

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

Health & Wellness[®]

MAGAZINE

November 2021

North Palm Beach Edition - Monthly

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FREE



**HOW DOES YOUR GARDEN GROW?
GOOD SCALP HEALTH PLANTS
THE SEEDS FOR GREAT HAIR**

**HAPPY UNIVERSAL CHILDREN'S DAY
ALLERGIES CAN AFFECT YOUR COPD**

**A SUPERIOR TECHNOLOGY &
IS ALL THE RAVE FOR TREATING
FINE LINES & WRINKLES**

**NAVIGATING
THE MEDICARE PUZZLE**

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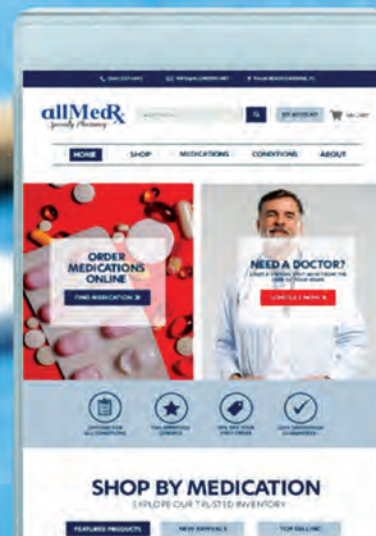
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SCAN ME

Reduce Your Risk of Lung Cancer

While the number of cases and the number of deaths from lung cancer have declined dramatically over the past decade, lung cancer is still the leading cause of cancer deaths in the United States in both men and women. According to the American Cancer Society, more people die of lung cancer in a year than from breast, prostate and colon cancer combined; however, there are several ways to reduce your risk of lung cancer.

AN OUNCE OF PREVENTION . . .

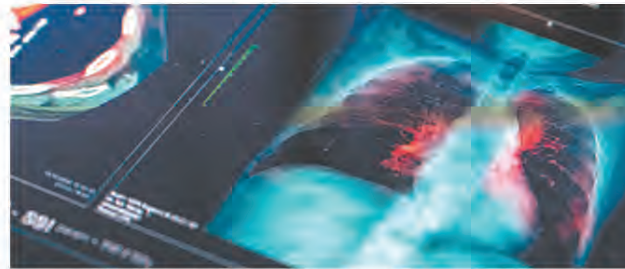
Approximately 85% of all lung cancer occurs in people who smoke. So it stands to reason that one of the best ways to reduce your risk of getting lung cancer is to never begin smoking, or to stop smoking as soon as possible. Tobacco in all forms increases your risk of various types of cancer; chief among them is lung cancer. There are many programs to assist with smoking cessation. Discuss these options with your doctor to determine which method is best for you.

EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 18.6%, unless it is detected early, according to the American Lung Association. However, if the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 56%. So your chances of surviving lung cancer are three times greater when it is detected early.

Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

Through the use of low-dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes incurable, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest X-rays. Screening is recommended for people with a history of heavy smoking, defined as 30 pack years or more. A pack year



Lung cancer patients are NOT more susceptible to COVID-19, but if they get it, they are more likely to have complications because of their underlying disease. Due to this increased risk, lung cancer patients should be extremely vigilant about preventing the disease.

means smoking an average of one pack of cigarettes per day for one year (for example: one pack per day for 30 years or two packs per day for 15 years). Check with your physician to see if you could benefit from a CT lung scan.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.

LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. These are especially important for older patients who may have other health problems, and doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

World-Class Cancer Treatment Close to Home

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

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



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HOW DOES YOUR GARDEN GROW?

Good Scalp Health Plants the Seeds for Great Hair

by Alan J. Bauman, MD, ABHRS

Let me ask you something.

If you planned to create a garden, would you examine the soil first and enhance it if necessary before you planted the first seed?

If you answered “yes,” then you’re going to “get” what this article is about. It might even prompt you to think about something you’ve never given much thought to – the condition of your scalp.

Scalp health is probably one of the most important factors there are in growing a beautiful, healthy head of hair, yet it’s something most people never think about – you know, out of sight, out of mind.

