

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

Health & Wellness[®]

MAGAZINE

December 2021

North Palm Beach Edition - Monthly

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FREE



**REDUCING YOUR RISK OF CANCER
FOR HEALTHIER HOLIDAYS**

**THE HOLIDAYS ARE HAIR!...
JUST WHAT THE DOCTOR ORDERED
FOR OPTIMUM HAIR & SCALP HEALTH**

NAVIGATING THE MEDICARE PUZZLE

**MY PARTIAL DENTURE
IS MOVING...
WHAT CAN BE DONE?**

SILHOUETTE INSTALIFT

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- What does it cost?
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SCAN ME

Reducing Your Risk of Cancer for Healthier Holidays

Diet, exercise and getting recommended screenings are some of the ways to lessen your risk of getting cancer.

As we close out 2021, many of us will be making resolutions to get healthier in the coming year. Even though most Americans know that we should make healthy choices, such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings, following these recommendations can often be difficult. Getting healthy is definitely worth the effort because, according to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer.

Each year, over half a million Americans die of cancer; the startling news is that about one-third to one-half of these deaths are linked to lifestyle choices and, potentially, could have been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get recommended screenings such as colonoscopies, Pap smears and mammograms.
- Maintain a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 30.
- Let your doctor know if there is a family history of cancer.

CANCER SCREENINGS ARE MORE IMPORTANT THAN EVER

Throughout the pandemic, many people have chosen to postpone or even skip recommended cancer screenings, such as mammograms, prostate exams, PSA testing or colonoscopies, among others, for various types of cancer, causing a substantial delay in diagnosis and treatment for senior adults and Medicare beneficiaries. Because of this, some patients are being diagnosed with more advanced stages of cancer, and there have been delays in beginning treatment, resulting in poorer outcomes for patients. Early diagnosis and treatment is a substantial factor in surviving cancer; please do not skip or delay your recommended screenings.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS - TAKE IT SERIOUSLY

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, basal cell carcinoma and squamous cell carcinoma, are highly curable. Melanoma, the third most common skin cancer, is much more dangerous.

By now, most people know a sunscreen should be used when you are going to be outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 30 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps and examining your skin, head to toe, every month for any changes. You should also have a doctor examine your skin annually.

SMOKING AND CANCER

According to the Centers for Disease Control and Prevention (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that in the United States smoking causes about 90% of lung cancers; smokers are 15-20% more likely to get lung cancer than nonsmokers. Tobacco products such as cigars or pipes also increase the risk for lung cancer, as well as throat and mouth cancers. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30-40% of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fat, processed foods and sugar, is generally considered healthier and can boost your immune system to help fight diseases such as cancer.

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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THE HOLIDAYS ARE HAIR!

...Just What the Doctor Ordered for Optimum Hair & Scalp Health

by Alan J. Bauman, MD, ABHRS

Have you ever thought about doing your holiday shopping at a doctor's office? Probably not, but it might be time to shake up your routine a bit, especially if someone you love is concerned about their hair health.

Bauman Medical has a host of stocking stuffer supplements as well as the best high-tech gadgets ever developed for hair growth, and luxurious hair enhancing services that just about anyone concerned with hair health would love to receive.

And best of all, they're all available right now on our website from our warehouse (no stuck barges keeping our shelves bare).

SUPPLEMENTS

Let me start by telling you about our brand-new line of proprietary nutritional supplements, developed at my direction for maximum hair health. These bottles of cheer won't cause hangovers (and may reduce combovers).

THE RECRUITER: This special blend of probiotic, plant extract, and Vitamin D3 promotes the release of stored stem cells. Stem cells assist in healing damaged tissues due to aging, injury, and stress. It increases the number of circulating stem cells in your body to promote healthy hair growth and overall health.

THE GOOD GUYS: This hair probiotic complex infuses the gut with elements needed to optimize the digestive process and maximize overall health and wellness. This formula supports a robust scalp and strengthens follicles for optimal hair growth.

