

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

# Health & Wellness<sup>®</sup> MAGAZINE

January 2022

North Palm Beach Edition - Monthly

[www.sflhealthandwellness.com](http://www.sflhealthandwellness.com)

**FREE**



**BREAKING UP IS HARD TO DO –  
BUT IT CAN MAKE YOU GROW!**

**IMAGINE FAT REDUCTION AND  
MUSCLE TONING IN ONE:  
CHECK OUT TRUBODY BY  
CUTERA**

**ARE YOUR PRESCRIPTIONS  
EMPTYING YOUR POCKETS?**

**TIRED OF TAKING  
ANTIHISTAMINES AND OTHER  
ALLERGY MEDICATIONS  
TO NO AVAIL?**

**KNEE PAIN DOESN'T MEAN  
YOU NEED SURGERY –  
ALTERNATIVE THERAPY  
APPROVED BY THE FDA  
FOR KNEE ARTHRITIS RELIEF**



# INTERESTED IN BECOMING A SALES REPRESENTATIVE?

## Necessary Skills and Experience:

- Above average computer skills
- Business to business sales experience
- Self managed and disciplined
- Ability to work independently
- Commission sales experience
- Genuine interest in our industry


*If interested or have questions,  
feel free to contact*

**Sybil Berryman at 239-250-4104**

**Health & Wellness** MAGAZINE


Advertising  
sales  
experience  
is preferred!






**PALM BEACH CENTER for  
PERIODONTICS &  
IMPLANT DENTISTRY, P.A.**

- Implants • Laser Therapy
  - Tissue Grafting
  - Bone Regeneration
- IV & Oral Sedation
- 3D CT Scans





**Lee R. Cohen, D.D.S., M.S., M.S.**  
Dual Board Certified, Periodontics and Implant Dentistry  
NYU, Emory and University of Florida Trained  
Clinical Associate Professor, Shands Hospital (UF)  
State Certified, IV & Oral Sedation  
LANAP (Laser Periodontal Therapy) Certified  
Past President, Florida Association of Periodontists



**561-691-0020**  
4520 Donald Ross Road, Suite 110  
Palm Beach Gardens, FL 33418

**www.pbcperio.com**



**Ultra**  
HEALTH & WELLNESS

**WE OFFER**

- NAD+
- PEPTIDES
- ANTI-AGING
- HORMONE THERAPY
- IV Therapy
- NUTRITION / WEIGHT LOSS
- MEDICAL CANNABIS
- UROGYNECOLOGY



**ultrahw.com**  
Schedule Consultation  
**561.671.0041**


**Linda A. Kiley, MD**





**ADVANCED SPINE  
&  
JOINT INSTITUTE**

- MLS Laser Therapy
- Osteoarthritis Program -  
Knee Pain Relief
- Physical Therapy

10233 Okeechobee Blvd, Suite B-6  
West Palm Beach, FL 33411  
**561-721-0492**  
**advancedspineandjoint.com**



**GOLDMAN EYE**  
DAVID A. GOLDMAN, M.D.  
**561-630-7120**  
**www.goldmaneye.com**



- CATARACT SURGERY
- FULL EYE EXAMINATIONS
- CORNEAL TRANSPLANTATION
- DRY EYE MANAGEMENT
- LASER VISION CORRECTION
- REPAIR OF CATARACT SURGERY COMPLICATIONS

3502 Kyoto Gardens Dr. Suite B, Palm Beach Gardens, FL 33410





NO TIME FOR HAIR TRANSPLANT DOWNTIME?

BREAKTHROUGH NO-SHAVE VIP|FUE™ DELIVERS DISCREET RESULTS!

BENEFITS OF VIP|FUE™

- No shave – Only FUE transplant procedure available requiring no trimming or shaving of the donor area
- Preview your results immediately
- Shorter, less restricted, more comfortable downtime
- No stitches or staples • No linear scar
- Natural results



VIP|FUE™ transplant by Dr. Alan J. Bauman | BEFORE AND ONE DAY AFTER



BAUMAN®  
MEDICAL

ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.  
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Alan J Bauman, MD, ABHRS, IAHS

#1 Top  
Hair Restoration  
Surgeon



To book your VIP|FUE™ procedure or  
Virtual Consultation, visit **BaumanMedical.com**  
or call **561-220-3480** for more information.

1450 S. DIXIE HWY, BOCA RATON, FL 33432

MD  
BEAUTY LABS  
SPA AND WELLNESS CENTER

Daniela Dadurian, M.D.  
Medical Director

Board Certified Anti-Aging  
and Regenerative Medicine  
Board certified Laser Surgery



A LUXURY MEDSPA FEATURING THE  
LATEST IN LASER TECHNOLOGIES

- Botox / Juvederm
- Bodytite
- Weight Loss
- Laser Hair Removal
- Pellet Hormone Therapy
- Halo/BBL

- Skin Tightening
- Tattoo Removal
- Toe Fungus Removal
- VI Peel
- IV Vitamin Therapy
- Silhouette Instalift

- Medical Facials
- Cellulite Reduction
- Skin Resurfacing
- Ulthera- Skin Tightening
- TruSculpt iD
- Morpheus

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

320 S. Quadrille Blvd.  
West Palm Beach, FL 33401

340 Royal Poinciana Way  
Suite 330-M, Palm Beach, FL

561-655-6325

www.mdbeautylabs.com

Bring in this ad to receive **\$100 off\***  
your first medical service.