Most people only pay attention to their scalp when a problem crops up that they can’t ignore: dry or oily hair, itchiness, flaking (dandruff) or even sensitivity that’s noticeable when you comb or brush. These factors all negatively impact the health of your follicles and interfere with their “job” of growing healthy hair.

But let’s say you don’t have any of the above issues. Should you stop reading right now?

Before you answer (and before you stop reading), think again about your “garden.” Which will give you a better result? Ignoring the growing conditions and dealing with problems after they show up or enhancing the conditions from the start and doing what you can to prevent issues?

There’s irrefutable evidence that optimizing your scalp health will benefit your hair, and helping our patients have the best hair possible is central to the mission of my practice. Healthy hair starts with a good foundation.

And that’s why I created SalonB for both men and women.

Headed by Certified Trichologist and licensed cosmetologist Kimberly Jenkins WTS, SalonB offers crucial services that provide intrinsic elements of growing the best quality hair possible. For many patients, especially those concerned about a specific issue or who just want to make sure all’s well, it starts with a tricological (scalp) evaluation.



What is Trichology? (try-KOL-oh-gee)
The scientific study of hair and scalp health – often specifically as it relates to hair loss.

TRICHOLOGICAL EVALUATION

This 60-minute service consists of an in-depth evaluation of, you guessed it, your scalp. It addresses every possible aspect of scalp health including:

- Determining the acid mantle (pH) balance of your scalp
- Sebum production and hydration status (is it too oily, blocking the hydration element? Is it too hydrated, impeding the secretion of oil?)
- Measuring your scalp’s elasticity
- Microscopic photos to see what’s happening on your scalp (looking for inflammation, dandruff, and other abnormalities like evidence of microorganism overgrowth)
- Asking questions about your lifestyle, health and your stress levels

Analysis in hand, Kimberly then formulates a treatment plan and perhaps recommends a Scientific Scalp Makeover™ (see below). She often recommends some high-quality hair products, too, that we’ve carefully chosen for you that will help, not hinder, the health of your particular scalp. Note: Everyone’s scalp is as unique as a thumbprint and it can change over time. These recommendations take the guesswork out for you. You won’t encounter this type of hair product customization by speculating on what your scalp issues are and reading labels on over-the-counter products that end up being exactly what you shouldn’t be using.

SCIENTIFIC SCALP MAKEOVER™

Scalp Makeovers are for everyone, not just for people who had a trichological evaluation. Lots of our patients come just for the chance to relax and unwind with a therapeutic, 90-minute-to-three-hour session in our “head-spa” room.* We dim the lights and provide a variety of soothing treatments including:

- Aromatherapy treatment
- A customized scalp mask treatment for optimum scalp health and hair beauty
- A deep scalp massage to stimulate and purify the scalp, and increase circulation
- Deep cleansing shampoo
- A customized conditioner or hair mask

*(Warning: these sessions are so relaxing you may fall asleep).



During a Trichological (Scalp) Evaluation, state-of-the-art technology is used to measure pH balance, sebum levels, and scalp elasticity, and microscopic photos to look for any scalp abnormalities.



A “Scalp Makeover” is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles.

CNC HAIR REPLACEMENT

Also available in SalonB is the CNC hair replacement system by Cesare Ragazzi, and it’s unlike any other you’ve ever heard of. You can wash, dry and style your hair as if it were your own and enjoy an active lifestyle with no impediment (or embarrassment) whatsoever.

Typical candidates have experienced severe baldness due to a large lesion or injury, an autoimmune condition, or from life-saving medical treatments like chemotherapy. The CNC hair replacement system is a non-surgical medical-grade hair prosthesis that can be used as either a short-term or long-term hair replacement option.

Do you have questions or are you ready to find out more about how the services of SalonB can help you? Call us at **561-220-3480** today to book your appointment.

And, by the way, these sessions are more than an indulgence. They’re a necessity for people whose hair isn’t responding like it used to. Your scalp is skin, too, so treat it like skin.