THE BODYGUARD: This formula contains a unique blend of herbs and mushrooms shown to support a healthy immune system and defend against environmental toxins and stress-related weakness of the immune system. Scientific research confirms the benefits of the immune-enhancing herbs within the formula, together with the fungi, especially Asian mushrooms.



A-LIST HAIR VITAMIN COMPLEX: I call this my "strategic supplement," because it contains top-tier ingredients that've been shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, promote collagen renewal for hair, skin hydration and wound healing.

My oldies but very, very goodies...

NUTRAFOL: A nutraceutical that targets the main triggers for hair loss before the follicle is beyond repair. It's the only nutritional that targets all four stages of hair health to help prevent thinning hair and hair loss, and to help grow thicker, healthier hair.

VIVISCAL PROFESSIONAL: This 100% natural food supplement is specifically designed to nourish thinning hair and create a healthy environment for existing hair and hair follicles.

(Feel free to contact us to discuss which of the products would be best for you or your gift recipient).

LASER THERAPY

Make your season "bright." Light up his, her (or your) life with the award-winning Bauman Turbo LaserCap®,

the fastest, most portable, most advanced, hands-free, cordless, rechargeable medical grade low-level laser therapy device. The FDA cleared Turbo LaserCap was designed for men and women to deliver effective laser therapy for hair regrowth to the widest scalp treatment area possible, conveniently in the privacy of your home.



Bauman Medical has a host of stocking stuffer supplements and the best high-tech gadgets ever developed for hair growth, including the Award-winning Bauman TURBO LaserCap, perfect holiday gifts that just about anyone concerned with hair health would love to receive.



Give yourself or someone you know a "Scalp Makeover" for the holidays. It's 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.

Consistent use of drug-free, medical-grade, low-level laser therapy treats hair loss, hair thinning and has been scientifically proven to improve the appearance of hair quality, hair strength, and hair thickness as well as promote hair regrowth.

THE SCIENTIFIC SCALP MAKEOVER™

The Scientific Scalp Makeover™ is for him or for her. Lots of people come just for the chance to relax and unwind with an indulgent (and therapeutic) 90-minute-to-three-hour session in our "head-spa" room. We dim the lights and provide a variety of soothing services including an aromatherapy session, customized scalp mask treatment for optimum scalp health and hair beauty, a deep scalp massage to stimulate and purify the scalp and increase circulation, a deep cleansing shampoo, and a customized conditioner or hair mask. (Ahhh...)

These sessions are indulgent but can be more than an indulgence. They're a necessity for people whose hair isn't growing like it used to. Your scalp is skin, too, so treat it like skin.

CONSULTATION

And finally, perhaps the greatest gift of all (for yourself or someone else concerned about hair loss) is a virtual or in-person hair loss consultation with me. Your consultation includes a review of your challenges and goals, a deep dive into your medical risk factors, and more. We'll design a personalized treatment plan together, then assign a dedicated patient advocate to you who'll guide you through the treatment process.

Ready to start shopping? Contact us at **561-220-3480** or visit our website.

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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GENETICS AND HAIR LOSS



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

About Dr. Bauman (on file)



SILHOUETTE INSTALIFT™

A GAME CHANGER FOR NON-SURGICAL FACIAL CONTOURING AND BODY CONTOURING



LOOKING FOR A NATURAL LOOKING WAY TO COMBAT SAGGING SKIN WITHOUT SURGERY? CONSIDER THE SILHOUETTE INSTALIFT™.

More and more patients prefer to avoid or at least postpone surgery, or simply are not a candidate for surgery due to medical reasons. This is a good alternative for those patients.

First let's discuss what aging really is in order to understand how we can combat it effectively. Aging consists of volume loss and sagging skin. If we want to "naturally" rejuvenate our face and body we need to address both these issues. The Silhouette Instalift™ is the only non-surgical procedure that addresses both issues.

This Silhouette technology is in a class of its own, it's not a filler and it's not your typical thread. It is both, "dual action" means it lifts and volumizes at the same time. It is an advanced micro-suspension technology that uses small (3D) 360 degree cones made from PLLA (also known as "Sculptra") to simultaneously lift skin and build collagen. The lifting effect is immediate while collagen production is gradual and peaks at about 8-12 weeks.

