In many cases, the tooth or teeth in question are not causing any pain. What may not be understood is the potential long term damage that can be caused by keeping a hopeless tooth in the mouth. A number of research articles have demonstrated the considerable impact maintaining a hopeless tooth can have on adjacent teeth and bone. It has been shown that this situation can lead to a 10x greater chance of losing a neighboring tooth and possibly increasing the cost of treatment. Understanding some basic criteria may help determine if you should consider treating or replacing a tooth in question.



In many cases, a patient is made aware of a tooth issue when a cavity develops. In some instances the issue can be corrected with a small filling. In other cases, more extensive dental work may be involved. It may be advisable to have a periodontal evaluation of the teeth being considered for treatment to be sure the surrounding bone and tissue are strong enough to maintain your investment for a good period of time. This would be similar to determining if the foundation was solid prior to building a new home. A common sense approach can be used to help make these decisions. For example, no one would want to invest in new furniture or carpets in a home that was burning down. A periodontal evaluation helps determine if the surrounding bone and gum are sufficient to support the teeth being examined.



Periodontal Evaluation:

A periodontal evaluation includes determining how much gum and bone support remains around the teeth. The painless examination typically includes reviewing a current set of dental x-rays, measuring the “gum pockets” and “gum loss” around the teeth, checking for tooth mobility and considering the amount of healthy root that remains in the bone. These parameters can help predict the prognosis of the teeth in question. There is no hard and fast rule that will give a black and white answer, but these indicators can help reveal the health of the tooth’s foundation. This information, along with the extent of the cavity present in the tooth, can be weighed together in the decision as to treat or replace the tooth.

A simple example might be a tooth requiring significant dental work that has a short root, significant bone loss, deep “gum pockets” and is loose. Clearly, this may not be the best candidate for extensive dental work as the prognosis for keeping the tooth a long time is poor. In addition, the mobility of the tooth will likely help destroy the bone in the area more rapidly, potentially condemning the adjacent tooth as well. In this situation, removing the tooth and replacing it may be a better and more cost effective option.

Compare this to a tooth with a small cavity, no bone loss, no mobility and slight gum inflammation. In this case, the tooth seemingly could be treated in a fairly conservative manner and be retained with a good prognosis.

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

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



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

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

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

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



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By Linda A. Kiley, MD

Extending Your Healthspan



Since Ponce de Leon spent extraordinary time and effort searching for the "Fountain of Youth", humans have been searching for ways to extend life and functionality. The telltale signs of aging that seem to magically (or diabolically) appear after age 40 are reminders of our mortality. Those few extra pounds, wrinkles or gray hairs are really the result of cumulative damage to our cellular functions and in particular to our DNA. As we learn more about the molecular process of aging, we begin to contemplate a method for "biohacking" our cells to create more youthful cells and slow the aging process. This has to go beyond treating the visible signs of aging with cosmetic surgery, fillers, Botox, or other superficial changes. In order to have a meaningful effect on the signs of aging, we must go deeper into the actual cellular processes that support life. One component of this process lies in the understanding and proper use of peptides.



One of the most exciting areas of research in treating multiple disorders from neurological diseases to intestinal problems, diabetes or trauma, is the multitude of naturally-occurring peptides in the body. Supplementing the appropriate peptides for the appropriate condition, in conjunction with proper nutrition and exercise, may provide a significant improvement in overall health and particularly in the area targeted by the peptides. These measures create the effect of what is called epigenetics, which refers to the environmental impact on genes.

Our cells use peptides to communicate and metabolize nutrients. When the appropriate peptides are present, they are better able to function and eliminate toxins. Any program of treatment or recovery utilizing peptide therapy should be customized for the individual and treated accordingly. A lack of understanding of the impact of varying formulations of these compounds may result in, at best, a suboptimal response to treatment, and at worst, an imbalance leading to health complications.

It is vital to understand cellular function, metabolism, and interactions with environmental chemicals whether they are produced by the body or produced in a laboratory. Cells have multiple receptors, which are like little locks on the surface and inside the cell. Ligands are things that bind to receptors to create a change in cell function. It is just as undesirable to expose the cell to an excess of a specific ligand or for



A sound understanding of the function of proper diet, proper exercise, proper nutrient balance, proper hormone balance, and optimized peptide levels is key to living our best life. Instead of dying longer, we should be living longer with good quality!

too long as it is to have a lack of that ligand. In other words, neither too much nor too little is a good thing. Our goal with peptides is to help the cell produce the correct substances leading to optimal levels of Growth Hormone, IGF-1, and other factors leading to optimal cell function without overloading the system and developing undesirable side effects, such as can be seen with administration of Growth Hormone and excessive other hormones. Hormone balance, and peptide balance, should always be the goal of any anti-aging treatment.

It's very important to understand that using any substance, nutrient, peptide or hormone is not going to have the desired effect without other lifestyle actions such as a healthy, optimized diet and regular exercise program. There is no substitute for exercise! There is no substitute for a proper diet and adequate nutrition! If these things are optimized, we can have the best effects on health and longevity.

A sound understanding of the function of proper diet, proper exercise, proper nutrient balance, proper hormone balance, and optimized peptide levels is key to living our best life. Instead of dying longer, we should be living longer with good quality! For a consultation regarding the proper use of peptides for weight management and other anti-aging therapies, call our office at **Ultra Health & Wellness, 561-671-0041.**



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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

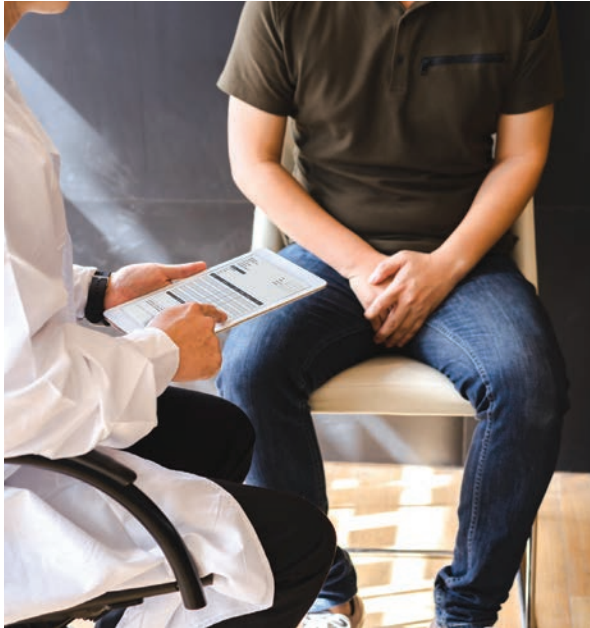
Erectile dysfunction can have a physical, neurological, or psychological cause. Physical conditions associated with ED include obesity, type-2 diabetes, metabolic syndrome, high blood pressure, high blood fats, coronary artery disease, premature ejaculation, and a deficiency of the hormone testosterone.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

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UNDERSTANDING DRY EYE AND BLEPHARITIS

Dry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women ≥ 50 years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having "dry eye", experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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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selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to

understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, *‘Let us make human beings in our image, to be like us... So God created human beings in his own image.* In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece...*” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers

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