\* Valid on purchases of \$300 or more

www.sflHealthandWellness.com



# contents **January 2022**

5 It's possible to Live  
a Quality Life – Even with Cancer

6 Breaking Up Is Hard to Do –  
But It Can Make You Grow!

8 Imagine Fat Reduction and  
Muscle Toning in One:  
Check Out truBody by Cutera

10 Are Your Prescriptions  
Emptying Your Pockets?

11 Tired of Taking  
Antihistamines and Other  
Allergy Medications to No Avail?

12 Knee Pain Doesn't Mean  
You Need Surgery –  
Alternative Therapy  
Approved by the FDA  
for Knee Arthritis Relief

14 Saving Your Teeth  
Without the Use of a Scalpel

15 Trusts Are Not Just  
for the Wealthy

16 The O-Shot

18 Pterygia and South Florida

19 Spiritual Wellness: Selfie

## CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Sybil C. Berryman**  
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE  
**Bryan Berryman**  
bryan@sflhealthandwellness.com

  
**BERRYMAN**  
Marketing Group LLC

GRAPHIC DESIGNER  
**Sonny Gensing**  
sonny@gwhizmarketing.com

**South Florida's Health & Wellness Magazine** can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

**To get your article published and for ad rates, call 239.250.4104**  
**sybil@sflhealthandwellness.com**

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2022. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

**Get 10% OFF your  
first order with code:  
FHW 9219**



**allMedRx**  
Specialty Pharmacy  
Refer your patients to  
AllMedRx Specialty Pharmacy

**NO** insurance  
**NO** pre-authorizations  
**NO** co-pays

Only cost-effective FDA approved  
generic drugs

[www.allMedRx.org](http://www.allMedRx.org)

11940 US Highway 1, Ste 160  
Palm Beach Gardens, FL 33408  
Phone 561-557-1645



SCAN ME

## DO YOU SUFFER FROM ALLERGIES?

**ARE YOU EXPERIENCING:**  
Sneezing • Wheezing • Runny Nose  
Watery Eyes • Rash • Eczema  
Asthma • Sinus Issues

**We can help!**

Ask Your Physician About Our  
Allergy Screening, Testing & Treatment Program



**Allergyworx**™

OUR LOCATION  
11940 US Hwy 1, Ste 160  
Palm Beach Gardens, FL 33408

[ALLERGYWORX.ORG](http://ALLERGYWORX.ORG)  
(888)508-5100



SCAN ME



# It's Possible to Live a Quality Life – Even with Cancer

**T**he evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before. Advanced treatments, such as targeted therapies and immunotherapies, along with breakthrough research and state-of-the-art technologies that allow pathologists and physicians to identify genetic mutations in different types of cancer, have brought faster and more effective techniques and methods of personalizing treatments for patients.

## How effective is cancer treatment today?

According to the American Cancer Society, there are more than 17 million Americans with a history of cancer who are alive today, and most oncologists feel that many types of cancer are becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found for every type of cancer, often the disease is something that can be managed, and people can live with cancer for many years.

Through research, we have learned that each person's cancer is actually a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly effective treatments that are based on a patient's unique genetic profile. Genetic sequencing of a patient's tumor can help identify which drugs or treatments will be most effective for that individual.

Early detection and diagnosis, as well as advances, such as immunotherapies and targeted treatments, most of which are available in pill form, are also making it possible to live with cancer and continue to have a good quality of life. Further, the development of secondary medications to manage side effects, such as nausea or fatigue, has helped improve the sense of well-being in patients.

## Impact of COVID-19 on people living with cancer

As difficult as it has been for all of us for almost two years, cancer patients have been particularly affected by the coronavirus pandemic. Cancer patients are especially vulnerable when it comes to contracting COVID-19 because cancer itself and the treatments for the disease can weaken the immune system. In addition, the pandemic has brought about numerous consequences, including reduced access in getting care for other illnesses, according to the Centers for Disease Control (CDC).



At the beginning of the pandemic, certain non-urgent health care was suspended and many people either delayed or skipped getting their recommended cancer screenings, fearing exposure to COVID-19. Postponing cancer screenings led to delays in diagnosing cancer at an early stage when it is more treatable. That is one reason physicians are now encouraging patients not to skip their recommended cancer screenings. Early detection can often mean a much better outcome for patients.

Clinical trials for cancer have also been affected by the pandemic. Up to 60% of research programs halted screenings or enrollment for clinical trials in the first few months of COVID-19, according to the National Institutes of Health (NIH). This interruption in clinical research may delay some of the newer promising treatments from being studied and potentially approved.

Now that three COVID-19 vaccines have been approved for use in the U.S., the risk of contracting serious illness or being hospitalized with coronavirus is much reduced for those who are vaccinated. The American Cancer Society also reports that medical experts are recommending that most people with cancer or a history of cancer should get the vaccine. The vaccine is safe for people with cancer, although it might be less effective because some cancer treatments can affect the immune system and render the vaccine less effective. People who are still in active treatment for cancer should talk with their physician for more information.