After the patient's needs are assessed, and the entry points are marked, a local anesthetic is injected and the sutures are placed. There is very little discomfort during and after the treatment.



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.

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



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Once the sutures are placed, the skin will be repositioned to obtain the desired lifting effect. The ends of the suture are then cut. The number of sutures applied depends on each individual patient's skin elasticity and condition of the skin. Possible side effects are, as with any procedure that involves needles, bruising and minor pain and swelling. This is an office procedure that takes about 45 minutes and lasts about 18-24 months. The Silhouette Instalift™ was FDA approved in April 2018 for use in the mid-face and was awarded the prestigious 2018 New Beauty Magazine breakthrough award. It has been popular in both South America and Europe for many years.

Silhouette Instalift™ now has different sutures with varying numbers of cones, depending on where on the body it is being used. The 8 cone suture is used on the face, whereas the 12 and 16 cone sutures can be used to lift butts, saggy skin above the knees, elbows and saggy belly skin. It also works well for cellulite.

Why choose Silhouette Instalift™?

- Non-surgical procedure
- Minimally invasive
- Minimal recovery time/no down time
- Immediate lifting effects
- Volumizing in addition to lifting effects due to PLLA collagen stimulation
- Sutures are entirely re-absorbable
- Natural looking

I am so excited to be able to perform this procedure right here in my office. Call today to see if you are a candidate for the Silhouette Instalift™. MD Beauty Labs (561) 655-6325.

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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USE YOUR TIME WISELY

You get one life, make the best use of your time by making memories and doing something you enjoy. How we use our time every day, eventually defines our lives. It can take a lot for you to take time off to visit a doctor in person. You may have to call out of work or school to see a medical provider, taking away money, time, and energy. If a virtual solution that is just as effective is available, why not try it? Don't let life pass you by standing in lines for your meds, let AllMedRx deliver them right to your door. Tick Tock the countdown to saving money starts now. As the year comes to an end and the clock ever so quickly launches us into next year remember your time is valuable.

AllMedRx.Org provides the convenience of telehealth visits to their Florida neighbors. You simply speak with an experienced doctor face-to-face virtually via your smartphone and receive care tailored to your individual needs.

Fortunately, the new widespread use of telehealth and virtual care technologies has made it easier for people to get medical care. The COVID-19 pandemic has made virtual healthcare a necessity to help keep everyone healthy. AllMedRx has done the same as we now have an online pharmacy.

AllMedRx Specialty Pharmacy is a Brick-and-Mortar independently owned compounding pharmacy, proudly licensed in 44 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!



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AllergywoRx™

In today's busy, fast-paced world where everyone has loads of commitments and responsibilities, it can be difficult to carve time out for yourself – especially when it comes to your health. People often neglect getting the medical care they need, especially for nonemergency issues like allergies.

December brings in the winter months and exposure to different allergens that could be aggravating your skin. Don't fall victim to what this season brings, go to AllergywoRx.org and schedule your allergy test today!

Gone are the days when you had to get an in-office allergy test to find the culprit of your symptoms. While an in-office allergy test is effective, it can be costly and time-consuming. Fortunately, now you can find the culprit of your itchy, puffy eyes and nose, shortness of breath, or sneezing without leaving your home with the help of at-home allergy testing.

At-home allergy testing is an economical, convenient, and equally accurate alternative allergy testing method. You can perform testing right from the comfort of your home while being virtually supervised by your provider.

If you are one of the millions of Americans who want to pin down and treat their allergies once and for all, book yourself for a consultation with one of our highly qualified general practitioners. To set up a telehealth appointment with one of our providers, call us today at **(888) 508-5110**.

Your comfort and relief are our highest priorities! 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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FROM OUR TEAM HERE AT ALLERGYWORX.**

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An Alternative to Pain Medications

Chronic pain affects many people in the United States. It's diagnosed when a person has experienced pain for at least three months or longer. Many individuals suffer for your years in silence before they seek medical help, but unfortunately, the standard of care for chronic pain is to mask it with drugs or injections.