A scalp makeover is beneficial whether you’ve had a hair transplant, are using our other services, are concerned about your hair quality or simply enjoy an occasional indulgence.

And here’s something else SalonB offers.

AT BAUMAN MEDICAL WE HAVE SOMETHING FOR EVERYONE INTERESTED IN IMPROVING THEIR HAIR HEALTH. HERE ARE SOME OF THE ADVANCED TOOLS AND TREATMENT OPTIONS WE OFFER:

- Minimally invasive, permanent, no-linear-scar follicular unit excision/extraction (FUE) hair transplant using SmartGraft®, NeoGraft®, ARTAS robotic-assisted, or the newest No-Shave VIP|FUE™.
- High-Density Platelet Rich Plasma (HD-PRP) “Vampire” Hair Regrowth Therapy with Extracellular Matrix (ECM)
- PDOgro™. Implanted PDO polydioxanone threads for hair growth
- Non-surgical 3D-printed hair systems or cranial prostheses
- Compounded Formula 82M Minoxidil - a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil – designed to reduce the risk of side-effects from oral finasteride (Propecia).
- Low-level laser therapy. FDA-cleared, drug-free, side-effect-free hair regrowth using a powerful physician-only device such as the Bauman “Turbo” LaserCap devices for at-home use
- Vitamins, nutritionals and nutraceuticals: SuperBiotin, Nutrafol & BaumanMD System for Hair Wellness
- TrichoTest™ Genetic Testing – determine what medications or treatments might be more effective in your individual hair loss situation.
- Hair loss risk management – the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

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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Sofwave comfortably delivers Synchronous Ultrasound Parallel Beam SUPERB™ technology, providing a reduction in fine lines and wrinkles and restoration of natural smooth skin features, no matter the skin type.

WHAT IS SOFWAVE?

Starting in our mid-20's, collagen and elastin starts to break down causing our skin to wrinkle. Sofwave is a new, clinically-proven, no downtime, non-invasive approach to rebuilding collagen.

Sofwave is FDA cleared for the treatment of fine lines and wrinkles. Sofwave uses a unique delivery form of ultrasound waves, enabling a fast and safe treatment for all ages and skin colors and can be done on all facial and neck areas.

HOW DOES SOFWAVE WORK?

The depth for treating wrinkles is 1.5mm under the skin. Our unique, Synchronous Ultrasound Parallel Beam Technology SUPERB™ generates heat at this exact depth in the mid-dermis. Additionally, there

is an integrated cooling SofCool™ mechanism that protects the uppermost skin layer from burning. The impacted treatment zones stimulate a healing response, called neo-collagenases, which increases and regenerates the collagen in the skin, leading to the reduction in fine lines and wrinkles.

HOW LONG IS A TYPICAL SOFWAVE TREATMENT?

The treatment itself is fast, taking approximately 30-40 minutes for the full face and neck region.

sofwave™



HOW LONG DOES IT TAKE TO SEE RESULTS?

Immediate results can be seen as soon as 1 week following the treatment. However, the collagen regeneration process can sometimes take up to 12 weeks, so patients are expected to see ongoing improvements in the 3-month period after their treatment.

HOW IS SOFWAVE DIFFERENT FROM OTHER COSMETIC PROCEDURES?

Today there are various energy-based technologies designed to treat facial lines and wrinkles, among them: ablative and non-ablative laser technology, Intense Pulsed Light (IPL), radiofrequency devices and High Intensity Focused Ultrasound (HIFU). Yet, the need for non-invasive aesthetic treatments with proven efficacy, safety and minimal downtime, are still unfulfilled. The more aggressive options can cause damage to the upper skin, which in turn, requires a long healing period and considerable downtime. In addition, there is a higher risk of side effects, including discoloration and discomfort. Even RF micro needling treatments, that have recently become popular, can be uncomfortable, risky and require lengthy downtime. On the other hand, other non-invasive solutions haven't shown adequate results. High Intensity Focused Ultrasound (HIFU) has also become an accepted mode of treatment for treating wrinkles. This treatment has been associated with multiple drawbacks, among them, limited treatment areas, longer treatment times, excessive pain and additional adverse effects, such as burns and injury to nerves. Sofwave's unique technology protects the skin surface with a cooling

mechanism and the treatment is effective and safe for most patients. There is no downtime or pain post treatment.