## 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.



### North Port

1390 Grand Venture Drive  
North Port, Florida 34286

### Port Charlotte

22395 Edgewater Drive  
Port Charlotte, FL 33980

### Venice Island

901 South Tamiami Trail  
Venice, FL 34285

### Venice Healthpark

836 Sunset Lake Blvd,  
Suite 101  
Venice, FL 34292

### Englewood

714 Doctors Drive  
Englewood, FL 34223-3992

For more information, visit [FLCancer.com](http://FLCancer.com)



# BREAKING UP IS HARD TO DO – BUT IT CAN MAKE YOU GROW!

by Alan J. Bauman, MD, ABHRS



Ever noticed how people who've gone through a breakup often change their hair style?

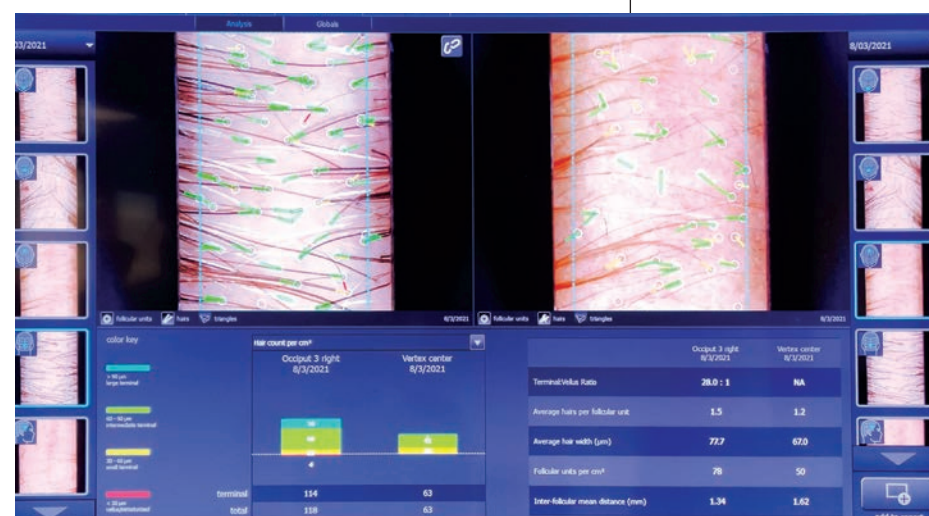
Well, if you're like a lot of people, you may be more than happy to have "broken up" with 2021. And that makes this the perfect time to change – and grow – your hair. At Bauman Medical we have numerous state-of-the-art options to help you do just that, and we promise, revenge will be sweet when you see how great we'll help you look.

Let me start by telling you about our **diagnostic and tracking tools**.

**Trichotest™:** An innovative tool that tests your unique DNA to identify which hair loss treatments are most likely

to provide the best results for you. The process involves a simple cheek swab taken in our clinic or at home to obtain a sample of your DNA, and some details about your lifestyle. A computer then analyzes the genetic characteristics of your metabolism contributing to your particular hair loss situation. An algorithm identifies the treatment options likely to be the most beneficial to you, saving time and improving results.

**HairMetrix:** Uses artificial intelligence to take a snapshot of your scalp without trimming any hair and applies an algorithm to get a readout of your precise hair quantity and quality (and other metrics) in specific areas over time. No "educated guess" required. This information helps us make diagnosis and treatment decisions, and to monitor better than ever before how well you're responding to your treatment.



*HairMetrix® provides digital readouts with the exact number of hairs and the caliber of those hairs, comparing them in different zones. Dr. Bauman believes that HairMetrix® is a gamechanger for the scalp that eliminates any guess work.*

**HairCheck:** Another quick, painless, non-invasive way to measure and track the amount and quality of hair growing on your scalp. It also measures the percentage of hair breakage you're experiencing, a common cause of hair loss and hair thinning. If you're on a hair growth or anti-breakage treatment, HairCheck measurements can scientifically verify any changes.

If you're not ready for a hair transplant (I'll talk about that in a minute), we'll be able to take the information from our diagnostic tools and decide what to do next. Here are some of our non-invasive, non-surgical options coming out of the field of regenerative medicine:

## REGENERATIVE APPROACHES

**Low-level laser therapy (also known as red light therapy):** The medical grade Bauman TURBO LaserCap® is FDA-cleared. It's portable, hands-free, cordless, rechargeable, and fast, requiring only five minutes of treatment per day for improved hair growth at home. It's also drug- and chemical-free with no risk of side effects.

Proper and consistent use of medical-grade low-level laser therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth.

**PRP (Platelet-Rich Plasma):** A comfortable in-office procedure that takes about an hour with no recovery time, downtime, or significant risk. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist. When performed using the appropriate concentration of platelets and proper application techniques, you can expect hair growth improvements that last a year or more from a single treatment.

**PDOgro™:** Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp have been shown to stimulate hair regrowth. Typically performed in combination with PRP in a no-downtime "lunch-break" procedure, the threads are comfortably applied into the scalp. They dissolve and are absorbed over time, safely stimulating collagen production, new blood vessel formation, and a release of powerful rejuvenating growth factors.

