

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

Health & Wellness[®] MAGAZINE

January 2022

South Palm Beach Edition - Monthly

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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**

**TRUSTS ARE NOT JUST
FOR THE WEALTHY**

**PAIN MANAGEMENT
FOR FACET JOINT PAIN:
RADIOFREQUENCY (RF)
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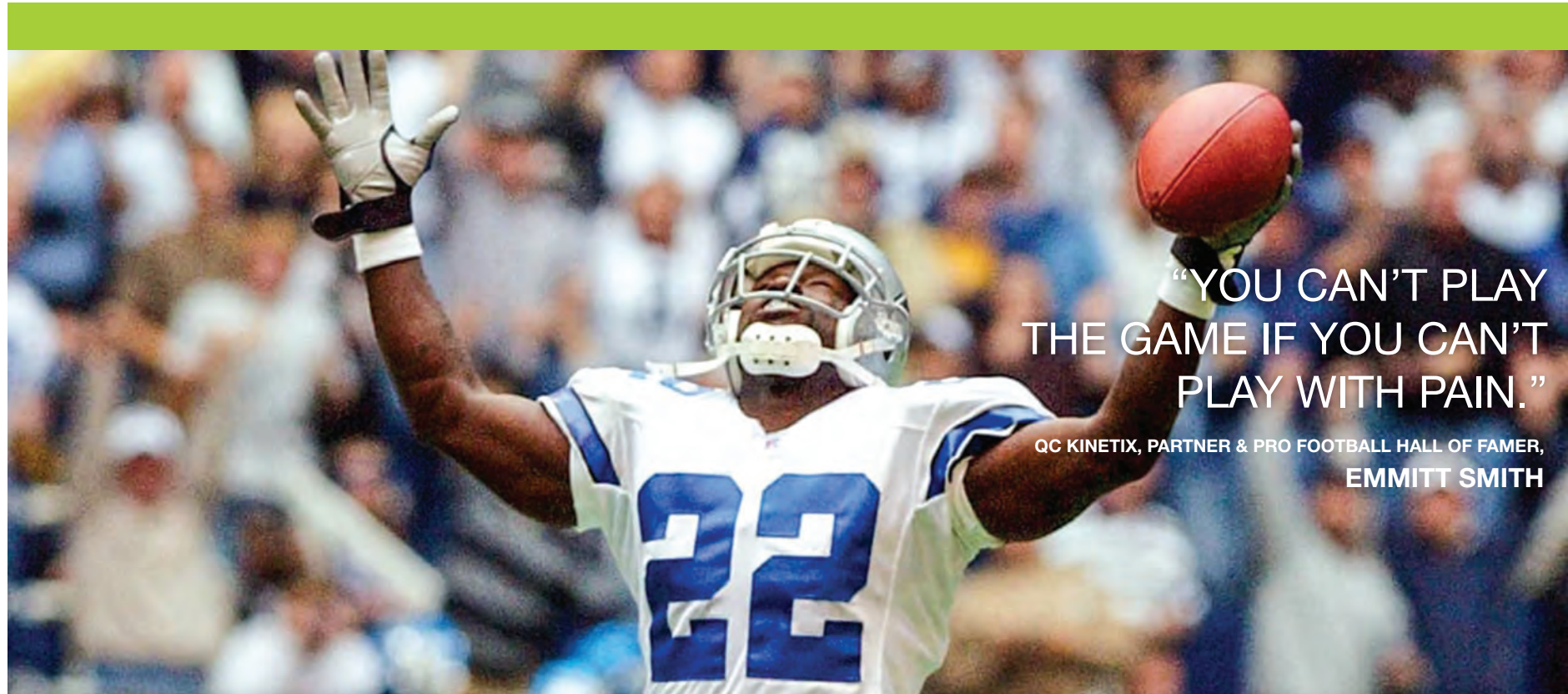
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- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- BS Cornell University 1977

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

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Rotator Cuff Injuries: Do You Really Need Surgery? What You Should Know About Your Options



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



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

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

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

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

BIOLOGICAL REGENERATIVE TREATMENT

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

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

QC KINETIX REGENERATIVE THERAPIES

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

In the case of shoulder conditions, if regenerative therapies are not implemented, the injury will continuously progress. Getting treatment early is imperative to help you avoid surgery.

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

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

avoid reinjury and to decrease the progression of their condition.