MD BEAUTY LABS & WELLNESS CENTER

MD Beauty Labs offers groundbreaking technology for their patients that provides surgical-like results with no incisional scars, less downtime, and long-lasting results. 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**.

Source: Sofwave.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 and array of anti-aging, functional medicine, cosmetic and laser therapies.

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Navigating the Medicare Puzzle

DOES MEDICARE CONFUSE YOU? YOU ARE NOT ALONE. MEDICARE IS A COMPLICATED PROGRAM. WISELY MANAGING YOUR MEDICARE BENEFITS STARTS WITH UNDERSTANDING THE FACTS. AGE 65 IS AN EXCITING TIME IN YOUR LIFE. IT'S THE BEGINNING OF A WHOLE NEW CHAPTER THAT ENCOMPASSES THE WHOLE YOU (BODY, MIND AND SPIRIT).



Aetna Medicare is more than a typical insurer; we are a health company and we are devoted to helping you realize your health ambitions, big and small. We hope to join you in your health journey by turning your ambitions into achievements so you can age actively.

HOW DO YOU KNOW YOU'RE GETTING THE BEST ADVICE?

Guidance and support go a long way towards achieving your best health. That's why Aetna representatives help simplify Medicare and connect you to the right coverage, resources and care.

WHAT DO I NEED TO KNOW ABOUT MEDICARE?

Medicare is a sophisticated system, but maneuvering your way through the maze is the tricky part. You'll want to have the best coverage based on what your income will allow.

MEDICARE HAS SEVERAL PARTS:

- Part A (hospital)
- Part B (physician & out-patient services)
- Part C (Medicare Advantage Plan)
- Part D (prescription drug coverage)

Because (Original) Medicare only covers approximately 80% of Part B expenses, most individuals will need to enroll in supplemental coverage to cover the cost associated with outpatient services. We understand that a total



approach to health and wellness may be different for each of our members. That's why we offer a choice of Medicare Advantage, Medicare Supplement and Prescription Drug Plans (PDP) for supporting your unique health ambitions.

Having the right amount of coverage is key to taking care of the whole you. That's why we offer Medicare Advantage plans that cover your doctors (Part B), hospitalization (Part A) and prescription drugs (Part D) in one simple plan – some with added benefits for dental, vision care and fitness. Medicare Advantage includes PPO & HMO plans, which have co-pays or deductibles instead of the 20% balance that Medicare does not cover. The benefits depend upon the plan you select.

A Medicare Supplement plan (sometimes called, MediGap) may help protect your savings and peace of mind. Aetna Medicare Supplement plans are designed to fill the coverage gaps left by Original Medicare and place a firm limit on how much you pay each year. One of the benefits of pairing a Medicare supplement insurance plan with Medicare is the flexibility. You can use any doctor or hospital that accepts Medicare, and a network does not limit you. We have

several plan options in Palm Beach county for you to choose from, including plans with dental benefits such as fillings, crowns, dentures, implants, X-rays, cleanings and more.

If you do choose a Medicare Supplement, it is important to add an additional PDP to cover your Prescriptions. Medicare Supplement plans do not include prescription drug coverage.

Sometimes feeling your best requires the right combination of prescription drugs. Since Medicare has no coverage for Part D, Aetna Medicare has a range of PDPs to support your health ambitions. They include a 60,000-strong pharmacy network. And, with a broad list of covered drugs – changes are good yours are on it.

HOW DO I FIND OUT MORE?

At Aetna Medicare, we understand the more you learn the more you know. In fact, Aetna has a legacy of caring for the whole person, providing care, trust and access to Medicare coverage since 1966. And, Aetna representatives advocate for our members' best health by helping them get the most from their benefits, building trust and always providing a clear path to care.