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

COMMON CAUSES OF CHRONIC PAIN

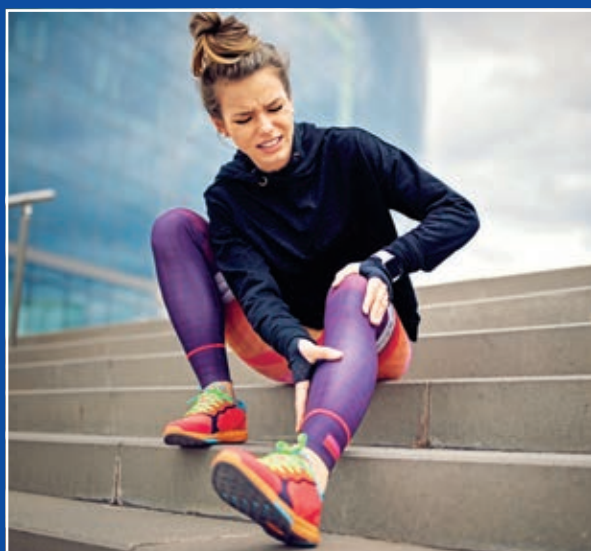
Injury & Trauma
Disease & Infections
Fibromyalgia
Spinal compression
Arthritis
Neuropathy (Nerve Damage)

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

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

SYMPTOMS OF NEUROPATHY MOST OFTEN INCLUDE THE FOLLOWING SENSATIONS

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



HOW LASER THERAPY WORKS

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

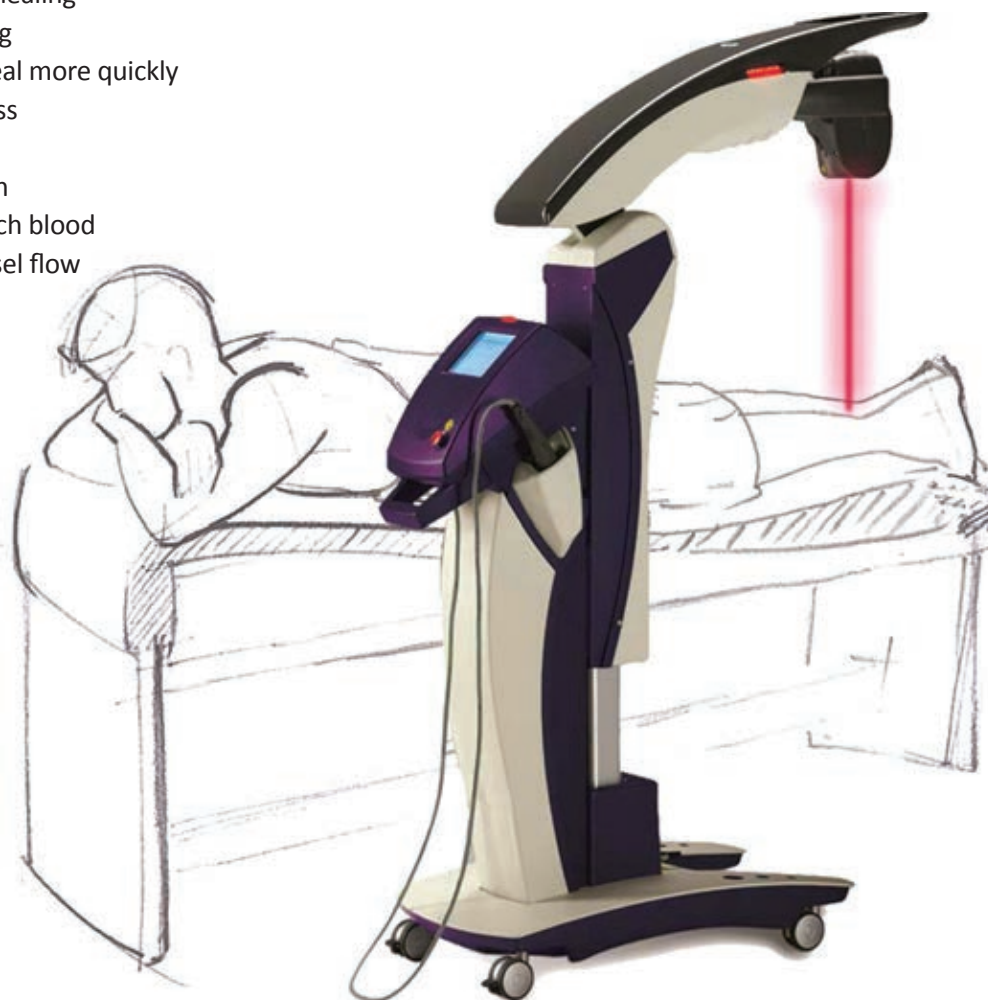
Laser Therapy uses no thermal or heating effect; it creates microcirculation around the soft tissue and nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light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

