

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

Health & Wellness[®] MAGAZINE

October 2021

South Palm Beach Edition - Monthly



FREE

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**DO YOU REALLY NEED
KNEE SURGERY?
UNDERSTANDING YOUR
OPTIONS IS ESSENTIAL**

**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?**





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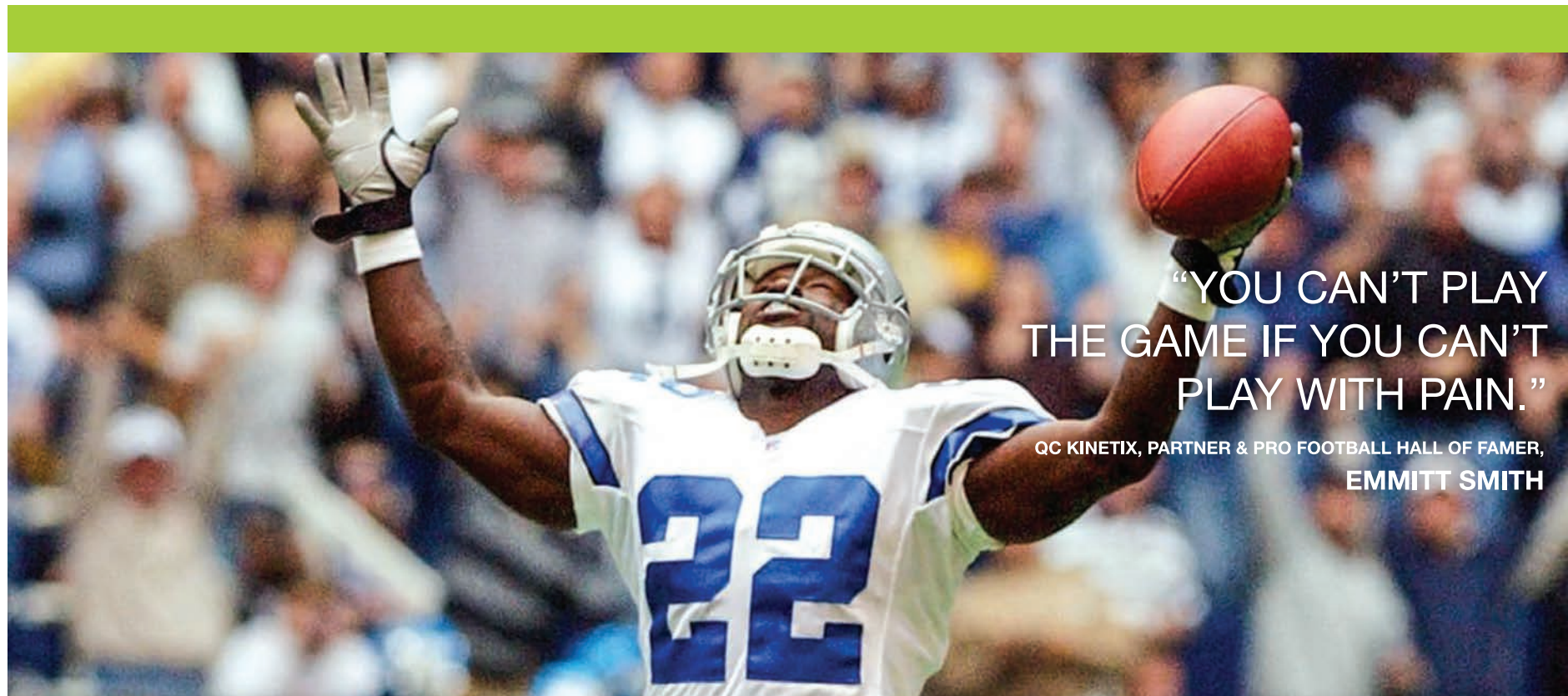
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- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- BS Cornell University 1977

Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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SCAN ME

Do You Really Need Knee Surgery?

