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February 2022

South Palm Beach Edition - Monthly

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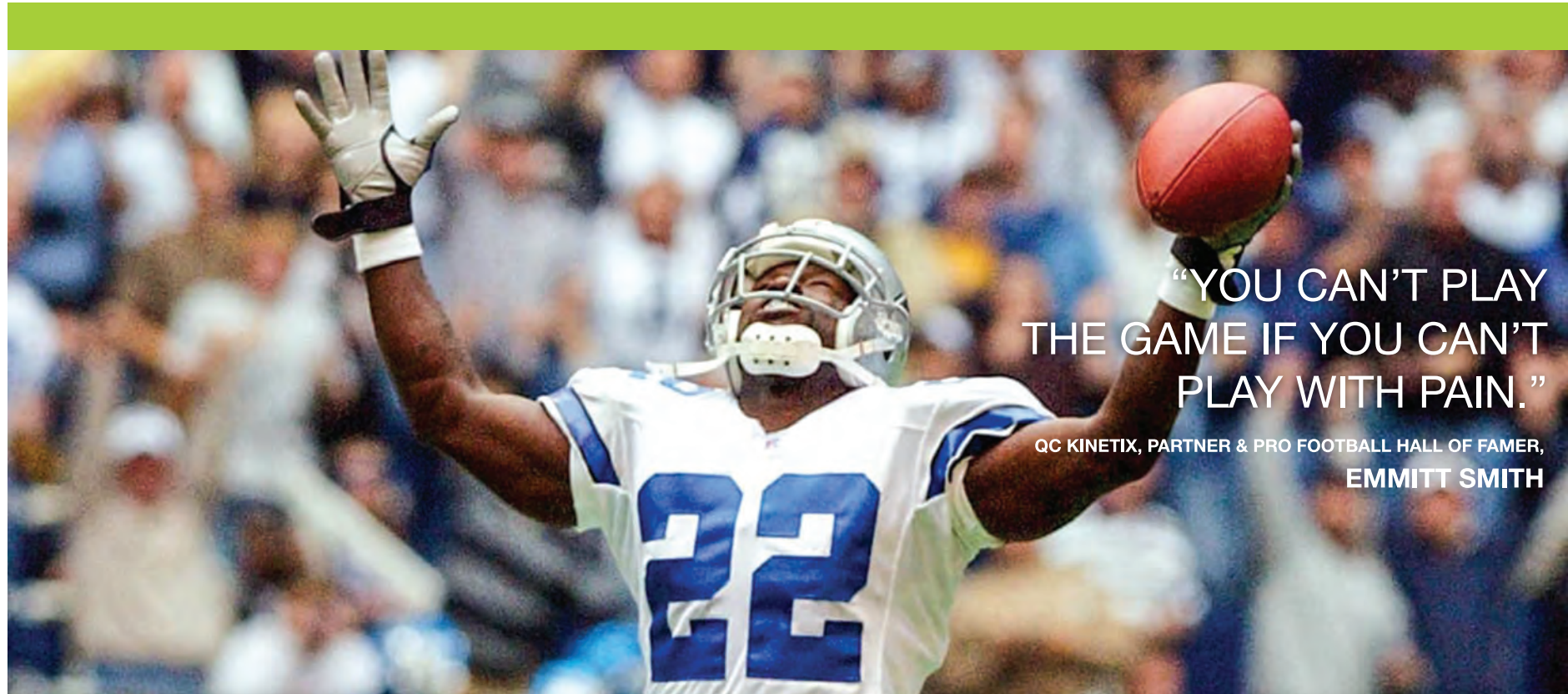
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### LAW OFFICE OF ANDREW CURTIS, ESQ

- 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.