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

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

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

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

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COMING SOON TO Boynton Beach!

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?

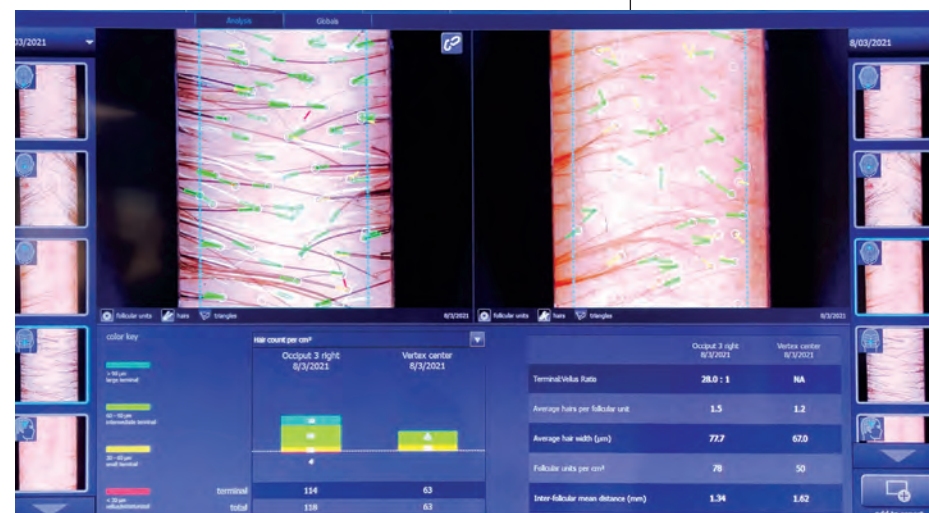
Well, if you’re like a lot of people, you may be more than happy to have “broken up” with 2021. And that makes this the perfect time to change – and grow – your hair. At Bauman Medical we have numerous state-of-the-art options to help you do just that, and we promise, revenge will be sweet when you see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



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.

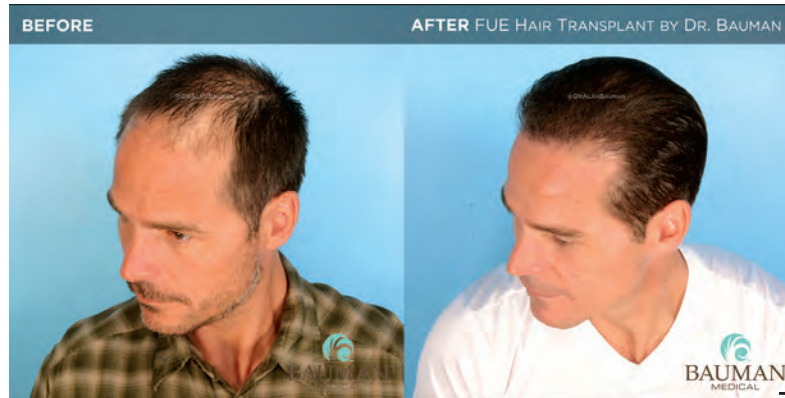
The PDOgro™ procedure may help prevent or reduce the need for future hair transplantation by stopping, slowing, or reversing hair loss.

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."



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

The 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.



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Port Charlotte, FL 33980

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901 South Tamiami Trail
Venice, FL 34285

Venice Healthpark

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Suite 101
Venice, FL 34292

Englewood

714 Doctors Drive
Englewood, FL 34223-3992

For more information, visit FLCancer.com

UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

“YOU CAN’T TELL A BOOK BY LOOKING AT ITS COVER.”



Many women are concerned about the appearance of spider veins and varicose veins. These veins, which can cause a spider web appearance in the skin, or big, unsightly bulges underneath the skin, can also cause a person to have symptoms and are signs of vein disease.



Ignoring these problems and not treating them can lead to a progression and further damage to the tissue of the lower leg. Some of the symptoms and signs of vein disease occur **predominately in the lower leg.**

Some of the symptoms include:

- Subtle feeling of fullness
- Mild aching, heaviness or pressure
- Fatigue as the day progresses

Some of the signs include:

- Swelling, which can be minimal but significant
- Rough, dry skin sometimes accompanied with itching
- Big, unsightly bulging veins underneath the skin
- Spider veins, the unsightly 'webs' in the skin itself, while considered cosmetic, usually indicate deeper problems

Over time, if untreated, vein disease can lead to more significant issues and more damage to the lower leg including, thickening and drying of the skin and discoloration, prominently a brownish color or, if the patient has been up on their feet for long periods of time, these sometimes subtle signs can lead to the possibility of an ulceration or sore around the ankle area.

