

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

November 2021

South Palm Beach Edition - Monthly



FREE

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

**HAPPY UNIVERSAL
CHILDREN'S DAY**

**ALLERGIES CAN AFFECT
YOUR COPD**

**ROTATOR CUFF INJURIES:
DO YOU REALLY NEED SURGERY?
WHAT YOU SHOULD KNOW
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NAVIGATING THE MEDICARE PUZZLE





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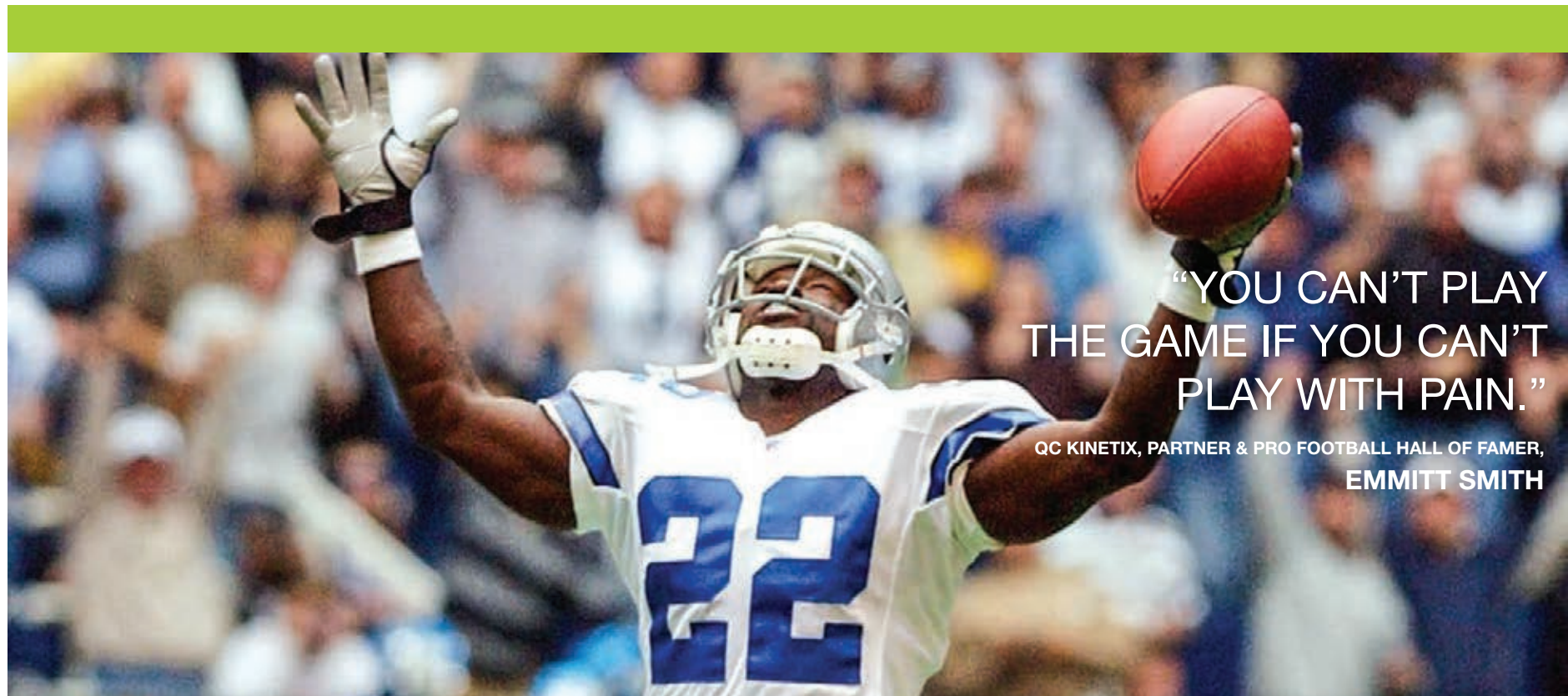
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- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- BS Cornell University 1977

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.