# Revocable Living Trust

## ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
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# contents

## February 2022

**6** Do You Really Need Surgery?  
Rotator Cuff Injuries:  
Know About Your Options

**8** Ready to Fall in Love  
with Your Hair Again?  
Don't Wait to Start  
Romancing the Comb!

**11** Cervical Cancers  
on the Decline

**12** Groundbreaking Designer  
RHA Collection of Fillers:  
Join Us on February 10<sup>th</sup>  
for an Exclusive Event

**14** Are Your Prescriptions  
Emptying Your Pockets?

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

**16** Planning for the Inheritance  
of a Disabled Child

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

**18** TubcuT® Can Help Alleviate  
Slip and Falls and Trouble Getting In  
and Out of the Bath

**19** About Accepting Death

**20** Anyone Can Suffer from Anxiety  
Neurofeedback Can Help

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

**24** Rekindle the SPARK in Your  
Bedroom After Just ONE VISIT!  
Guaranteed or the 1st Visit Is Free  
Cure Erectile Dysfunction and Peyronie's

**26** A New Cataract Surgery for  
Those with Macular Degeneration

**27** Spiritual Wellness:  
All You Need Is Love!

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# Do You Really Need Surgery?

## Rotator Cuff Injuries: *Know About Your Options*



A HEALTHY ACTIVE LIFESTYLE IS ONE OF THE KEYS TO LONGEVITY, BUT ACTIVITY CAN CAUSE WEAR AND TEAR ON YOUR JOINTS. YOUR SHOULDER IS A COMBINATION OF BONES, JOINTS, LIGAMENTS, TENDONS, AND MUSCLES THAT PROVIDE AN EXTENSIVE RANGE OF MOTION FOR EVERYDAY TASKS, AS WELL AS ATHLETICS. 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. 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.

Rotator cuff tears result in instability, “frozen” shoulders, and severe discomfort. 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. Regenerative therapies help 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

QC Kinetix uses natural regenerative techniques to help your joints heal and repair without surgery. 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. Patients are incredibly positive about their results -- and the time saved by not having to go under the knife. In addition, there are potential long-term side effects brought about by surgery.

QC Kinetix specializes in treating joint pain. They customize treatment plans for 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 to help them avoid reinjury and to decrease the progression of their condition.

If you’ve been told surgery is your only option, or you’ve exhausted efforts to alleviate your pain, contact QC Kinetix today. They will provide a comprehensive

regenerative medicine plan. They treat everyone from weekend warriors and professional athletes to aging patients who want to stay active. They have extensive experience with regenerative medicine therapies and don’t just mask your symptoms. They are dedicated to maximizing your body’s ability to help repair itself from the inside out for vastly improved function and overall quality of life.

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

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

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# READY TO FALL IN LOVE WITH YOUR HAIR AGAIN?

## Don't Wait to Start Romancing the Comb!

by Alan J. Bauman, MD, ABHRS

It's February, and love is in the air.  
But is love in your hair?

If you're not loving what you see when you look in the mirror, don't despair. We have an innovative diagnostic tool that finds the perfect match to address any hair concerns you're dealing with – at any stage.

Our **Trichotest™** is an ideal matchmaker for someone with hair loss. It analyzes your unique DNA, employing state-of-the-art DNA microarray technology. It's designed to identify the exact hair loss treatments that will perform best for you, based on your genetics.

All it requires is a cheek swab and some details about your lifestyle. It's then sent to a laboratory, which analyzes the characteristics of your specific metabolism contributing to your particular hair loss situation. A report is sent back which identifies the treatment options likely to be the most successful for you.

Trichotest™ can be performed in the office during a consultation or from home, and is for anyone who wants to understand how genetics affects their hair loss and treatment options. It's useful for men and women with a family history of hair loss and for those who have tried different treatments with minimal or no success.

It's a one-time test, as your genetics won't change. And it gives us a deeper understanding of your genetic characteristics and how they relate to your hair loss, so we can guide you effectively to the treatment most suited to you, saving you time and money.

Armed with this information I know where to go, with scientific precision, to put you on the road in 2022 to hair you'll love.

Below are some of the most popular Hair Restoration treatment options available to you at Bauman Medical:

**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 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.*





Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and 3 months after PDOgro™ by Dr. Alan Bauman

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#### LEARN MORE

Ready to fall in love with your hair again? Don't wait another day to start on the road to romancing the comb. 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**.