Lisa Sachs

Lisa Sachs is a licensed Field Sales Representative in Palm Beach County and has been a proud Aetna employee for ten years. She loves working with the senior community and is passionately dedicated to her clients. Lisa assists people with Medicare parts A and B, with enrollment in the HMO, PPO, POS and SNP (special needs plans for those with Medicaid) offered by Aetna. Her duties don't stop there though as she also specializes and assists members to see if they possibly qualify for additional government programs offered by the state of Florida such as Medicaid and the Extra Help program through Social Security. She believes in always being as available as possible and insists upon the highest level of customer service. "Sometimes just picking up your phone and sincerely showing that you care, is all someone might need at the moment", she says. "She makes a point to do just that by keeping her phone close to her at all times and even taking calls on weekends and holidays. "I feel the need to treat my clients the way I would want someone to treat my Mother or Father. Medicare can be a bit confusing and she prides herself on taking as much time as needed to fully explain the benefits of each plan and the enrollment process. For a phone or in house appointment Lisa can be reached at your convenience seven days a week at **(561) 818-4205**

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HAPPY UNIVERSAL CHILDREN'S DAY



HEY MOM AND DAD, PARENTING IS FAR FROM EASY.
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want you to know you are doing a great job!

In 1954, the United Nations declared November 20th as Universal Children's Day to promote awareness of children's welfare. As a community pharmacy, we want to do our part in ensuring accessibility to affordable health care by providing generic FDA-approved medications at a low cost. As an independent family-owned pharmacy, we understand parents have enough stress and believe that worrying about the cost of your child's medication can be a burden at times. Our pharmacy wants to alleviate that worry and assure you the price you see is the price you pay. We strive to be the difference we wish to see in the world and have initiated a discount code just for your kids. By visiting our website, allmedrx.org, and inputting KIDS10 at checkout will save you an additional 10 % on your total order.



AllMedRx Specialty Pharmacy is a Brick-and-Mortar independently owned compounding pharmacy, proudly licensed in 45 states. We have been servicing our community locally and nationally since 2013. Our mission is to make generic FDA-approved prescription medications accessible to all at an affordable cost without compromising quality.

All our medications are sourced from the most reputable wholesalers in the United States. We love our patients and see them as an extension to our family.

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

Our patients' security and privacy are of utmost importance. To us, confidentiality is imperative to all parties involved. While many online pharmacies are illegitimate our HIPPA

compliant pharmacy is LegitScript certified. This badge provides our patients with a trusted and recognized stamp of approval for legitimate and safe health merchants. AllMedRx eliminates the need to order medications from outside of the United States by offering cost-effective prices. Medications that you can trust at a price that will help you confidently apply your healthcare dollars in a safe and secure environment. AllMedRx will guarantee the authenticity of all of our prescription medications ensuring the medication ordered is the medication dispensed.

***I'm sure at this point you're asking yourself,
"How do I place my order?"***

Rest assured, you can drop off your prescription in-store or order online at Allmedrx.org. You can pick up your medication in-store or have it shipped to your doorstep in a discrete unmarked package, the option is yours!

Have any questions? No worries, give us a call today at **561-557-1645** and one of our pharmacist or pharmacy technicians will be more than happy to better assist you!

561-557-1645 **Allmedrx.org**



AllergywoRx™

Coughing? Wheezing? Gasping for air?

ALLERGIES CAN AFFECT YOUR COPD

November is National COPD Awareness Month. At AllergywoRx, we strive to educate our patients on mindfulness of their bodies and its functions. Our mission is to make a difference by providing the best care possible with breakthrough therapies and attentive customer care. We urge you to speak with your medical provider should you have any concerns with your body's performance.

The CDC defines COPD or Chronic Obstructive Pulmonary Disease, as a *group of diseases that cause airflow blockage and breathing-related problems*, which include emphysema and chronic bronchitis. It is noted that individuals who smoke as well as being exposed to allergens add to a person's risk for COPD. It is diagnosed via a breathing test called Spirometry. Despite the fact, there is no cure for COPD it is one of the most preventable and treatable respiratory conditions.