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ROTATOR CUFF INJURIES: Do You Really Need Surgery? What You Should Know About Your Options

A HEALTHY ACTIVE LIFESTYLE IS ONE OF THE KEYS TO LONGEVITY, BUT ACTIVITY CAN CAUSE MANY INDIVIDUALS TO BECOME MORE PRONE TO INJURY AND WEAR AND TEAR. YOUR SHOULDER IS A COMBINATION OF BONES, JOINTS, LIGAMENTS, TENDONS, AND MUSCLES THAT PROVIDE AN EXTENSIVE RANGE OF MOTION IN COMMON EVERYDAY TASKS, AS WELL AS IN ADVANCED ATHLETIC PERFORMANCE. WHETHER YOU'RE USING A WALKER, PICKING UP A HEAVY GROCERY BAG, OR DRIVING THE BALL 200 YARDS, AN OPTIMAL RANGE OF MOTION IS KEY TO HEALTHY LIVING. AS WE AGE, MANY PEOPLE SUFFER FROM SHOULDER PAIN AND CONDITIONS SUCH AS ROTATOR CUFF TEARS.

Most tears of the rotator cuff occur slowly over time as the tissue wears out. They are usually found in patients over the age of 50. Many times, patients have rotator cuff tears that seem to be a small nuisance initially, but over time, they can progress into painful complete tears or multiple tears within the rotator cuff.

If you have tried anti-inflammatories, resting, pain medications or physical therapy and are still having trouble with range-of-motion or impingements and discomfort, you need to seek medical treatment.

Any force strong enough to tear tendons also damages and weakens the surrounding ligaments. Typically, a surgical procedure focuses on what is seen on an MRI, along with the evaluation of the overall shoulder stability, which is essential if the individual wants to return to their normal activities. For full tears of the rotator cuff, surgery is most likely necessary, but if the person can use their arm with some mobility, the tear may be partial, and biologic regenerative treatment can help heal the tissues.

Shoulder pain is multifactorial, and rotator cuff result in instability, frozen shoulder, and severe discomfort. In the case of rotator cuff tears, surgery is not always necessary. In fact, most patients can recover quite well with biologic regenerative treatment.

BIOLOGICAL REGENERATIVE TREATMENT

Regenerative therapies promote healing and repair of soft tissues, tendons, ligaments, cartilage and bone tissue.

QC Kinetix is here to offer a better alternative to surgery. Many of our patients have discovered our clinics while searching for natural pain treatments. Our regenerative therapies can assist with all types of 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 joints heal and repair without surgery. Our alternative 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 shoulder conditions, if regenerative therapies are not implemented, the injury will continuously progress. Getting treatment early is imperative to help you avoid surgery.

QC Kinetix specializes in treating 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 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 shoulder pain due to the following conditions and injuries:

- Rotator Cuff Tears
- Arthritis
- Bone on Bone Osteoarthritis
- Decreased Range of Motion
- Cracking/Popping/Snapping
- SLAP Lesions
- and others

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

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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 . . .

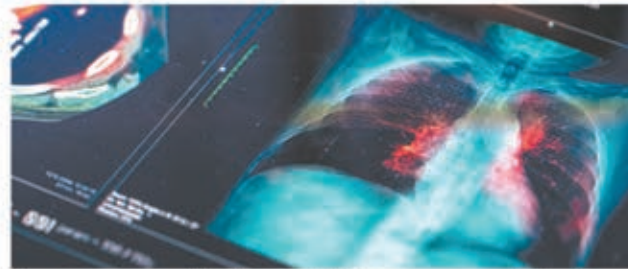
Approximately 85% of all lung cancer occurs in people who smoke. So it stands to reason that one of the best ways to reduce your risk of getting lung cancer is to never begin smoking, or to stop smoking as soon as possible. Tobacco in all forms increases your risk of various types of cancer; chief among 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:

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- 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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THINK THAT ONLY BOTOX AND FILLERS CAN TREAT FINE LINES AND WRINKLES FOR THE FACE AND NECK? THINK AGAIN – A REVOLUTIONARY IN-OFFICE PROCEDURE THAT IS NON-INVASIVE IS CAUSING QUITE A STIR IN THE AESTHETIC INDUSTRY. IT'S HIGHLY EFFECTIVE AND USES A COOLING SYSTEM TO PROTECT THE DERMAL LAYERS OF THE SKIN THAT AREA BEING TREATED. AS WELL AS BEING CLINICALLY SAFE WITH PROVEN EFFICACY, AND WITH HIGH PATIENT SATISFACTION, IT'S UNIQUE AND OFFERS MULTIPLE ADVANCES THAT MAKE IT SUPERIOR TO MANY OTHER PROCEDURES.