**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, more comfortable, and 100% natural-looking due to major innovations in techniques, technology and artistry.

FUE (Follicular Unit Extraction) is one of Bauman Medical's most popular hair restoration technologies. We employ several types of FUEs, 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 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.

### About Dr. Alan J. Bauman



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

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

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

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



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### GENETICS AND HAIR LOSS

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



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# Cervical Cancers on the Decline

Several advancements in recent years are helping more women beat cervical, uterine, ovarian, and other gynecologic cancers, which occur in the reproductive organs.

Each year in the United States, 13,000 women are diagnosed with cervical cancer. Once one of the most common causes of cancer deaths among women, cervical cancer's death rate has declined by more than 50 percent over the past several decades. Standard PAP test screenings and widespread acceptance of the human papillomavirus (HPV) vaccine have drastically reduced the occurrence of cervical cancers, according to the American Cancer Society.

Cervical cancer starts when cells that line the cervix – the lower part of the uterus (womb) – begin to grow out of control. While all women are at risk, cervical cancer is diagnosed most frequently in women between the ages of 35 and 44. It rarely develops in women younger than 20.

Almost all cervical cancers are caused by HPV, a group of more than 150 viruses which can weaken the immune system and put women at high risk for infection. Other factors can increase your risk, including:

- Having first sexual intercourse at an early age
- Having many sexual partners
- Giving birth to three or more children
- Smoking cigarettes (this produces chemicals that can damage cervical cells)
- Using oral contraceptives long-term

## A Silent Cancer

Early-stage cervical cancer does not usually produce symptoms. As it progresses and spreads, common symptoms may include:

- Pain during sexual intercourse
- Heavy or prolonged menstrual bleeding
- Vaginal bleeding after sexual intercourse
- Persistent pelvic or low back pain

Since other conditions can cause these symptoms, it is important to see your doctor if you experience any of these symptoms.

## Screenings are the best prevention

Because it can take years to develop, as it stays hidden, it is important to begin cervical cancer screening at age 21. A Pap smear can detect abnormal changes, which tend to develop gradually in cervical cells. The HPV test looks for high-risk types of HPV infection that are more likely to cause pre-cancers and cancer of the cervix. The two tests can be done alone or at the same time during a pelvic exam.

Pap tests are recommended every three years for women ages 21 to 29, and then every three to five years, in addition to an HPV test, until age 65. Nearly 20 percent of new cases are diagnosed in women over age 65, especially those who have not gotten regular screenings. Talk with your doctor for guidance. Women who have had a total hysterectomy can discontinue cervical cancer screening.

Since more than 90 percent of cervical cancers are caused by HPV, vaccines have been a tremendous addition to prevention.

HPV vaccines are recommended for girls and boys between ages 9 and 12, and for young adults ages 13 through 26 who have not been vaccinated or received all doses. These vaccines are not recommended for adults over age 26.

## The science treatment continues to improve

When found early and managed effectively, cervical cancer is one of the most successfully treatable forms of cancer. Treatment options depend on the type and stage of cancer. The earliest stages of cervical cancer are most commonly treated with surgery or radiation, sometimes combined with chemotherapy. Radiation (sometimes combined with chemotherapy) is often used to treat advanced cervical cancer.

## Cancer Screenings are more important than ever

The importance of screening cannot be overstated. Routine screenings can detect cancer in early stages, before a woman has symptoms, and detecting cancer early makes it easier to treat.

It's important to stay on track with cancer screenings and preventive care, even as the COVID-19 pandemic continues. Florida Cancer Specialists and other health-care professionals have protocols to keep patients safe as they get screened or seek care.

Throughout the pandemic, many people have chosen to postpone or even skip recommended screenings for various types of cancers, causing a substantial delay in diagnosis and treatment. Because of this, some patients are being diagnosed with more advanced stages of cancer, and there have been delays in beginning treatment, resulting in poorer outcomes for patients. Early diagnosis and treatment are substantial factors in surviving cancer; please do not skip or delay your recommended screenings.