**The PDOgro™ procedure may help prevent or reduce the need for future hair transplantation by stopping, slowing, or reversing hair loss.**

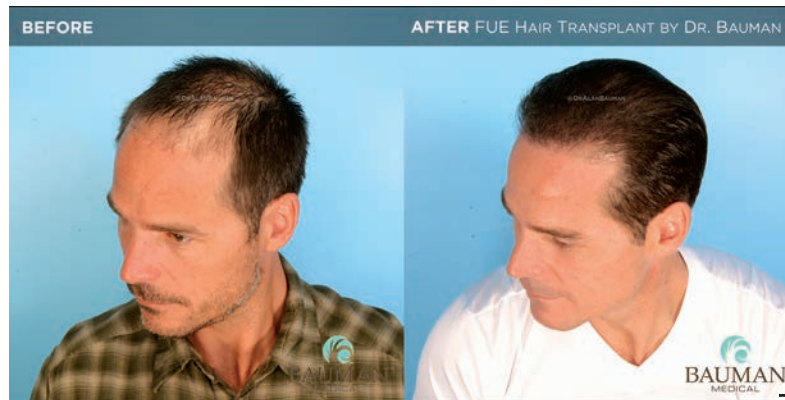
## HAIR TRANSPLANTATION

In some cases, hair loss is so advanced that a hair transplant is the only way to achieve lasting hair regrowth in areas like a receded hairline, thinning



crown, or other areas where hair follicles are severely depleted or gone. Luckily, hair transplant procedures have become more effective, comfortable, and 100% natural-looking due to major innovations in techniques and technology.

FUE (Follicular Unit Extraction) is one of Bauman Medical's most popular hair restoration technologies. We employ several types of FUE, depending on your particular need or situation. Using robotics, or with the aid of mechanical instruments, we harvest hair follicles directly from the scalp, replacing the older, invasive method of "strip harvesting." FUE hair transplantation allows for the harvesting of follicles without leaving behind a telltale linear scar and with the added benefits



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

of a shorter, less restricted, and more comfortable recovery. Results are natural looking, not like the old-fashioned "plugs" that your father or grandfather may have had decades ago.

### SUPER SUPPLEMENTS TO PROMOTE HAIR GROWTH AND HEALTH

Even though you try, it's not always easy – or even possible – to avoid hair loss risk factors. Not getting enough key vitamins and minerals in your diet, aging, stress or poor scalp health can all contribute to less-than-optimal hair.

At Bauman Medical we offer a superb line of proprietary nutritional supplements to help anyone experiencing hair loss or thinning, or who just wants thicker-looking hair.

- **The Recruiter™:** This special blend of probiotic, plant extract, and Vitamin D3 promotes the release of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress). It increases the number of circulating stem cells in your body to support 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. It supports a robust scalp and strengthens follicles for optimal hair growth.
- **The Bodyguard™:** A unique blend of herbs and mushrooms, The Bodyguard™ supports a healthy immune system and defends against environmental toxins. Scientific research confirms the benefits of the formula's immune-enhancing herbs, together with the fungi, which include Asian mushrooms.
- **A-List™ Hair Vitamin Complex Essential Hair Caps:** It's called our "strategic supplement" because it's compounded with top-tier ingredients 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.

Wondering which supplements are best for your particular situation? Give us a call and we'll be happy to help you decide.

### WHAT DO HAIR TRANSPLANT CREDENTIALS MEAN?

**ABHRS** – American Board of Hair Restoration Surgery. After more than 20 years, only approximately 200 doctors worldwide have received this certification through a rigorous written and oral board examination process. It is the only recognized certification in the field of Hair Restoration Surgery.

**FISHRS** – Fellow of the International Society of Hair Restoration Surgery. Less than 10% of all ISHRS members worldwide have achieved the coveted "Fellow" status recognizing their continuing commitment to excellence and having met exceptional educational criteria.

**IAHRS** – International Alliance of Hair Restoration Surgeons. This elite group was hand-selected by the premier consumer organization dedicated exclusively to protecting hair restoration patients through their commitment to excellence. IAHRS members represent only the best in the discipline and the true leaders in surgical hair restoration.

**AHLA** – American Hair Loss Association. The AHLA is committed to educating and improving the lives of those affected by hair loss. They are the authoritative source of information for people with hair loss and the healthcare professionals that care for them.

### LEARN MORE

Ready to ditch 2021 and grow in the new year with renewed confidence and self-esteem? Don't wait another day. Let's talk to see how we can help.

To learn what treatment regimen is right for you, call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



### About Dr. Alan J. Bauman



**Alan J. Bauman, MD, ABHRS, IAHRs**  
Hair Loss Expert

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 30,000 patients, has performed more than 10,000 hair transplant procedures and over 8000 PRP's since starting his medical hair loss practice, Bauman Medical in 1997.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS). Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive FUE Follicular Unit Extraction, VIP|FUE™, Low-Level Laser Therapy, PRP Platelet Rich Plasma, PDOgro™, eyelash Transplants and others.

Dr. Bauman was voted "#1 Top Hair Restoration Surgeon" in North America by Aesthetic Everything for the 5th consecutive year, "Top Hair Restoration Surgeon of the Decade", and was recently named by Forbes as one of "The 10 CEOs Transforming Healthcare in America."