Softwave 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. Softwave is a new, clinically-proven, no downtime, non-invasive approach to rebuilding collagen. Softwave is FDA cleared for the treatment of fine lines and wrinkles. Softwave 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.

A Superior Technology & is ALL the Rave for TREATING FINE LINES & 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.

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. Softwave'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-

softwave™



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: Softwave.com

MD
BEAUTY LABS
Spa & Wellness Center

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

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

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**

lasachs@aetna.com

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HAPPY UNIVERSAL CHILDREN'S DAY



HEY MOM AND DAD, PARENTING IS FAR FROM EASY.
At AllMedRx we recognize all of your hard work and
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!

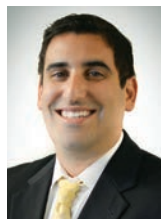
In just 3 easy steps you could be on your way to generating additional revenue and with a turn-key allergy program while also providing positive patient outcomes! Our allergenic extracts are exclusively handled at AllMedRx Specialty Pharmacy's state-of-the-art USP <797> sterile compounding lab.

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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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.

“Take the Complication out of Medication”

We have a safe and easy solution to help prevent medication related accidents & hospitalizations.

ARE YOU CURRENTLY TAKING MORE THAN ONE PRESCRIPTION MEDICATION?

Our Pharmacist will presort and pre-package your medication.

Each Dispill blister pack contains 28 individual blisters that contain your prescribed medication for a specific time (morning, noon, evening, bedtime) and date.

When a blister for a specific time is empty, then you know you have taken your medication. Carrying your Dispill blister pack lets you and all health specialists know about the medication you are taking.

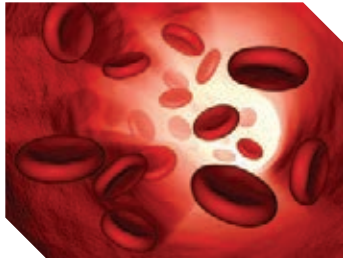
YOU DESERVE PEACE OF MIND

- Prevent common medication errors
- No more under or over medicating
- Alzheimer Dementia safety systems
- Safe guard your health



THIS PACKAGE IS NOT CHILD-RESISTANT

Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions



PLATELET-RICH PLASMA THERAPY, sometimes called PRP therapy, takes advantage of our blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone.

A growing number of people are turning to PRP injections to treat an expanding list of painful conditions and or injuries, including osteoarthritis. It is commonly used for knee arthritis, we also use this method on other joints as well such as shoulders, wrists, sacroiliac, ankles and hips. This is also used to help treat pain from the neck and low back. This can be used to treat disk pain and or arthritic pain from the entire spine.

When treating osteoarthritis with platelet-rich plasma, we inject PRP directly into the affected joint.

The goal is to:

- Reduce pain
- Improve joint function
- Slow, halt and even repair damage to cartilage

Platelet-rich plasma is derived from a sample of the patient's own blood which is easily obtained at their time of the visit. The therapeutic injections contain plasma with a higher concentration of platelets than is found in normal blood. This is also all prepared in the doctor's office.



WHAT IS PLASMA? Plasma refers to the liquid component of blood; it is the medium for red and white blood cells and other material traveling in the blood stream. Plasma is mostly water but also includes proteins, nutrients, glucose, and antibodies, among other components.

WHAT ARE PLATELETS? Like red and white blood cells, platelets are a normal component of blood. Platelets secrete substances called growth factors and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

We use PRP therapy to treat osteoarthritis and also theorize that the platelet-rich plasma:

- Inhibits inflammation and slow down the progression of osteoarthritis
- Stimulates the formation of new cartilage
- Increases the production of natural lubricating fluid in the joint, thereby easing painful joint friction
- Contain proteins that alter a patient's pain receptors and reduce pain sensation

Platelet-rich plasma injections are outpatient procedures. Because the patient's blood must be drawn and prepared for injection, a typical procedure may take anywhere from 45 to 90 minutes.

Whether the patient has a one-time injection or a series of injections spaced over weeks or months is up to the individual patient and doctor. If a series of injections is planned, a doctor may recommend a single blood draw during the first visit and use fresh PRP in the first injection and freezing and thaw the remaining PRP as needed for future injections. However, some experts believe freezing and thawing PRP negatively affects its usefulness and prefer to do a separate blood draw for each PRP injection. Dr. Rosenblatt believes it is safer to take a fresh sample of blood prior to any new injection.