## A Hopeful Outlook

Ongoing medical research involving a growing number of clinical trials is expected to yield more screening tests, genomic testing, new drugs and immunotherapy treatment options for beating the various cancers of a woman's reproductive tract. Oncology experts remain upbeat, and many believe that with a continued comprehensive approach to prevention, screening and treatment, cervical cancer can be eliminated within our generation.

## World-Class Cancer Treatment Close to Home

About Florida Cancer Specialists & Research Institute, LLC:  
(FLCancer.com)

Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute (FCS) offers patients access to more clinical trials than any private oncology practice in Florida. In the past four years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists' participation.\* Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

Founded in 1984, Florida Cancer Specialists has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment, and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



### Lake Worth Cancer Center

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# Groundbreaking Designer RHA Collection of Fillers:

**Join us on February 10<sup>th</sup>  
for an Exclusive Event**

**I**f you're in need of a little rejuvenation, the simplicity of dermal fillers can plump the skin, give you a more youthful pout, or lift specific areas of the face and neck. Many times, this is referred to as a liquid facelift.

Replacing volume in the aging face is a very effective way to turn back the clock and achieve a more rested and refreshed look. We have had several fillers available over the years including Radiesse, Juvederm, Restylane and Bellafill.

The exciting new filler on the block is called RHA. RHA is a hyaluronic acid filler that was developed in Switzerland with the latest advancement in hyaluronic acid filler science. It is formulated to be more like the natural HA (hyaluronic acid) found in the skin. It was designed to adapt to dynamic lines meaning the ones that are seen with facial expressions. Previous HA fillers addressed only three dimensions; diminishing folds and wrinkles at rest, addressing static expression (expression at rest), and restoring lost volume in the face.

RHA is designed to address the so-called fourth dimension of facial aesthetics meaning addressing the way the filler looks with facial movement. It has a

unique combination of stretch and dynamic strength that makes it more naturally looking in the moving face. It is much more like natural HA in skin in that it provides not only moisture, volume, and structure, but also supports the skin's movement. This filler comes in four different consistencies to address different areas of the face such as cheeks, the nasal labial folds (the lines from the nose to the corner of the mouth), the marionette lines, lips, and vertical lip lines.

The feedback from patients has been nothing but positive, they even felt that it was less uncomfortable when injected than the previous fillers. In addition, this filler lasts up to 15 months. It is truly a designer filler that's the first of its kind to adapt to facial movement and provide a natural look both at rest and in motion.

This filler is only available to prestigious practices with extensive experience in filler injections. I am very excited to have been selected as one of the premier practices to be able to offer this filler to my patients.



**PLEASE JOIN US  
FOR OUR RHA EVENT:  
February 10<sup>th</sup> from 4:00 – 7:30 PM  
MD Beauty Labs – West Palm Beach  
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RSVP: 561-933-9140**





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

Daniela Dadurian, M.D., specializes in anti-aging medicine, laser treatments, and cosmetic medicine. She's traveled the world to research the safest and latest technologies on the market to provide you with the best possible treatments and care.

Dr. Dadurian received her medical degree from the University of Miami School of Medicine and is board-certified in anti-aging and regenerative medicine, as well as laser surgery. Her expertise in anti-aging techniques and her passion for excellence are reflected in the attentive personal care she gives each patient.

MD Beauty Labs offers medical, spa, and body treatments within a luxurious contemporary loft environment. We are committed to providing a revitalizing experience. Dr. Dadurian, alongside her team of nurses, medical estheticians, massage therapists, permanent makeup specialist, and medical spa concierge, is here for you.

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**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.

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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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you're asking yourself,  
"How do I place my order?"**

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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.

## 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.
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# PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



Many families are not aware that once a disabled child (minor or adult), who is receiving government benefits, receives an inheritance all their government benefits will be stopped until the inheritance is spent down.

All parents worry about what will happen to their children after they die. Parents of adult children with a chronic disability have an additional concern: whether the child will have financial security.

Additionally, many families are not aware that with proper planning through a Third-Party Special Needs Trust the loss of government benefits can be avoided.