How can treating your COPD and Allergies make your breathing easier?

Individuals suffering from COPD have to be vigilant in avoiding all triggers that can cause difficulty breathing. Most importantly avoid smoking, other inhalants, lung infections such as the flu and pneumonia. Additional triggers are environmental allergies and food allergies, as allergic reactions can be life-threatening by significantly increasing the disruption to the already difficult task of breathing.

For those with difficulty breathing obtaining the necessary levels of oxygen feels like a luxury, breathing with ease is a luxury. Ask your doctor about how treating your allergies can significantly help in easing the act of breathing. Facilitating the action of breathing with ease can cost thousands of dollars per year for those who suffer from COPD. At AllergywoRx we have had great success at saving our patients hundreds of dollars on over-the-counter medications antihistamines and overpriced inhalers since they've started our allergy program. Allergies don't need to be a part of your life! We are here to help, and we will work with you and your doctor to effectively manage your allergy symptoms, so you may enjoy a better quality of life.

AllergywoRx provides personalized allergy medication therapies that cater to the unique needs of patients suffering from allergies, throughout the nation. By working directly with the physician and the patient, we strive to develop the best action plan for each individual.

Per The Cochrane Library Sublingual immunotherapy allergic rhinitis, 2010 "[Immunotherapy] is the only known treatment that modified the immune response and treats the cause rather than the symptoms". If you are one of the millions of Americans who is wanting exceptional quality of care look no further.

Don't want to leave the comfort of your home to talk to a doctor about your allergy symptoms? Schedule a telehealth visit at AllergywoRx.org and a telehealth physician can better assist you.

Today, the convenience of home delivery has become an integral part of our lives. AllergywoRx delivers your medication right to your doorstep.

PHYSICIANS BECOME A PROVIDER!

In just 3 easy steps you could be on your way to generating additional revenue and with a turn-key allergy program while also providing positive patient outcomes! Our allergenic extracts are exclusively handled at allMedRx Specialty Pharmacy's state-of-the-art USP <797> sterile compounding lab.

1. Complete our contact form at AllergywoRx.org or call us at 888-508-5110 to learn the simple steps to prescribe allergy immunotherapy.
2. Screen & test your patients: use our easy-to-administer, turn-key allergy test program (Environmental, Food, or Ocular Allergy Test Kit)
3. Prescribe allergy treatment. Your patient's allergy therapy will be prepared at AllMedRx Specialty Pharmacy's state -of-the-art USP <797> sterile compounding lab.



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for Knee Arthritis Relief**



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

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

Causes of knee osteoarthritis

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

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

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

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

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

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

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

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

Why do knee injections often fail?

What is different about the Supartz procedure?

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

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

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



Benefits

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

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

**ADVANCED SPINE
&
JOINT INSTITUTE**

10233 Okeechobee Blvd, Suite B-6

West Palm Beach, FL 33411

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advancedspineandjoint.com

Gum Disease

a Risk Factor for Heart Disease?



Over the past number of years, more and more research studies have been discussing the possible link between periodontal disease (gum and jaw bone disease) and other significant medical conditions. Periodontal disease includes a number of conditions ranging from Gingivitis (swollen gums) to Periodontitis (the loss of jaw bone that can lead to tooth loss). Some of the studies have started to link periodontal disease to more broad medical issues such as cardiovascular and pulmonary diseases.

A recent study reported in the European Journal of Preventive Cardiology (April 9, 2014) discussed periodontal disease as a possible risk factor for cardiovascular disease. The article summarized a very large study of patients (15,828 patients) from 39 countries with cardiac disease. It is believed to be the largest known study evaluating gum disease in patients with coronary disease.

The study reported more risk factors and biological indicators for cardiovascular disease with patients demonstrating increased tooth loss and bleeding gums. In short, the report suggests that there may be a link between periodontal disease and coronary disease. At this point, it has not been proven that there is a direct “cause and effect” relationship between the 2 diseases. Many studies have demonstrated a relationship between gum and heart illnesses.