PLATELET-RICH PLASMA INJECTIONS REQUIRE PRECISION

- An experienced physician, like Dr. Rosenblatt, should perform the injections. The use of imaging technology (e.g., fluoroscopic guidance) ensures a precise injection.
- Precision is important because, like viscosupplementation treatments, platelet-rich plasma injections must be made directly into the joint capsule.



By Aaron Rosenblatt, MD

Scientists are still exploring which arthritis patients should be eligible for PRP injections. While nodefinite conclusions can be made, research suggests that PRP injections are appropriate for patients of all ages.

Dr. Rosenblatt explains, "When appropriate, PRP injections are an extremely safe and effective way to help treat the pain of so many different types of individuals. I have used this technique on young athletes and for older patients with joint and or spine pain with great success. It even surprises me sometimes how well this treatment works. It's truly amazing how people with acute or chronic pain and or injuries respond to this treatment."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, individuals have been able to benefit from this technique. People have flown in from all over the United States for this treatment specifically with Dr. Rosenblatt. He has been performing this procedure with great success. Every patient is evaluated by the Dr. Rosenblatt and a comprehensive treatment plan is always made. 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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- **Reversible**
- Integral part of tub, not a cap
- Works with all types of tubs
- Factory appearance
- Eco-friendly, reduces waste

THE TUBCUT

At One Day Bath, their goal is to provide simple solutions to everyday problems at an affordable price. Whether you're having a tough time climbing in and out of your bathtub or your 1970s pink tile has seen better days, they have solution to fit just about any budget. Their tub to shower conversion can turn your under-used, outdated tub into a fullyfunctional, safe walk-in shower – accompanied by a beautiful wall liner or ceramic tile. Their signature product is TubCut®, where they like to say, "Why step over your tub when you can walk through it?" They also have an amazing economical tub & tile re-glazing system that can breathe new life into your existing tub and tiles without any construction at all. This is a great product to buy you some time before you're ready for any type of replacement.

Bathrooms can often be a dangerous place because of unforgiving slippery surfaces, or because the height of a traditional tub is difficult to climb over – especially as we age. If you find that you or a loved are struggling getting in and of your tub, it's probably time have a conversation about that and then do something about it. Come and talk to the team at One Day Bath, and we'll discuss products that can help your family avoid injuries and serious accidents in the future.

One Day Bath offers two convenient and budget-friendly options for your tub to walk-in shower conversion, and

both are constructed with your safety in mind. The first is the TubcuT®, which is custom-fit to your tub.

"A lot of people are perplexed about how the TubcuT® works. They think that it goes over the existing tub. Instead, we actually modify your existing bathtub into a walk-in shower. Our crew will cut out a piece from the tub that measures anywhere from 18" to 45" wide, leaving you with a simple four-to-five-inch lip just a like a standard shower pan. There's no ripping out, no mess, no demo and no high expense," says Paul Echavarria, CEO of

One Day Bath. "It turns your existing bathtub into a walk-in shower with no plumbing or construction, and can save you up to 90% of replacement cost. If you're happy with your bathroom but really want to avoid having to climb in and out and want to avoid an accident, then a TubcuT® is for you."

The second option is a traditional tub to shower conversion, where the tub is replaced with a shower pan accompanied by high-grade acrylic wall surround, or you can choose ceramic tile for your surround It's your choice. There are many accessories to choose from, including linear shelving systems, fold-down seats and more. One Day Bath's shower systems are mold and mildew resistant, as well as maintenance free and guaranteed for life. The tub to shower conversion is typically completed in one to two days. The process of working with the One Day Bath team is simple, and gets you into your new tub as soon as possible.

"Our goal is to be a company that will satisfy all of your service needs, and you'll be happy to tell your friends and family how satisfied you are. We will give you general pricing right over the phone with no hesitation, so you know what you're about to get into," says Echavarria. "At One Day Bath, we are very upfront about pricing before you meet with us. This makes sure that the process and pricing works for everyone. And with the TubcuT® and some of our other installs, we don't



ask for a deposit and only charge upon the completion of the project."