Understanding Your Options is Essential



ONE OF THE NUMBER ONE REASONS PEOPLE VISIT THEIR DOCTOR IS DUE TO KNEE PAIN. FOR EVERY 1 POUND THAT YOU WEIGH, YOUR KNEES FEEL 3 POUNDS OF PRESSURE. IF YOU WEIGH 185 LBS., THAT IS 555 LBS. OF PRESSURE ON YOUR KNEES WITH EVERY STEP. OVER TIME, THIS ADDITIONAL WEIGHT CAN CAUSE WEAR AND TEAR, ESPECIALLY IF YOU ARE ACTIVE, HAVE AN INJURY, SUFFER FROM ARTHRITIS OR ARE OVERWEIGHT. KNEE PAIN INTERFERES WITH DAILY LIVING AND QUALITY OF LIFE. MANY PEOPLE TRY TO ALLEVIATE THEIR PAIN WITH NSAIDS (IBUPROFEN), BUT WITH REGULAR USE, THESE CAN ACTUALLY INCREASE DEGENERATION BECAUSE THEY BREAK DOWN CARTILAGE. PRESCRIPTION DRUGS ARE POOR CHOICES AS WELL, BECAUSE THESE ALSO DEGENERATE THE JOINT, AND THEY ARE HIGHLY ADDICTIVE.



So, what are your options? If you see a surgeon, they will most likely want to perform knee surgery to replace the joint. While surgery is necessary in some severe cases, it is unnecessary in a majority of cases. Unfortunately, if you have surgery before trying alternative options, you can't go back. Alternative biologic regenerative medicine should be your first choice. It has helped numerous patients avoid surgery altogether and get them back to living the life they deserve.

REGENERATIVE THERAPIES PROMOTE HEALING AND REPAIR OF CARTILAGE AND BONE TISSUE.

QC Kinetix is here to offer a better alternative to knee surgery. Many of our patients have discovered our clinics while searching for natural knee pain treatments. Our regenerative therapies can assist with all types of knee pain, whether it's due to an underlying chronic condition or a recent or even former accident or sports injury.

QC KINETIX REGENERATIVE THERAPIES

At QC Kinetix, we use natural regenerative techniques to help your knee joints heal and repair without surgery. Our alternative knee pain treatments can help reduce pain with very few side effects. The result is an improved quality of life with little-to-no recovery time. Our patients are raving about their results and the time that was saved by not having to go under the knife. Not to mention all of the potential long-term side effects that surgery can bring.

In the case of knee conditions, if regenerative therapies are not implemented, the joint integrity will worsen by significant percentages.

QC Kinetix specializes in treating knee and joint pain. They customize a treatment plan specific to each patient's condition, health, and medical history. Many of the procedures are covered under major insurance carriers.

QC Kinetix's comprehensive approach to knee pain management provides long-term relief without the need for surgery. They work with you to incorporate a treatment plan that is right for you, and they also teach patients various lifestyle changes and plans to help them avoid reinjury and to decrease the progression of their condition.

If you've been told invasive surgery is your only option, or you've exhausted your pain coping mechanisms, contact QC Kinetix today. They will provide a comprehensive regenerative medicine plan. With such a wide array of natural biological, medical treatments available, QC Kinetix makes sure to discuss all the therapeutic options with each of their patients. They treat everyone from weekend warriors and professional athletes to aging patients who want to stay active. We have extensive experience with regenerative medicine therapies and don't just mask your symptoms — We are dedicated to maximizing your body's ability to help heal and repair itself from the inside out for vastly improved function and overall quality of life.

QC Kinetix has achieved maximum results for those suffering with knee pain due to the following conditions and injuries:

- Chronic Knee Pain/Instability
- Knee Arthritis
- Bone on Bone Osteoarthritis
- Decreased range of motion
- Cracking/Popping/Snapping
- Torn ACL, MCL, LCL
- Torn Meniscus

To learn more about our regenerative medical treatments, contact us today to schedule a free consultation today.