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



ADVANTAGES OF LASER THERAPY

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



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

SYNERGISTIC TREATMENT

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

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

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My Partial Denture is Moving... What Can Be DONE?

Partial dentures have long been used to help fill in the spaces where people are missing teeth. These types of appliances are “removable”, meaning they can be taken in out of the mouth. Partial dentures have served an important function over the years, allowing patients to chew and smile when other options are not possible either due to lack of remaining/supporting teeth or financial limitations.

Although these appliances are very useful, they do not come entirely free of potential problems. Partial dentures typically rest on the gums in the empty spaces and usually have metal clasps that grab onto the adjacent teeth for support. In many cases, the clasps are visible when patients speak or smile. In addition, the clasps can put tremendous strain on the remaining teeth which could ultimately lead to additional loss of teeth.

Another common complaint with partial dentures is the “rocking” or “movement” that can occur during chewing. This is a possible issue due to the fact that our gum and bone continually changes over time, which alters the way the prosthesis sits in the mouth. In addition, rocking can occur if the teeth supporting the partial denture are loose. Ultimately, partials can serve patients well, but some do feel that the movement, pressure on the remaining teeth or impact on chewing and speech are problematic.

STABILIZING THE PARTIAL:

An alternative does exist that can help remove some of the areas patients most complain about with their partial. If sufficient bone is present in



the areas where teeth are missing, dental implants may be used to help support and stabilize the prosthesis.

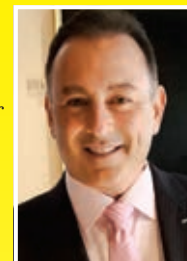
Dental implants serve as “root replacements” that can be placed in the mouth where your previous roots lived in the bone (before the teeth were removed). Under most circumstances the roots will bond with the bone over a number of months. Typically we hear how crowns can be connected to the healed implants to replace teeth. We also have the ability to use these implants in different ways. In the example of stabilizing a denture, connections similar to a trailer hitch or ball can be attached to the implant. Snaps that lock onto these balls are incorporated into the denture on the underside (where the partial rests on the gums).

This allows a patient to “snap” the partial into place and limits movement considerably. In most occasions, metal clasps can be avoided. The benefits of this procedure are often considered the elimination of rocking or movement, improved chewing ability and improved esthetics.

This often simple treatment offers patients the ability to improve issues they may have related to partial dentures. A thorough evaluation of the bone using a 3D CT Scan can help determine if this therapy is appropriate. It is important to remember that no one treatment is suitable for all cases.

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

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



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

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

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

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



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Little-Known VA PENSION

Can Be a LIFE-SAVER

Written By
Thomas Gregory –
U.S. Navy Veteran

Established in 1952 under Title 38 of the United States Code, Congress created two types of benefits for war Veterans and their survivors within the Department of Veteran Affairs. The first is “compensation for service-related disability or death” and second, “a pension for non-service connected disability or death”. A little-known VA pension, which falls under the non-service connected section of Title 38, is called **Aid & Attendance**. The **Aid & Attendance** Pension pays for a caregiver to assist with activities of daily living such as meal preparation, bathing, dressing/undressing, transportation, light-house keeping, laundry and various others.