Fortunately, with today's technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins. We then use a foamed chemical to treat the actual varicose or bulging veins. These two measures are used to close the source veins. We then use a foamed chemical to treat of the actual varicose or bulging veins. This is done in an outpatient clinical setting avoiding surgery.

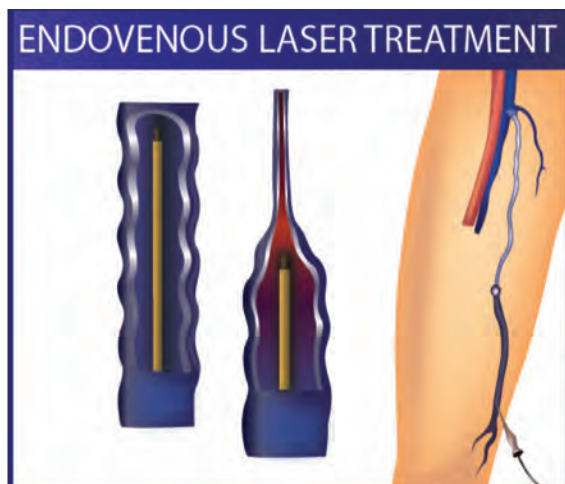
These procedures are covered my most medical insurances, including MEDICARE.

Anyone concerned about the appearance of their veins should have a thorough physical and ultrasound evaluation to examine the underlying cause. This can be done quickly with very little disruption in one's normal schedule and activities. We strongly recommend wearing graduated compression stockings, hose or leggings while working or in situations where a person is on their feet or sitting for prolonged periods of time.

Vein health equates to leg health.

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

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

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.

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.



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.

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 butt 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.



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.



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* 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

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

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

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

Our patients' security and privacy are of utmost importance. To us, confidentiality is imperative to all parties involved. While many online pharmacies are illegitimate our HIPPA compliant pharmacy is LegitScript certified. This badge provides our patients with a trusted and recognized stamp of approval for legitimate and safe health merchants. AllMedRx eliminates the need to order medications from outside of the United States by offering cost-effective prices. Medications that you can trust at a price that will help you confidently apply your healthcare dollars in a safe and secure environment. AllMedRx will guarantee the authenticity of all of our prescription medications ensuring the medication ordered is the medication dispensed.

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

Over 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.

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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

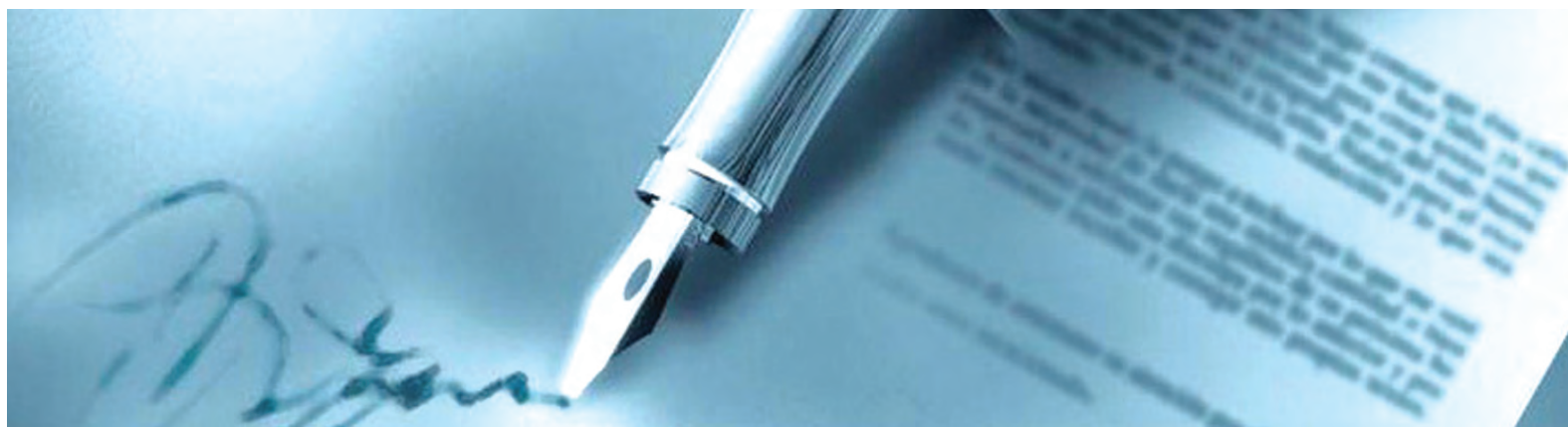
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By Andrew M. Curtis, ESQ