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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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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?

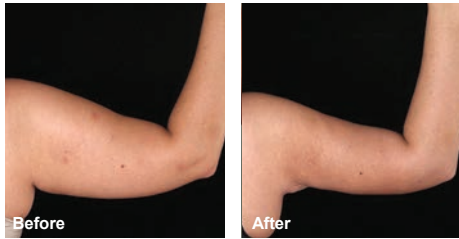
BODYTITE (treats the body)

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)

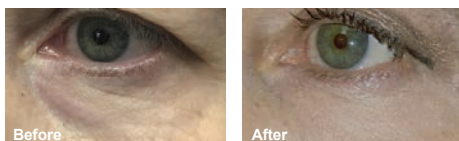
In just one treatment, FaceTite can provide significant improvements to the contour of the face and small body areas. Using RFAL technology, FaceTite is the next best thing to a traditional facelift, without the associated large scars and downtime. Any areas on the face and neck with saggy skin can be 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

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

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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Health & Wellness MAGAZINE

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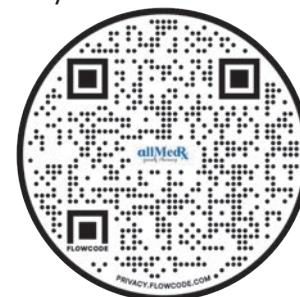
Our facility is equipped with a state-of-the-art USP <797> compliant Sterile Clean Room. AllMedRx pharmacists and pharmacy technicians are highly trained in sterile and non -sterile compounding. Specializing in sterile eye drops. We are passionate and dedicated to providing premier customer service to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

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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.

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Senior Information Centers

Helps Seniors **PRESERVE AND PROTECT ASSETS**

Developing a comprehensive plan for financial preservation is essential to help seniors avoid costly mistakes and prevent financial devastation.

Senior Information Centers, an umbrella network of licensed Florida professionals, provides comprehensive estate planning services that help seniors preserve and protect their assets. The company, with offices in Boca Raton, Sarasota and Ocala, serves seniors and their families throughout Florida.

“It’s never too late or too early for seniors to plan for protecting their assets,” said Stephen D. Wolfe, Elder Planning Specialist and Certified Senior Advisor, who founded Senior Information Centers in 2001 along with his business partner Bryan Plonsky. “They should educate themselves so they can understand their options. Many seniors may mistakenly believe that planning is very expensive, but Senior Information Centers provides an affordable way for them to preserve their valuable assets.”

The company brings together a team of experts including elder care attorneys, Medicaid and Veteran’s Administration (VA) specialists, paralegals, certified financial planners and accountants who provide a wealth of information and help seniors and their families develop comprehensive plans for asset preservation. They provide services in four major areas of concern to seniors: legal, illness, taxes and investments.

Legal services include the development of tools such as a Living Will, Durable Power of Attorney, Healthcare Surrogate Designation or HealthCare Power of Attorney (which are only \$33 each) and Deeds and Trusts.

Services related to illness help seniors reposition their estates properly to preserve assets and help them qualify for government benefits, whether for home care, assisted living facilities or nursing homes.

Tax advisors review portfolios to eliminate unnecessary taxes on investments and IRAs. While Senior Information Centers professionals are not stockbrokers with securities licenses, they deal with no-risk, tax-deferred secure investments that keep seniors’ assets fixed, guaranteed and insured.

The firm’s target clients are primarily seniors in their 70s, spouses, adult children and other family members. Senior Information Centers markets its services throughout the community to assisted living facilities,



nursing homes, caseworkers and hospital discharge managers.

“Sometimes after a medical crisis involving a hospital stay, seniors end up in rehabilitation centers with no plan of attack,” said Wolfe. “Senior Information Centers can show them all their options, rough out a plan and give them hope that assets can be preserved and benefits attained.”