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.  
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

**Hair Restoration  
for Men and Women**  
[www.BaumanMedical.com](http://www.BaumanMedical.com)  
**561-220-3480**





# Imagine **Fat Reduction** and **Muscle Toning** in One:

## Check Out **truBody** by **Cutera**

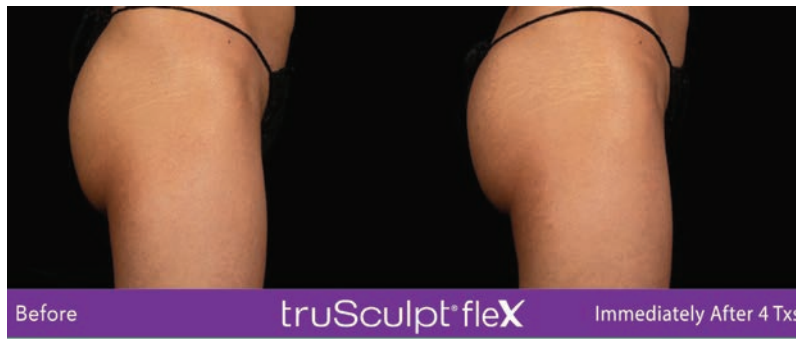
**F**or so long we have been told that a proper diet and consistent exercise was the only way to meet our lifestyle goals or create a perfect body. In some ways, like valuing a healthy lifestyle in terms of diet and exercise, this still holds true; however, there is a protocol developed recently to not only blast away fat but tone and build muscle definition at the same time. For the first time in the aesthetics arena, two technologies, truSculpt iD and truSculpt Flex by Cutera were combined to create truBody, a protocol that targets fat and muscle in the same treatment plan. truBody is a solution for those hoping to achieve a specific appearance when dieting and exercise is simply not enough. This protocol is ideal for those who are already in shape or are enthusiastic in their workout routines and dedicated to a healthy diet and lifestyle; hoping to address those pesky areas that they continue to struggle with.

For so long we have been told that a proper diet and consistent exercise was the only way to meet our lifestyle goals or create a perfect body. In some ways, like valuing a healthy lifestyle in terms of diet and exercise, this still holds true; however, there is a protocol developed recently to not only blast away fat but tone and build muscle definition at the same time. For the first time in the aesthetics arena, two technologies, truSculpt iD and truSculpt Flex by Cutera were combined to create truBody, a protocol that targets fat and muscle in the same treatment plan. truBody is a solution for those hoping to achieve a specific appearance when dieting and exercise is simply not enough. This protocol is ideal for those who are already in shape or are enthusiastic in their workout routines and dedicated to a healthy diet and lifestyle; hoping to address those pesky areas that they continue to struggle with.

Recently, many body sculpting technologies have been introduced to the medical aesthetic industry. However, no treatment has shown results such as those of truSculpt iD. truSculpt iD provides a hands-free and customizable fat-reducing treatment through non-invasive, Monopolar radio frequency platforms that use Real-Time Temperature Control. Real-Time Temperature Control works to treat an entire fat layer, which has been clinically proven to safely and permanently reduce an average of 24% of fat in an area, with no downtime. Because truSculpt iD has no downtime or required recovery, it makes the perfect first step in the truBody protocol. Additionally, truSculpt iD uses this industry disrupting radio frequency instrument to tailor each treatment to the patient's long-term body aesthetic goals. The radio frequency works to break apart and destroy fat through Apoptosis, which is a medical system that literally kills fat cells. Over the next 12 weeks,

patients' bodies will naturally remove these dead cells from the area and of the body. Another benefit of this treatment is that depending on which area the patient wants to address, it can be performed quickly; sometimes receiving the treatment in less than 15 minutes. truSculpt iD is tailorable but also incredibly versatile as the design of the technology allows for treatments on small areas and large areas of stubborn fat. Unlike competing body sculpting technologies like CoolSculpting, the applicators and devices used with truSculpt iD allow even more specific or rounded areas to be targeted, in combination with larger or flatter areas, all at once. truSculpt iD is almost completely pain free, with little discomfort ever disclosed by patients. While it is not a system for weight loss, truSculpt iD provides an option to patients hoping to truly meet their body sculpting needs, before proceeding with the next step in the protocol, truSculpt Flex.





truSculpt Flex is the second technology used to create a lean and defined appearance that is typically hard to achieve. A muscle defining and sculpting device, truSculpt Flex has the ability to perform personalized treatments on patients following their truSculpt iD experience, customizing the second treatment in the protocol based on the patient's fitness levels, goals, and current physique. Using Multi-Directional Stimulation (MDS),

truSculpt Flex produces a method of electrical stimulation of the muscles using three treatment modes, which replicate intensified crunch, squat, and twisting actions. Only truSculpt Flex has been able to achieve fast results and treat multiple areas of the body at the same time; unlike its competitor, Emsculpt. This technology can treat up to three areas of the body at once, making it more convenient for patients who want to sculpt more than one part of the body. Over a 45-minute treatment session and using two to sixteen applicators, the treatment is

As a standalone treatment, truSculpt Flex is the only technology available that can perform a non-surgical buttock lift by strengthening the gluteus muscles.

Initially, two treatments per week are performed. There is a recommended amount of six treatments in the protocol in order to establish the type of results patients hope to see. Therefore, it is recommended that patients receive 4 treatments in a time frame of 2 weeks, no closer together than two days and no further apart than seven. Following the consecutive weeks of treatment, a maintenance program will be designed by Dr. Dadurian for each patient and their individual goals and needs.