What Can You Do?

It is important to continually (once or twice a year) see your dentist or periodontist for a complete periodontal evaluation. This painless examination includes measuring around the teeth to determine if the gums

are inflamed or if jaw bone loss is occurring. A recent, complete set of dental x-rays are also used to help determine if the disease is present. A prominent national study demonstrated that gum disease is much more common than we used to believe. It has been shown that over 50% of people over the age of 30 have some form of periodontal disease.

Should it be determined that you have periodontal disease, a variety of forms of treatment are available. Earlier forms of the disease may be treated with periodontal maintenance (“cleanings”). More advanced forms often are treated with conventional procedures or more recently LANAP (laser therapy). The overall goal of any periodontal therapy is to help maintain health, keep your teeth and hopefully prevent an increased risk for other medical issues such as cardiac disease.

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 and treat periodontal disease without the use of traditional surgical procedures. Additionally, he uses in-office, state of the art 3D CT imaging 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 currently serves on the Board of Trustees for the American Academy of Periodontology and formerly 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 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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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.

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Ensuring our Parents Health Through Medication Compliance

By Dr. David Steinberg, Pharmacist

As the baby boomer generation ages and medications become more numerous, children and family members are charged with caring for the loved ones. This task comes not only with much stress but also with many questions. The questions often



range from “Who will administer the medication when I’m not there?” “Is there a risk of my family member taking too many pills?” “How can I be sure that my family member is taking the same amount of medications he was taking at the long term care facility?” These are just a couple of questions that we get at the pharmacy when we consult with family members and patients. As patients increase the number medications taken along with an increase to the number of physicians, the rise of medications errors is inevitable. Patients rely on family members or homecare givers to ensure compliance. We can do more. Every extra precaution or measure is well worth it when it comes to our family member. Our pharmacy has a unique system to mitigate medication errors such as over-medication and under-medication. We use, what is commonly called in the industry, a “bingo card.” It is becoming the industry gold standard and not only ensures medication compliance but puts the family at ease. It is a unit dose system where the patient’s medications are divided into morning, afternoon, evening and bedtime. Each time slot has its own cell allowing the patient to know if the medicine was taken or not. It eliminates counting pills, filling pillboxes, and remembering doses. As a pharmacist, I hope to reduce common and preventable errors and help everyone live healthier lives. Please call TrustedMedRx with any questions at 561-613-6209 or 855-9EZ-MEDS.

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- No more under or over medicating
- Alzheimer Dementia safety systems
- Safe guard your health



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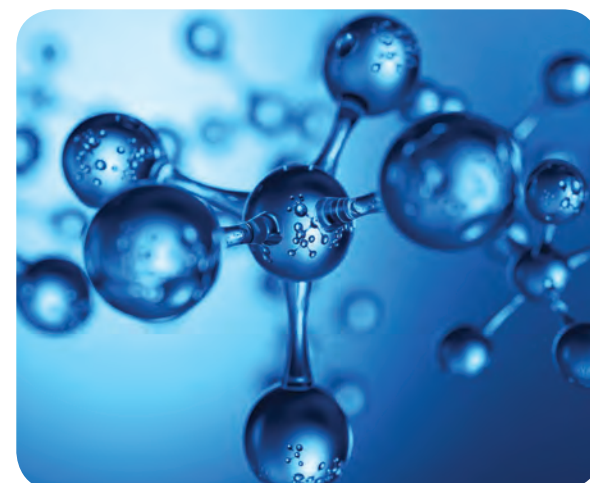


By Linda A. Kiley, MD

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.