If you are a war veteran or surviving spouse of a war veteran 65 years of age or older, who served 90 days or more on active duty, with one of those days occurring during a declared period of war, you may qualify for Aid & Attendance. In addition to the war service requirements, to qualify, you must have the medical need (i.e. assist with activities of daily living) and meet certain financial requirements. In general, Aid & Attendance is intended to pay for homecare or assisted living care and in some rare cases, independent living facilities. This significant monthly benefit can pay as much as \$25,000 per year toward your care. Very few war veterans know about this benefit and even fewer surviving spouses are aware of this help available from the VA.

There are approximately 600,000 war veterans currently living in Florida that are 65 years of age or older. If we include surviving spouses of war veterans, the number is easily in excess of one million. Conservative estimates indicate that at least 25% of these veterans and spouses would qualify for Aid & Attendance Pension, if they only knew it existed. Maybe that's you.

If you are veteran of foreign war or the surviving spouse of a war veteran, and you feel you may qualify, please **call Attorney Andrew Curtis at 561-998-6039** and his staff will review your situation with you and determine if you qualify.



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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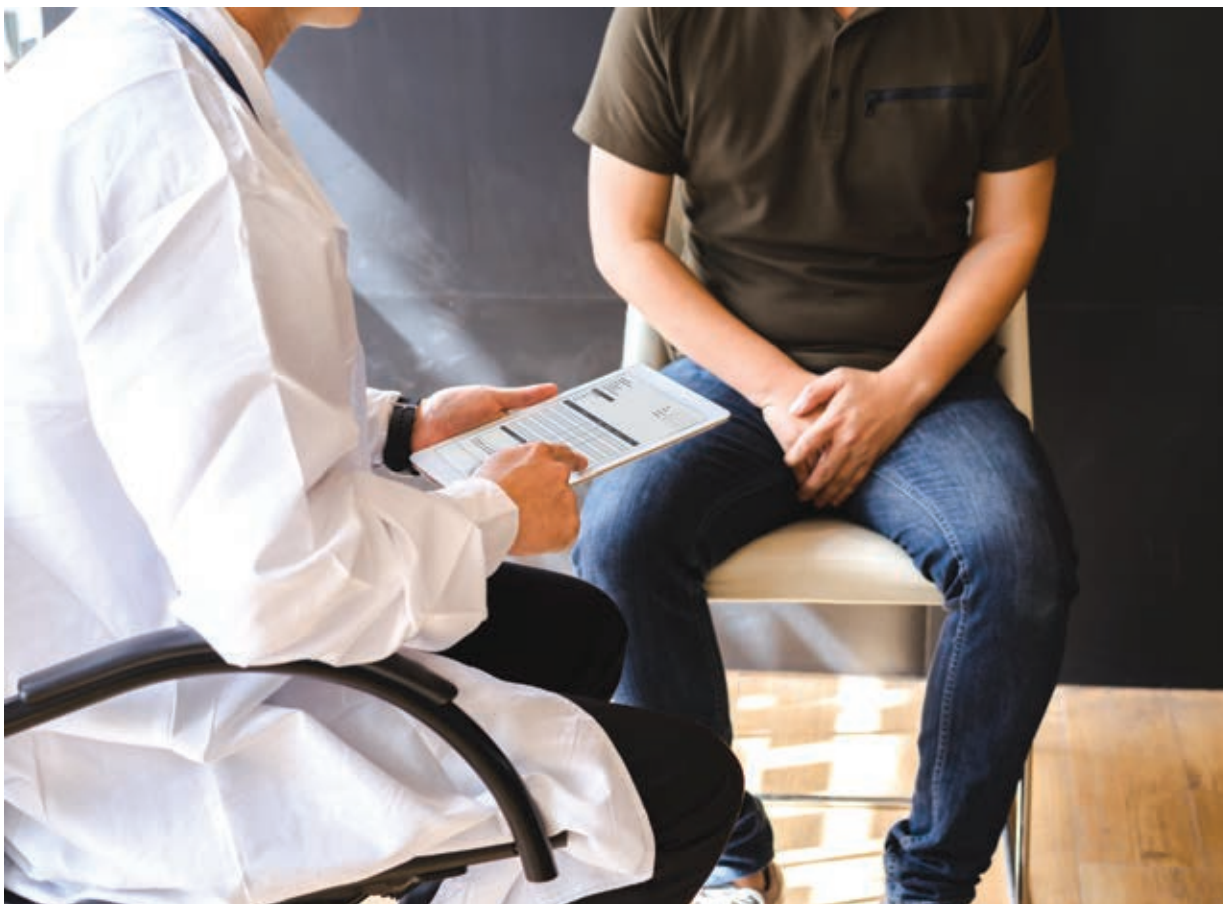
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THE CORNEA