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 your 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.

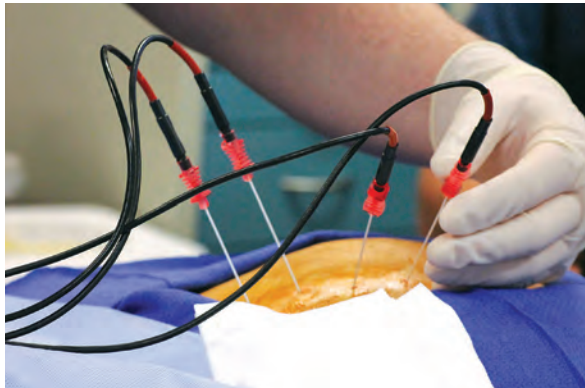
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Neck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can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

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



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



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

BASIC FACET JOINT ANATOMY

Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint is innervated by a medial branch nerve. The medial branch nerves control sensation to the facet joint. These nerves DO NOT control sensations or muscles in your arms or legs and therefore are safe to treat.

What to Expect During and After the Procedure
The procedure is performed in a sterile setting similar to an outpatient procedure suite.

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

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

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

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

BENEFITS OF RADIOFREQUENCY

ABLATION INCLUDE:

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

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

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

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TubcuT® Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.



BEFORE



AFTER

Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

The TubcuT® is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT® as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT® creates an opening that fits your needs. Unlike cap systems, The TubcuT® adapts to you and what your lifestyle requires. With TubcuT's® exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT® threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® Follows the same exact contour of your tub there, and there is no ledge on the

threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT® is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!



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VA APPROVED



About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

If we were to walk across the fields in summertime to some undisturbed spot and mark off a piece of ground say four feet square then examine this little area minutely, we would find an astonishing variety of life. There would be many species of plants; possibly a mouse's nest, and other small creatures. Then resorting to a microscope, we would observe an incredible host of microorganisms functioning in association with the larger life forms.

In that little square of ground we would have seen an interdependent community of life in which

birth and death were continuously taking place and in which diverse life forms were sheltering and nourishing one another. Written in the rocks beneath was a story of a similar process going back through eons of time.

Humankind is part of the ongoing community of nature, on a world scale, subject to the same cycle of birth and death which governs all other creatures and, like them, totally dependent on other life. Sometimes we tend to forget this. Birth and death are as natural for us as for the myriad of creatures in that little square of ground.



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WHY IS MY CHILD STRUGGLING WITH SCHOOL?

By Renee Chillcott, LMHC



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

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

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

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

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

WHAT SHOULD I EXPECT TO SEE CHANGE?

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

- **Increased Focus time**
- **Less Homework Struggle**

- Increased amount of completed assignments
- Improved working memory
- Calmer and less fidgeting
- Improved grades
- More compliance
- Better motivation

WHAT IS NEUROFEEDBACK?

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

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through the auditory reinforcement of "beeps".

It is important to understand that the neurofeedback approach does not magically "cure" or "fix" anything. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle "challenges" and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time. This new behavior carries over into the classroom and at home.

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

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the entire head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then read and analyzed. We provide a summary of significant



findings as well as a full report that shows the results of analyzing the data several different ways. The brain activity is not only compared by individual locations over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot. We don't always need this data to start making changes in symptoms, but we do recommend it in treatment to identify all areas that need improvement. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake or in a telephone consultation. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at info@bocabraincenter.com, or text us at **(561) 206-2706** or visit our website at www.BocaBrainCenter.com.