To put it simply, One Day Bath offers the simplest and most economical way to revitalize your bath. They also refinish bathtubs, tiles, floors and cabinets to a like-new condition. With their expert Bathtub re-glazing, they can repair all chips, scratches and cracks back to a like-new condition. One big question many people ask about re-glazing is, "Can you change the color?" Yes, One Day Bath can change the glaze to the color of your choice. Re-glazing is an excellent tool to utilize if you don't want to get rid of your tub and tile but are ready to update the color without the expense of a full renovation.

Request a free in-home consultation today, or simply call One Day Bath to talk about your project possibilities.

THE TUBCUT

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VA APPROVED

There's Nothing Dignified By Paying More For Final Arrangements

Steven and Robert Fischman,
Licensed funeral directors
Owners and operators of Sinai Memorial Chapels, Inc.

I have been serving the South Florida Jewish community for more than 45 years. I began my career with Riverside on Miami Beach, in 1972. I had the privilege to meet and arrange the funerals to many holocaust survivors. They would share their horrific stories while still fresh in their memories. At the time, I was young and naïve when they told me about their traumatic experiences. This left an indelible mark on my life and a deeper understanding of the evil in the world. Looking back, I am grateful for such experiences, I feel blessed that I heard these horrific stories directly from those that have suffered and experienced the holocaust. I will always remember their suffering and I will keep the memory of them in my heart and soul.

Over the years, large state corporations have taken over the Jewish funeral industry. Most Jewish funeral homes in Florida are owned and operated by large corporations and are managed by non-Jewish personnel. They are continually increasing prices, in order to satisfy their board of directors, and their large overhead. Sinai does not answer to a board of directors, we answer to a higher source.

I started Sinai memorial chapels in 1999, in order to better serve our Jewish community. We are one of the very few independently family-owned Jewish funeral homes in south Florida. Proudly with my son and partner, Robert Fischman a licensed funeral director, we serve more than 300 Jewish families per year. Every family meets with a Jewish funeral director when arranging their final wishes. Every family meets with our family.

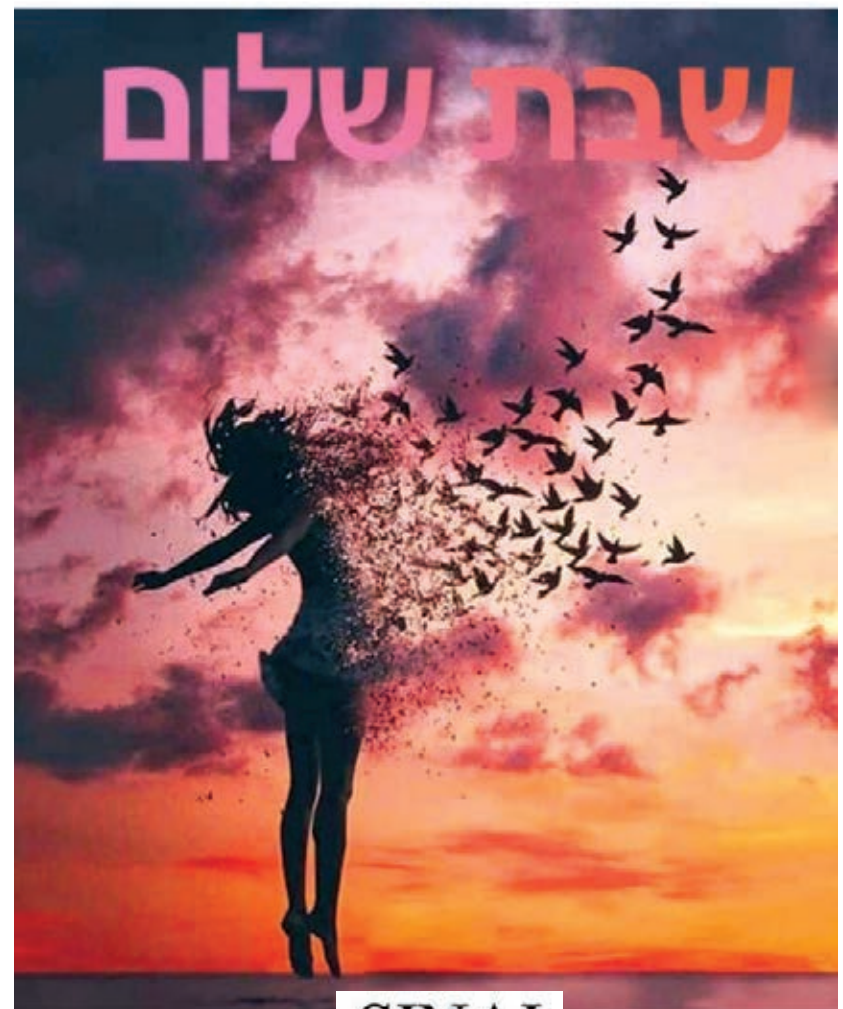
Jewish families, more and more are choosing cremation for the reason of affordability, simplicity and convenience. The cost of a traditional Jewish burial, in South Palm Beach County, averages \$15,000 per person, which includes the cemetery and funeral costs. Our cremation services are less than \$2000 complete. Affordability is very important, in today's economy and family members are scattered throughout the country and world. The obligation that families have to visit the cemetery location is eliminated, whereas they can visit in their hearts and souls. After the cremation, families have many options. They can inter the urn in a Jewish cemetery, they can place the urn in a columbarium niche or scatter anywhere they wish. They can choose individual keepsakes for family members as well. When pre-arranged, one gains peace of mind.