By David A. Goldman MD



Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This

was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

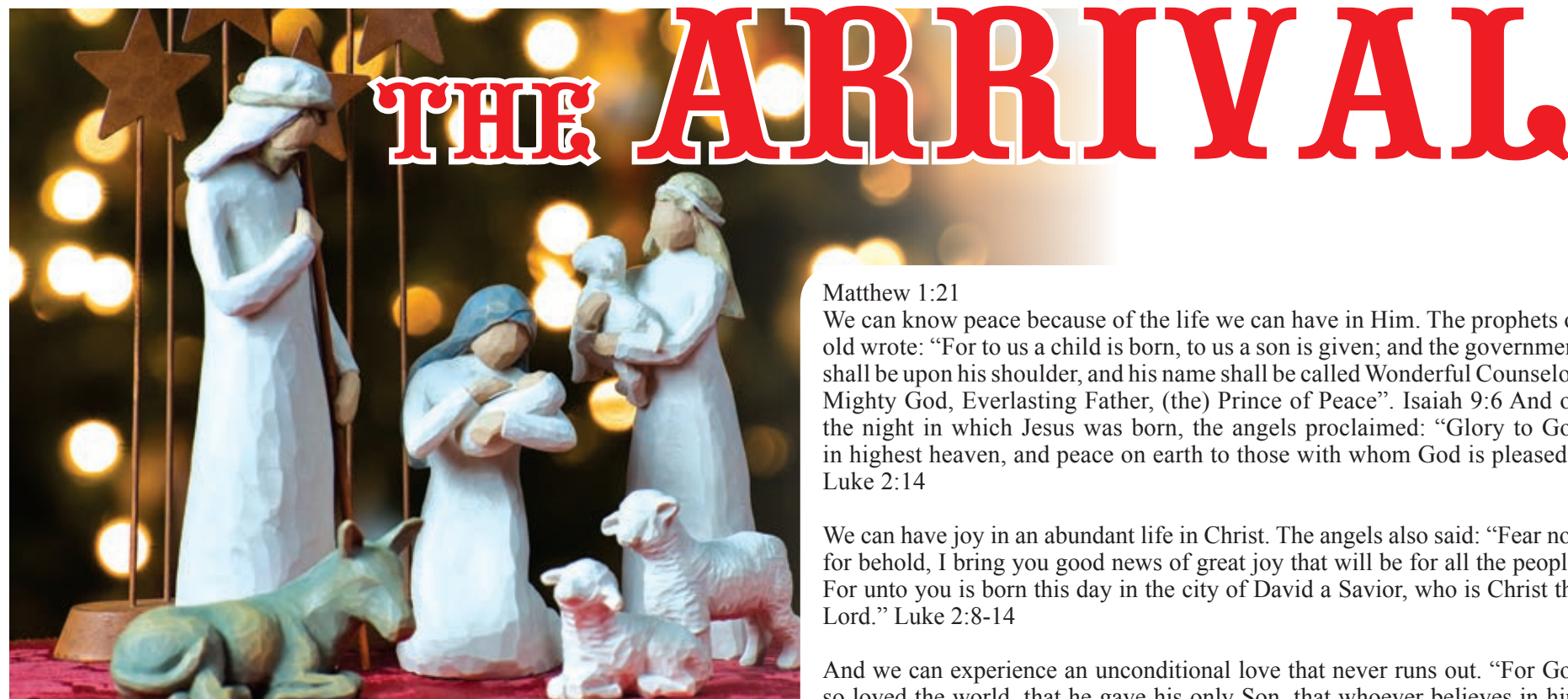
as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

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Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”

Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers

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