Together, these truSculpt iD and truFlex iD have the ability to burn fat and define muscle in even the most stubborn places, with quick results and no downtime. Spend less time in the gym and call MD Beauty Labs today to book a complimentary consultation.

completed. As previously noted, there are three unique modes used during these 45 minute treatments: Prep, Tone, and Sculpt. Patients will have a customized experience based on their specific needs, but mainly, their current fitness levels. Prep Mode is the recommended and best choice for starting this treatment cycle, as it works to elongate and stretch muscles, preparing them for toning and sculpting in the following sessions. It is important to note however, that Prep Mode may only be used in a cycle once for someone who is already lean and defined versus an individual who needs a muscle memory refresher. Regardless of the timeline of each patients' protocol, the results over the next few weeks will be successful, as the technology is multifaceted.



**Medical Director, Daniela Dadurian M.D.**

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

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

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



**Complimentary Consultation / Gift Cards  
Financing Available**

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discount fee, or reduced fee service, examination or treatment.

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**

**Demo and Consult Day Package Special  
NON-Surgical NON-Injection Butt Lift Plus  
see additional areas for muscle toning.**

**Truflex by cutera**

**August 19th**

**Live Demos 11am, 1 pm, 3pm and 5pm\***

\* Light bites will be served and 1 winner will receive a free treatment of an area of their choosing

\*\* Must have attended demo or have a consultation on that day to receive special pricing



# ARE YOUR PRESCRIPTIONS EMPTYING YOUR POCKETS?

**T** IRED OF PURCHASING YOUR MEDICATION FROM ANOTHER COUNTRY?  
STOP FIGHTING FOR REASONABLE PRICES WITH COUPONS.  
STOP WASTING TIME WAITING IN LONG LINES AT BIG-BOX PHARMACY STORES.  
YOU HAVE ENOUGH STRESS IN YOUR LIFE, COME TO ALLMEDRX SPECIALTY PHARMACY  
WHERE THE PRICE YOU SEE IS THE PRICE YOU PAY.  
QUICK, CONVENIENT, AND AFFORDABLE MEDICATIONS FROM A FAMILY-OWNED PHARMACY!  
ALLMEDRX DELIVERS YOUR MEDICATIONS RIGHT TO YOUR HOME.

**allMedRx**  
*Specialty Pharmacy*

**A**llMedRx 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!

Visit our website,  
**Allmedrx.org,**  
today for **10% off**  
your first order.







# TIRED OF TAKING ANTIHIISTAMINES and other allergy medications to no avail?

**O**ver the counter, allergy medications treat the symptom, not the cause. The AllergywoRx program, developed in 2011 by a clinical team that included doctors, pharm. D's and compounding pharmacists, is one of the foremost comprehensive allergy treatment programs in the nation. Powered by AllMedRx Specialty Pharmacy this immunotherapy program is your one-stop allergy solution designed to include the screening, testing and treatment plan of your environmental allergies via our website AllergywoRx.org.

## ***Fighting allergens with allergens***

We believe in patient-centered care and partner with many physicians across the United States. Don't feel trapped by your allergies, immunotherapy could be the key to your freedom from your symptoms.

Immunotherapy is a process that desensitizes your body to allergens. It involves a formula that safely introduces small amounts of specific allergens to your body over a period of time. This allows your body to build up immunity to the allergy. Allergy immunotherapy increases your allergic threshold, so you no longer experience allergy symptoms. Safe and effective for patients

of all ages, allergy immunotherapy has been helping people live symptom-free for decades. In fact, studies show that immunotherapy helps reduce hay fever symptoms in about 85 percent of people with allergic rhinitis. (jama, march 2013-vol 309, no. 12)

"[immunotherapy] is the only known treatment that modifies the immune response and treats the cause rather than the symptoms."

Contact your physician today and see if you are eligible for the AllergywoRx program.

## ***Physicians become a provider!***

Stop referring your patients out for allergy testing! Treat the underlying allergic disease with minimal time and man power. 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. The pharmacists are available at any time for your staff and patients and every customer service team member is a registered pharmacy technician. To start complete our contact form at AllergywoRx.org

or call us at **888-508-5110** to become versed in the simple steps to prescribe *allegiShots* and *allegiDrops*.



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.



# **KNEE PAIN** Doesn't Mean You Need Surgery – **Alternative Therapy** **Approved by the FDA** **for Knee Arthritis Relief**



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



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

### Causes of knee osteoarthritis

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

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

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

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

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

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

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

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

### Why do knee injections often fail?

#### What is different about the Supartz procedure?

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

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

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



### Benefits

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

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

**ADVANCED SPINE  
&  
JOINT INSTITUTE**

**10233 Okeechobee Blvd, Suite B-6**

**West Palm Beach, FL 33411**

**561-721-0492**

[advancedspineandjoint.com](http://advancedspineandjoint.com)



# Saving Your Teeth WITHOUT The Use of a Scalpel

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

**F**ear of surgery is considered one of the main reasons why patients avoid treatment options that may help save their teeth. I, a dental phobic (yes I know the irony here), completely understand the anxiety related to a surgical procedure being performed in my mouth. For some unknown reason, the thought of sharp objects operating in my mouth is much more traumatic than on other areas of my body. My understanding of these fears has led me to seek expertise in advanced treatments that can avoid the use of scalpels, stitches or graft material for my patients.

## PERIODONTAL (GUM AND BONE) ISSUES OFTEN LEADING TO TOOTH LOSS:

Avoiding treatment due to surgical anxiety unfortunately lets the alternative, progression of the problem, occur. In the case of periodontal disease, this often means we are headed down the path to losing jaw bone, losing teeth and eventually more expensive (and invasive) treatment options. If there was a way to remove the barrier of fear and increase the amount of preventive treatment provided, many patients would retain their teeth much longer.