Wolfe noted that the company’s professional’s turn over every rock from “today until death” to make sure an action taken today will not negatively impact their financial future.

“For example, achieving Medicaid qualifications can be a daunting task,” he said. “Giving away assets to children may trigger the five-year look back, which means the senior will not qualify for Medicaid benefits. Veterans also make mistakes with improper planning that makes them ineligible for Medicaid.”

Veterans, their spouses and their widows may be entitled to VA benefits to help offset their out of pocket medical expense. Senior Information Centers helps clients regardless of their level assets or income. The attorney offers reasonable fees for development of legal documents or planning services. There is

no cost or obligation for consultations. Telephone consultations are available for clients’ families who live out of state.

Currently, Senior Information Centers serves 8,000 clients in Florida. Frequently, business comes from word-of-mouth referrals.

“Your involvement with us through the various challenges we faced, which extended even beyond our father’s ultimate passing, was most exemplary and supportive,” wrote a client’s adult children. “We are truly thankful that someone who has a caring attitude, knowledge and resources to help manage elder-care issues is available for families struggling with these emotionally charged issues.”

Stephen and Bryan stress the importance for seniors to have a full, comprehensive plan to preserve and protect their assets – not just piecemeal documents here or there. “In every area, there’s a way seniors can be robbed of their dollars.” “We show them how to protect their assets in every aspect of their life.”

**For additional information about
SENIOR INFORMATION CENTERS,
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or call 800-731-8784.**



By Aaron Rosenblatt, MD

Pain Management for Facet Joint Pain: Radiofrequency (RF) Ablation/Rhizotomy

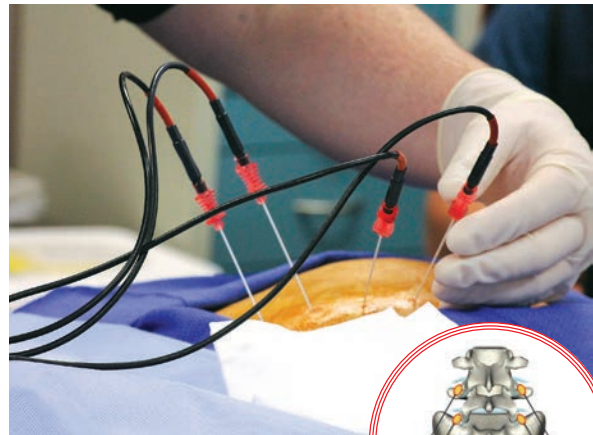
Neck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can easily be treated by a qualified Interventional Pain Management Specialists, like Dr. Aaron Rosenblatt. Aaron Rosenblatt, MD is a board certified medical specialist whose brand new state-of-the-art facility is located conveniently in the heart of Delray Beach, FL. He has been successfully treating patients in south Florida now for over 12 years. Patients also come from all over the country to see Dr. Rosenblatt due to his expertise in spine pain, joint pain (knee, hip, shoulder, wrist and ankle) and their treatment options. Spine pain from arthritis of the neck, mid back and low back are the most common pain syndrome he sees among his patients and he wants to spread awareness how this issue can be treated.

Before a RF rhizotomy is performed, the pain generating facet joint nerves have been identified by means of a diagnostic injection, such as a facet joint or medial branch nerve block. Other tests may include MRI. Since the medial branch nerves do not control neck or low back muscles, it is not harmful to disrupt or turn off their ability to send signals to the brain conceived as pain.

RF ablation is a precisely targeted injection that works by creating energy to destroy a facet joint's medial branch nerve. Relief from pain and related symptoms may last a year or longer. However, the medial branch nerve root regenerates (grows back) and facet joint pain may come back in years time. Results vary from patient to patient. For example, if there is instability at the segment where the RF neurotomy is performed, pain relief and its duration is less.

BASIC FACET JOINT ANATOMY

Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left



and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint is innervated by a medial branch nerve. The medial branch nerves control sensation to the facet joint. These nerves DO NOT control sensations or muscles in your arms or legs and therefore are safe to treat.