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

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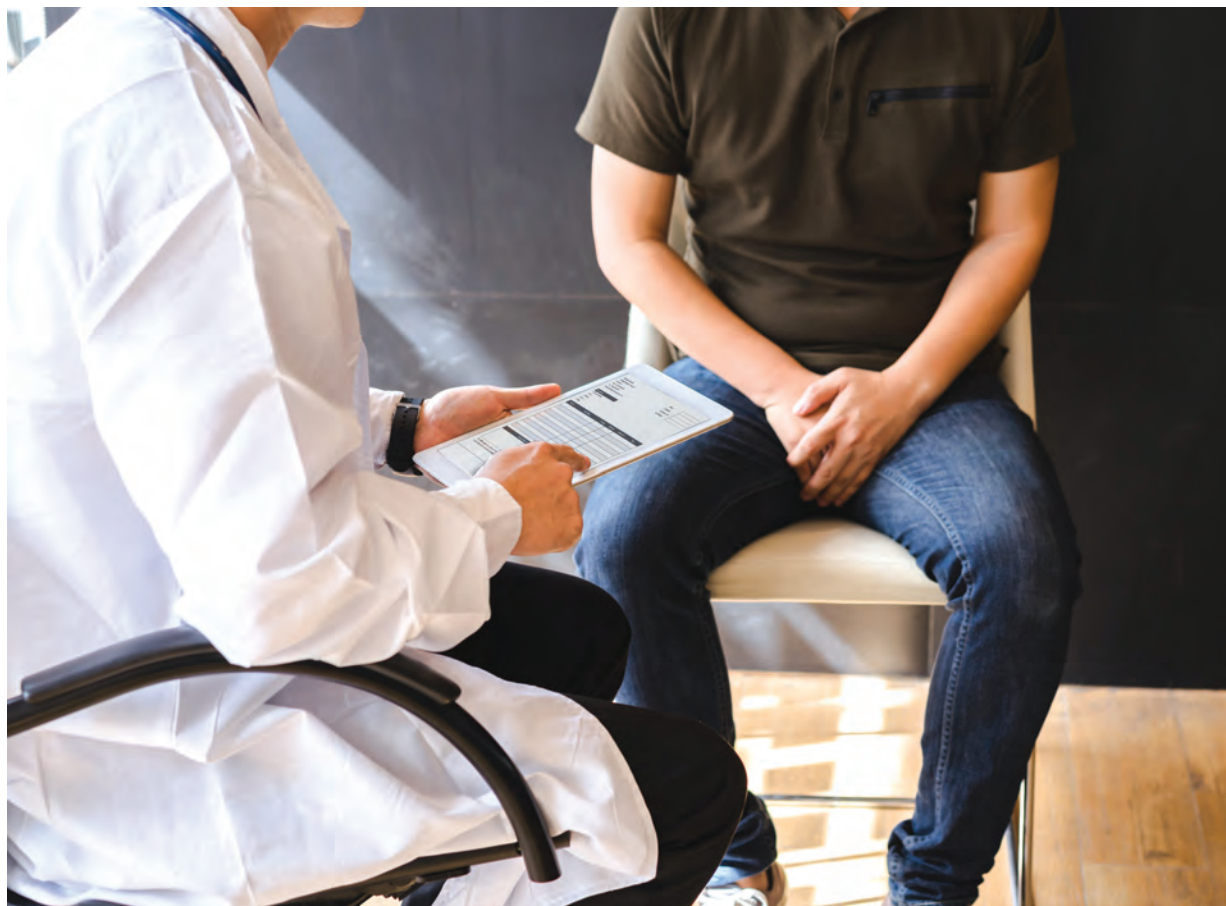
Calla Genics specializes in medical aesthetics, non-surgical treatments and hydration therapy that rejuvenate a healthier and happier YOU. Their new and innovative approach uses your body's own regenerative active agents – in the form of own-blood therapies resulting in longer lasting, naturally impressive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

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How Doctors Choose Surgeons

By David A. Goldman MD

When it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a “renowned” surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn’t believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Developing Discipline

Here's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: WHY ARE YOU NOT DOING IT?

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, "People who accept discipline are on the pathway to life, but those who ignore correction will go astray." NLT

Here are three "Disciplines of Being Disciplined".

1. Persistence – "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.



2. Advance Decision Making – "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

3. Delayed Gratification – "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood

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