Our National Jewish Cremation Society was developed in order to give peace of mind to those Jewish families for cremation as their final wishes. We offer traditional cremation services, by including, memorial services conducted by a Rabbi, which is optional. We provide, Jewish urns, shiva packages, yahrzeit calendars, kriaH ribbons, kaddish cards and seven-day candles to all our families who select cremation services. No one must give up traditional memorialization, when choosing cremation. This allows family members the peace of mind they deserve. Our plans are portable anywhere in the United States, and we refund 100% of all sums paid, in the event of cancellation. We are licensed with the state of Florida and our prearranged funds are guaranteed by the state of Florida.

Our cemetery marketplace saves you money, when purchasing Jewish cemetery property. We are licensed cemetery brokers. We simply buy Jewish cemetery property, from those that want to sell. We then resell that property at a 25% discount. All properties are transferred through the cemetery. The cemetery issues a deed in the transfer to our families, by law.

Our mission is to make funeral and cremation arrangements, affordable and convenient.

Shabbat Shalom U'Mevorach.
May You All Be Blessed With
Peace & Good Health.



561-865-1746

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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



RejuvaWAVE® only available at Simply Men's Health

- 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:



**It's True!
The P-Shot®
Procedure
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.

Re-ignite the SPARK in your bedroom with just one visit – results guaranteed

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.

WHY IS MY CHILD STRUGGLING WITH SCHOOL?

By Renee Chillcott, LMHC

Trying to figure out how to ensure that your child is successful in school today is not an easy task. The back and forth of in-person to online schooling has students as well as their parents dealing with never ending adjustments. Figuring out why your, smart, loving and caring child is failing, underachieving, or just plain refusing to do schoolwork, can be a frustrating and exhausting endeavor for parents. What is the solution? Teachers may suggest testing or medication, doctors may suggest testing or medication, and your friends and family may suggest testing or medication. But that doesn't feel right to you. Can they all be right? Can they all be wrong? The short answer is... they are correct. Yes, you read that correctly, testing may be warranted and medication may be helpful but let's not just jump into that, first, let's find out what the problem is.

- **Is it Attention Deficit/Hyperactivity Disorder (ADHD)?**
- **Is it an Attention Deficit Disorder (ADD)?**
- **Is it Anxiety and/or Depression?**
- **Is it a Central Processing Disorder?**
- **Or is it an Auditory/Visual Processing Disorder?**
- **Could it be a Sensory Processing Disorder?**
- **Or does my child have a low IQ?**
- **Are they on the Autism Spectrum?**
- **Or are they lazy or oppositional and a behavioral problem?**

The truth of the matter is, if your child is struggling with school, they may have one, several, all, or none of these. In most cases, children of all ages want to learn. We are programmed as human beings to value education. It's only when what we want is inconsistent or incongruent with how we perform, that an issue will arise. For example, if a child is 5 years old and hasn't developed language, we say that there is a developmental delay and investigate the causes. The same holds true for a child that is struggling to learn. Instead of constantly demanding that the child change their behavior so that they can learn, instead it is more important to look for the reasons why they can't. Detecting the inconsistency is the key to helping them succeed.

HOW DO I KNOW? AND WHAT DO I DO TO FIX IT?