WHAT TO EXPECT DURING AND AFTER THE PROCEDURE

The procedure is performed in a sterile setting similar to an outpatient procedure suite.

Your injection site is cleaned and draped. Skin numbing medication is injected and given time to take effect.

Dr. Rosenblatt uses fluoroscopic guidance (real time x-ray) to guide the needle electrode beside the medial branch nerve. Through the electrode, mild electrical current (radiofrequency) stimulates the medial branch nerve. As the electrode is energized, the nerve is changed so the patient's arthritic spine pain will improve.

After the procedure, the patient is moved to the recovery area where our medical staff continues to monitor you if needed.

You may be discharged home following your RF ablation. Our medical staff provides you with written aftercare and home instructions.

BENEFITS OF RADIOFREQUENCY ABLATION INCLUDE:

- Pain relief for up to 2 years
- Significant and longer lasting pain relief compared to steroid injections
- Low complication and morbidity rates
- Appreciable pain relief compared to surgery: Nearly half of back pain sufferers are not helped by surgery
- Greater range of motion
- Lower or no use of analgesics (pain meds)
- Improved quality of life
- No significant recovery time

Dr. Rosenblatt explains, "This procedure is so valuable to help people of all ages virtually eliminate their arthritic spine pain. It is great for neck and lumbar spine. It has saved people from requiring spine surgery. It is simple to perform and provides life changing relief."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 15 years with great success. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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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.

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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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It's evident that that lotions and potions are never going to correct the underlying weakening of the facial, neck and décolletage muscles and collagen fibers. When sagging skin, dullness and lack of elastin are taking a toll on maturing faces, Alma Lasers ClearLift™ is the answer many people have been waiting for.

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- **Virtually Painless** - patients report a comfortable, skin resurfacing experience.
- **No Downtime** - after a ClearLift treatment, patients can immediately return to their daily life.

Alma Lasers introduced ClearLift to serve the thousands of patients who desired the results of skin resurfacing without the usual post treatment recovery time and pain associated with traditional skin resurfacing.

ClearLift patients report visible improvement in their skin's appearance in as little as one treatment.¹

References

1. Alma Lasers, Clearlift, The Virtually Painless Alternative to Skin Resurfacing, Buffalo Grove, ILL, 2017 almalasers.com

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



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

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

Why Medicate When You Can CURE?

Simply Men's Health has revolutionized the standard of care by introducing and developing the ground breaking RejuvaWAVE® and RejuvaEnhancement™ Procedure to CURE ED and Peyronie's. Traditional ED Treatments such as the "blue pill" just offer a "band aid" approach to mask the condition, while the underlying disease and degenerative age-related erectile dysfunction continues to progress until eventually the



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- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

pills stop working. Their exclusive, state-of-the-art RejuvaWAVE® (acoustic-pressure wave) combined with RejuvaEnhancement™ Procedure (PRP Pshot®) repairs damaged tissues and stimulates the regrowth of new blood vessels. Thereby helping to REVERSE and CURE the underlying cause of Erectile Dysfunction and Peyronie's.

Simply Men's Health is the leader and pioneer in the field of Men's Sexual Health, and changed the way Erectile Dysfunction was treated in the United States. Simply Men's Health was the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men's sexual health by combining RejuvaWAVE® with the state-of-the-art RejuvaEnhancement™ P-Shot® Procedure to help reverse the inevitable aging process and treat ED and Peyronie's Disease. Peyronie's is a build up of scar tissue in the penis that causes a curvature or bend in the erected penis. This disorder typically causes a great deal of pain during intercourse.

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

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

The RejuvaWAVE® is revolutionary, non-invasive, and HEALS THE UNDERLYING CAUSES OF ED.

Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. Our treatment is about helping men return to their younger healthier selves, and enabling a spontaneous, active sex life.