People often focus just on cavities. It is equally important to be sure the foundation remains strong to hold the teeth in the jaw. Periodontal disease is the disease of this surrounding gum and bone. **A major recent study revealed that periodontal disease occurs in 50% of patients over the age of 30. It is actually more prevalent than Diabetes.** We often see this disease manifest in one of two ways:

**Gum Recession (loss)** – As the gum tissue resorbs away, the bone underneath is also lost. Losing this bone causes teeth to become loose and eventually need to be removed. If you can look in the mirror and see the root of your tooth then you have lost jaw bone!

**Periodontitis (Irreversible Jaw Bone Loss)** – A more silent and invisible form of the disease occurs below the gum line and is often not noticed as it is not painful. In this form of periodontal disease a combination of aggressive bacteria under the gum and your body's response leads to destruction of the jaw bone supporting the teeth. Eventually, this bone loss will likely lead to tooth loss.

## THE GOOD NEWS – ADVANCED TREATMENT OPTIONS WITHOUT TRADITIONAL SURGERY:

Scalpel-Free, Suture-Free and Graft-Free procedures are available to help treat both of the types of issues discussed above. These advanced procedures often have significantly less discomfort after surgery and have demonstrated amazing results. Below are procedures we perform regularly to treat the following issues:

### Recession: PINHOLE GUM REJUVENATION

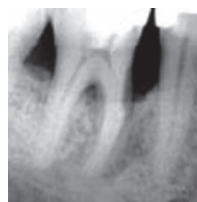
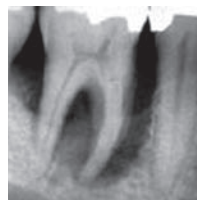
Pinhole Gum Rejuvenation is a procedure performed to help treat gum recession and slow jaw bone loss. It is similar to a laparoscopic procedure performed on the



abdomen. The treatment is performed entirely through a “pin hole”. Using specially designed instruments, the gum tissue is loosened and moved over the exposed root to a more ideal position. Because there are no incision or stitches placed, decreased post-operative symptoms occur (pain, bleeding and swelling). In addition, the result is immediate.

### Periodontal Disease (Jaw Bone Loss): LANAP (Laser Periodontal Therapy)

The goal of any periodontal therapy is to decrease the deep space that develops under the gum as jaw bone is lost (we often call this a deep pocket). Traditional surgery typically exposes the area and allows for tissues to be sutured closer to the bone (decreasing the deeper space that exists below the gum). LANAP therapy utilizes a specific laser that has been proven to kill periodontal bacteria while helping form new gum and bone tissue. Instead of surgically opening the area, a healthy space is created that allows your own healing to develop new tissue (bone and gum) and decrease the space between the initial gum level and bone. An easy comparison would be allowing a fracture of the arm to heal. A clot forms and develops new bone and tissue to repair the area. Treatment is painless and no post-operative pain medications are needed.



It is important to realize that no treatment will work in every situation and that a complete periodontal evaluation is needed to determine what treatment is ideal in each case. In our practice, we have seen an incredible response to both of these therapies. Patients have been extremely happy with their outcomes and equally thrilled with the less invasive (and less painful) techniques.

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 **Periolase 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**.



**PALM BEACH CENTER** for  
PERIODONTICS &  
IMPLANT DENTISTRY, P.A.

[www.PBCPERIO.com](http://www.PBCPERIO.com)

561-691-0020



By Andrew M. Curtis, ESQ



# TRUSTS ARE NOT JUST FOR THE WEALTHY

Perhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.



Another reason for having a revocable living trust is to protect against incapacity. In the trust, you designate who would manage your assets in the event, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove to be a bad result, because the husband could remarry

and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will,

follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit.. And for persons with handicapped children, a "supplemental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement

for government benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

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.

**561-998-6039**

**for more information contact  
the Law Office Of Andrew Curtis.**

Offices located in Boca Raton and Fruitland Park,  
The Villages

**visit [www.elderplanner.com](http://www.elderplanner.com)  
or call 800-731-8784.**





By Linda A. Kiley, MD

# The O-Shot



The last several years we have seen many studies being published showing that it is possible to use natural substances produced in our own bodies to treat diseases or improve function. Platelet-rich plasma (PRP) has been an exciting area of reach for many years. It has been used for cosmetic purposes to achieve nonsurgical facelifts, to treat tendon and joint injuries, muscle injuries, pain and other conditions. For women, the development of PRP treatment to improve sexual functioning, treat stress incontinence (urine leakage with exertion), and treat painful skin conditions of the vulva such as lichen sclerosus has been particularly exciting. As a member in good standing of the Cellular Medicine Association, Dr. Kiley has received training on the O-shot and is happy to offer it as a treatment option for several conditions.



**Stress incontinence:** A peer-reviewed paper recently published in the Journal of Female Pelvic Medicine and Reconstructive Surgery (Urogynecology) revealed findings that PRP was able to significantly improve stress incontinence symptoms in women versus placebo. One major advantage of this treatment is that there is no foreign material inserted into the body, making complications or side effects extremely unlikely. Another advantage is the ability to have the procedure done in the office with local anesthesia and essentially no "down-time". At Ultra Health & Wellness we emphasize natural treatments whenever possible in order to reduce toxicity, side effects and complications.