Renee Chillcott, LMHC

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



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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

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GUEST SPEAKERS



9:30am

Rose Tydus

CEO and President of the Ms. Senior Florida Pageant, Inc.
Inspiring Senior Adults to live healthy and productive lives



10:30am

Kristin Akbasli

Founder of Create My Weight Nutritionist, Coach, and Fitness Trainer
How to build Muscle and Burn Fat on a Plant-Based Diet



12:30am

Joel Simmons

Founder of Tenacity Foundation
Make truth your reality



1:30pm

Nadin Vogel

CSP, Global Speaking Fellow Global CEO, Media Personality, Author
No one is born a champion but everyone has the ability to become one



2:30pm

Cindy Montgenie

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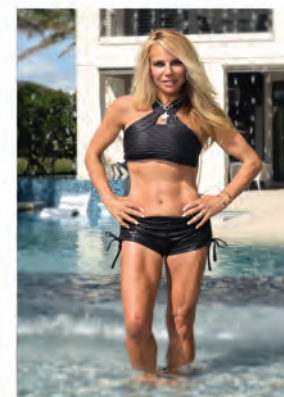
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therapy for ED, to Boca Raton.



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

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

Why Medicate When You Can CURE?

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



RejuvaWAVE® only available at Simply Men's Health

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

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

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

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

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

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

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

RejuvaEnhancement™ PRP P-Shot®

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



Enhance Size as well with the P-Shot®

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

Journal of Sexual Medicine publishes new study June 2021:



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



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WHAT OUR PATIENTS ARE SAYING:

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

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

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

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

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

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

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

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



Vampire Facelift

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

Vampire Facial

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

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

The O-Shot

Non-surgical procedure to treat sexual dysfunction and improve orgasms in women.

P-Shot®

Penile rejuvenation for peyronie's disease & erectile dysfunction.

Vampire Breast Lift

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

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Mindy and Kathy



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Saving Your Teeth WITHOUT The Use of a Scalpel

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

Fear 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

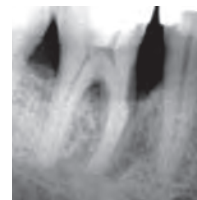
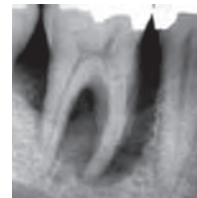
Pinhole Gum Rejuvenation is a procedure performed to help treat gum recession and slow jaw bone loss. It is similar to a laparoscopic procedure performed on the



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**.



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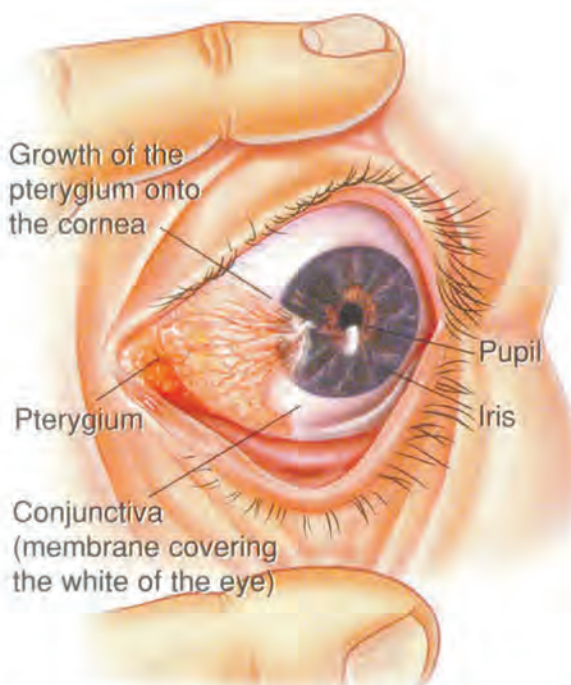
PTERYGIA AND SOUTH FLORIDA

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.

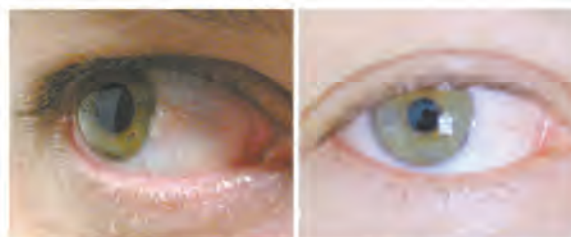
While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic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

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

And probably more than you even realize.

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

We are God’s selfie.

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

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

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

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

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

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

You are God’s selfie.

Brent Myers

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