RejuvaEnhancement™ PRP P-Shot®

RejuvaWAVE® stimulates your body's own healing response and stimulates the growth of new blood vessels and renews tissue in the area treated. The RejuvaEnhancement™ Procedure uses the growth factors from your own body to activate your own body's stem cells and restorative healing capacity.



Enhance Size as well with the P-Shot®

The RejuvaEnhancement™ Procedure works synergistically with and exponentially magnifies the restorative effects of RejuvaWAVE® to restore one's sexual vitality. Imagine be able to enjoy a spontaneous and active sex life again. No more pills. Also, this procedure can increase both the length and girth of the penis by up to one inch.

Journal of Sexual Medicine publishes new study June 2021:



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Helps Men
with Erectile
Dysfunction**

Simply Men's Health is a certified provider of the P-Shot®

P-Shot® procedure — which uses PRP improves the circulation, nerve conduction, and collagen production and so to improve the health of tissue in over thirteen thousand research papers in multiple tissue types.

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Imagine enjoying sex again with your loved one in just one visit. Simply Men's Health has customized Intracavernous Pharmacotherapy (ICP) which can give you back you love life in ONE VISIT. 98% success rate Results guaranteed or the visit is free!

How to Get Started?

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



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WHAT OUR PATIENTS ARE SAYING:

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

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

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



What Would You Do if Your Brain Worked Better?

Change is a scary concept. No matter how bad or uncomfortable we feel or how difficult it becomes for us to function, the idea of change is sometimes an impossible one to imagine.

“WE CANNOT BECOME WHAT WE WANT BY REMAINING WHAT WE ARE.” MAX DE PREE.

We identify so deeply with our symptoms and diagnosis, we incorporate them into our personality, they become our identity. I meet people often who describe themselves by their diagnosis. They might say “I’m anxious, I’m depressed, I’m obsessive”, etc. Somehow, when our brain is struggling with dysfunction or rather, dysregulation, we either disconnect from it and live in a state of denial or we attach to it and make it a personality trait. Why does this matter? Imagine, if I see myself as loving, I am going to resist any attempt to change that. I am not going to easily or willingly allow anyone to make me different any may even say “I’m not going to let this (or you) change me. The same will hold true for my dysregulations. If I describe myself as anxious or depressed, I am not going to let go of that identity, regardless of how dysfunctional or destructive

it might be or how badly I want it to be different. The stress of change then becomes the fuel that ignites the symptoms. Reducing anxiety can cause anxiety.

I was inspired by a client who feared Neurofeedback would “change his brain and change his personality”, and his fear and resistance of changing his personality outweighed his feelings of uncomfortableness from anxiety so much, that even the thought of change caused his anxiety symptoms to soar. His inability to follow through with change, no matter how positive, is why I am writing this article to explain the process, goals, and expectation of Neurofeedback treatment.

I believe our first task is to define the symptoms (or diagnosis) that we are identifying as part of our personality. What are anxiety disorders, depression disorders, obsessive-compulsive disorders, attention-deficit disorders, oppositional defiant disorders, bipolar

disorders, learning disorders, processing disorders, etc.? We call them “disorders” to indicate that “things are not how they should be”. And this is exactly what we see when looking at neuron firing patterns with Neurofeedback, disorder. Therefore, regardless of which “disorder” you have been diagnosed with, the issue in the brain is similar. Your brain is not in “order”.

NEUROFEEDBACK HELPS THE BRAIN RESTORE “ORDER”.

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60’s. It is exercise for your brain by allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. The concept of Neurofeedback is similar to yoga. This is why we call it “Brain Yoga”. Some of the physical goals of yoga are to become more balanced and flexible. Neurofeedback has a similar goal. Looking at neuron firing in conjunction with symptomatology we can identify areas of the brain that are not balanced or flexible and “train” the brain to become more balanced and flexible. It is this inability for neuron firing patterns to “move” or “perform” appropriately that causes symptoms of dysregulation, dysfunction, and “disorder”.