**Sexual satisfaction:** Some women experience a decrease in the ability to achieve orgasm as a result of hormonal changes, physical traumas or unknown causes. Blood flow and proper nerve functioning in the clitoris is very important in maintaining the ability to achieve orgasm. The O-shot has been shown to enhance sexual satisfaction and involves a drug-free treatment method to help improve the female sexual experience.

**Lichen sclerosus:** This is a condition of the vulva (skin outside of the vagina) seen on the labia and entrance to the vagina which may cause scarring, cracking, itching, burning, or plaques forming on the vulva. This may result in painful intercourse, urinary discomfort, chronic vulvar discomfort, and may interfere with normal activities. Combined with other treatments, the O-shot using PRP may be effective in reducing scarring and promoting proper healthy tissue growth as well as alleviating some of the other bothersome symptoms of lichen sclerosus.

**Vaginal Rejuvenation:** The concept of vaginal "rejuvenation" is simple: Help the vagina function in a more youthful way. The tissues should respond well, be elastic and flexible yet supple and full. Rather than "tightening" the vagina using surgery and incisions, providing a scaffolding for tissue building cells to enhance the tissues surrounding the vagina can provide for a more "youthful" vagina. Coupled with other treatments such as MonaLisaTouch laser or Juliet, this may provide a satisfying way to achieve a healthier, better-functioning, more youthful vagina without the use of surgery.

**At Ultra Health & Wellness, we strive to improve your well-being with the best and safest tools available.**



**561-701-2841**  
**4270 Design Center Dr Suite 100A**  
**Palm Beach Gardens, FL 33410**  
**[www.ultrahw.com](http://www.ultrahw.com)**



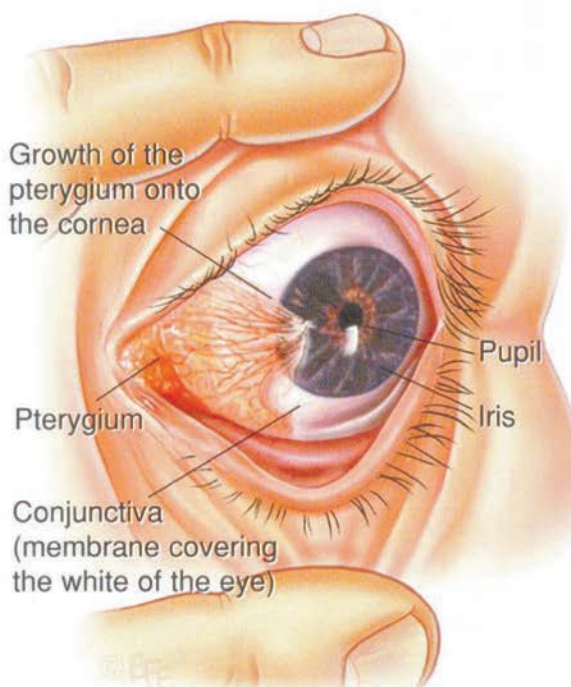
# PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

**A** pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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 2<sup>nd</sup> 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.

561-630-7120 | [www.goldmaneye.com](http://www.goldmaneye.com)



## SELFIES



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

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

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

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

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

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

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

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

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

You are God’s selfie.

*Brent Myers*

**CHRIST**  
FELLOWSHIP



[hello@christfellowship.church](mailto:hello@christfellowship.church)  
[www.christfellowship.church](http://www.christfellowship.church)  
**561-799-7600**

### FIND A LOCATION NEAR YOU

**Palm Beach Gardens  
Port St. Lucie  
Royal Palm Beach  
Boynton Beach  
West Palm Beach  
Jupiter**

**Stuart  
Okeechobee  
Belle Glade  
Boca Raton  
Vero Beach  
Riviera Beach**





# Your treatment. **Our Journey.**

A cancer diagnosis can feel unexpected, leaving you questioning what to do next. But, within 72 hours\*, Florida Cancer Specialists gives you and your family the comfort of a personalized treatment plan. Our experienced doctors and nurses provide immunotherapy, the latest technologies from clinical trials and targeted treatment based on your cancer's genomic profile. And with world-class care that's close to home, we're always here to make treatment simple and clear.

ACCESS TO  
**85+**  
NATIONAL  
CLINICAL TRIALS



By your side – every step of the way.

---

## Caring for patients at our five Palm Beach County locations.

Barry S. Berman, MD, MS  
Elizabeth A. Byron, MD  
Todd A. Gersten, MD  
Howard M. Goodman, MD  
Shaachi Gupta, MD, MPH  
Antonella Leary, MD  
Elisabeth A. McKeen, MD, FACP  
Rina Patel, MD  
Carisa Pearce, MD

Shachar Peles, MD  
Marilyn M. Raymond, MD  
Neal E. Rothschild, MD  
Napoleon Santos, DO  
Avram J. Smukler, MD  
Daniel L. Spitz, MD, FACP  
Mahdi Taha, DO, FACP, FACP  
Sumithra Vattigunta-Gopal, MD, FACP  
Gerald Zemel, MD



**FLORIDA CANCER**  
SPECIALISTS  
& Research Institute

[FLCancer.com](http://FLCancer.com)

\*All required paperwork must be provided at time of referral.