There are different ways that you can determine what is happening with your child to prevent school success. They can be evaluated by teachers; evaluated by school staff; sent for specialized testing; evaluated by a physician; or by a therapist. You may also be able to use Google, search the internet, and read books that will point you to a reason or cause. However, the best, most effective, way of know what is going on inside your child's brain is to look at it. With NEUROFEEDBACK and a QEEG (Quantitative EEG or Brain Map), it becomes possible to see the neural patterns in the brain that help us learn, focus, concentrate, and even follow directions. Once we identify the patterns that are not working properly NEUROFEEDBACK TRAINING (Brain Biofeedback Training) teaches the brain to correct these patterns. We can also



point you in the direction of additional modalities that will support your child's learning and help correct the brain patterns.

WHAT SHOULD I EXPECT TO SEE CHANGE?

Symptom relief with Brain Training can vary from person to person; some common improvements we see in people with learning issues are:

- **Increased Focus time**
- **Less Homework Struggle**
- **Increased amount of completed assignments**
- **Improved working memory**
- **Calmer and less fidgeting**
- **Improved grades**
- **More compliance**
- **Better motivation**

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. Neurofeedback is exercise for your brain. It allows you to see the frequencies produced by different parts of your brain in real-time and then through auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

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. 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".

It is important to understand that the neurofeedback approach does not magically "cure" or "fix" anything. 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 new behavior carries over into the classroom and at home.

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP?

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the entire head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then read and analyzed. We provide a summary of significant findings as well as a full report that shows the results of analyzing the data several different ways. The brain activity is not only compared by individual locations over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot. We don't always need this data to start making changes in symptoms, but we do recommend it in treatment to identify all areas that need improvement. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake or in a telephone consultation. 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.



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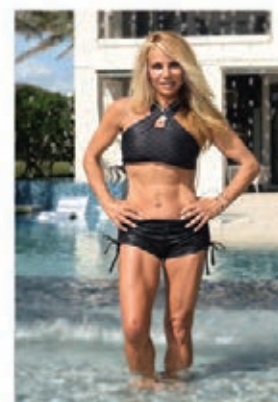
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All the Rage with Celebrities, The Vampire Facelift and Facial Can Give You Your Youthful Appearance Back

As we age skin can become dull, lose elasticity and droop. There are of course surgical options and hyaluronic acid fillers, but the procedures that are topping everyone's wish list are the Vampire facelift and the vampire facial.

Naturally found in your blood, platelets are a rich source of proteins called growth factors, which promote healing and regeneration. Platelet-rich plasma (PRP) contains a higher concentration of platelets than the amount normally found in your blood. To create PRP a sample of your blood is drawn and placed in a centrifuge, which separates out the platelets. These concentrated platelets are recombined with your blood plasma to make PRP. Platelet Rich Plasma (PRP) is then reinjected into the problem areas.

PRP injections are an alternative to Botox and fillers. Platelet Rich Plasma is taken from the patient's own blood, spun down and reintroduced into the face just like a filler to create and stimulate your body's own growth factors. PRP produces collagen, hyaluronic acid, elastin, and plumps the skin. PRP injections with the vampire facelift maintain the facial contours of the natural look of the patient.

With just four to six PRP treatments over a two to four-week period, patients are seeing results that last for up to 2 years, so over the long-term, it's very cost effective and 100% safe. You don't have to be concerned about toxins or chemicals with your own PRP.



Vampire Facelift

For the "facelift", the PRP is injected into various areas of the face to create a plumping effect. The procedure is safe because it's utilizing the patient's own blood and it's free of toxins. The body begins to "repair" itself and regenerates collagen, elastin and healing properties, which create a youthful appearance.

Vampire Facial

The facial works in much the same way as the "facelift", but with tiny perforations in the skin as opposed to injections. The tiny perforations allow the PRP to penetrate into the dermal layers, and the results continuously improve the glow of the skin within two to three months. Many patients report plumped skin, a brighter complexion and seeing less noticeable dark circles.

Bring out your inner beauty naturally. Your beauty will be revived with a natural face shape, increased collagen, smoother skin, increased blood flow, youthful glow, and a younger appearance.

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P-Shot*

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Vampire Breast Lift

The Vampire Breast Lift is a non-surgical way of enhancing the breasts, and giving them a lift, without causing the downtime and pain that implants or even a standard breast lift would involve. It can give fullness, lift and enhance cleavage.

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Mindy and Kathy





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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