HOW DOES IT WORK?

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance or not flexible. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through the auditory reinforcement of "beeps" and at times, through visual recognition of the changes on the screen

It is important to understand that the neurofeedback approach does not "change" your brain or your personality. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle "challenges" and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time. This allows your brain to "work better".

This brings us back to our original question. **What would you do if your brain worked better?**

IMPROVEMENTS YOU MAY SEE WITH NEUROFEEDBACK TRAINING

A goal of Neurofeedback training is to teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. Examples of those positive changes may be:

- Improved Sleep patterns/quality of sleep
- Energy levels are calmer or more activated
- Increased Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues improve
- Improved Mood or Emotional Control
- Motivation and Organization Improves
- Feelings of Well Being
- Obsessive Behaviors or Thoughts Decrease
- Improved Memory/Cognitions
- Decreased Anxiety Patterns or Trauma Patterns
- Better Coping
- Increased Regulation
- Improved Learning, Communicating, and/or Performance

When your brain functions better, the **What Would You Do** possibilities are endless.



HOW DOES A "BEEP" OR SOUND TRAIN MY BRAIN TO WORK BETTER?

The auditory or sound reward that corresponds to more ordered, balanced and flexible brainwave activity, affects the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the Vagus Nerve and Vestibular System, and has many connections to the Reticular Activating System, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

WHAT TYPES OF CONDITIONS/DISORDERS DOES NEUROFEEDBACK HELP?

Symptoms of these conditions, among others, can improve through neurofeedback training:

- Anxiety • Sleep disorders • Depression • ADD/ADHD
- Sensory processing disorder • Bipolar disorder
- Seizure disorders • Auditory/visual processing
- Chronic pain/Fibromyalgia • Migraines/headaches
- Traumatic brain injuries • Stroke Cognitive decline
- Peak performance • Oppositional defiant disorder
- Rages/mood swings • Attention/focus/concentration
- Reactive attachment disorder • Autism/Asperger's
- Learning disabilities • Obsessive compulsive disorder

HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?

As the brain learns, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to see changes and we can discuss what to expect during the intake appointment. For adults changes are usually noticed

within 10 sessions. Total treatment is an average of 40 sessions, however we individualize treatment – some people need more and some less.

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all your questions, and help you get scheduled. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at **info@bocabraincenter.com**, or text us at **(561) 206-2706** or visit our website at **www.BocaBrainCenter.com**. We can't wait to see **WHAT YOU CAN DO!**

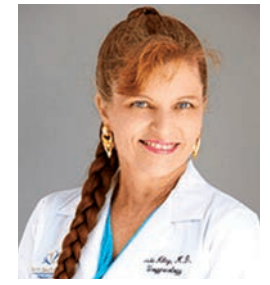


Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology/Mental Health Counseling from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At the Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.



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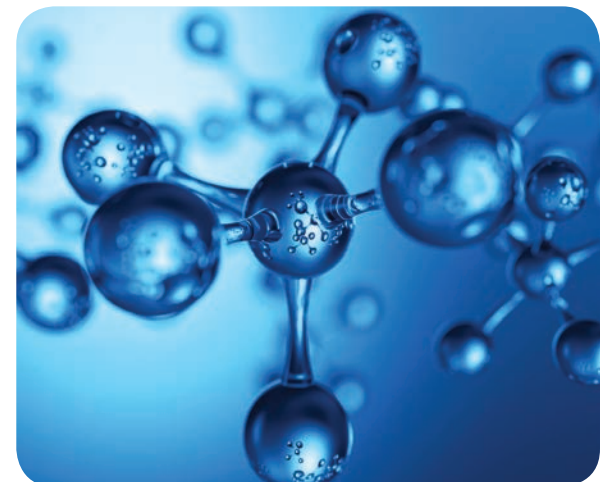


By Linda A. Kiley, MD

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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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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