The disabled child can utilize their inheritance to provide for their health, maintenance, education and support. The Trusted Law Office welcomes you to contact us at (561) 998-6039 to schedule a free consultation with us to discuss your specific planning needs.

**How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?**

**Do you have a disabled child who will be inheriting from your estate?**

**Does this disabled child receive government benefits?**



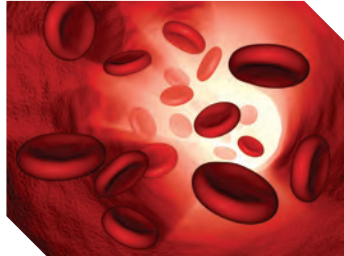
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# Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions



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

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

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

#### The goal is to:

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

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



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

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

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

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

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

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

#### PLATELET-RICH PLASMA INJECTIONS REQUIRE PRECISION

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



By Aaron Rosenblatt, MD

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

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

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, individuals have been able to benefit from this technique. People have flown in from all over the United States for this treatment specifically with Dr. Rosenblatt. He has been performing this procedure with great success. Every patient is evaluated by the Dr. Rosenblatt and a comprehensive treatment plan is always made. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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**Early Pain Treatment  
CAN PREVENT Prolonged Suffering!**



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



**W**isdom 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.



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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# 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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# ANYONE CAN SUFFER FROM ANXIETY

## NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

It's human nature to seek out the reasons why we feel anxious. Very often we look at external factors for the root cause; the current pandemic, being unhappy in a job, unhappy with living situation, or conflict with family or significant others tend to be our "go to". We may also look at our past experiences, upbringing, or past trauma, to explain this unrelenting uneasy feeling we have inside.

The truth is that anxiety is a pattern of neuron firing in the brain that can be present from birth and life situations can exacerbate it to the point of dysfunction. Brain neural patterns don't necessarily dictate how we will behave, however, trying to change the environment, situation or behavior won't alter the patterns. Therefore, you can't talk someone out of anxiety. Anxiety is also not reserved for adulthood, it can cause dysfunction and issues in life regardless of age. Adults are unable to "change" their way out of anxiety and for children and young adults, you can't change their routines or discipline them from feeling anxious.

### In babies and infants, anxiety neural patterns in the brain may present as:

- Colic
- Fussiness
- Not a good sleeper
- Tantrums
- Sensitive

### As a child gets older into the toddler years it may present as:

- Terrible two's, three's, and four's
- A spirited child
- Cranky, fussy, and not a good sleeper or napper
- Tantrums
- Picky or sensitive
- Difficulty with separation

I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing anxiety in young children is very difficult and not usually done unless symptoms are severe. In most cases, anxiety manifests at an older age when the symptoms are abnormal for the age or stage of development.

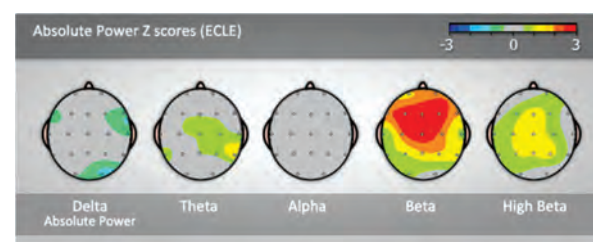


And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

**"She didn't study for her test and that is why she's refusing to go to school today". "He's unmotivated to do anything except play video games and that is why his stomach hurts all of the time and he sleeps all day". "She just has too many activities scheduled and that's why she's overwhelmed". "He has too much homework and is up all night studying which explains why he doesn't sleep well".**

The reality of the situation is that neither your child's personality nor their hectic schedule is the culprit. It's their brain, or rather, the neural patterns in their brain, that is not allowing them to handle the workload at school, pressure with friends, feeling good, making good food choices, having a normal sleep schedule, and so on. And to make it even harder to diagnose or differentiate, anxiety patterns can look different but produce the same results.

Here is an example of one type of anxiety pattern. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others.



Very often, we contribute anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional or physical trauma. It's a pattern in the brain that they are born with.

### As a child reaches school age, anxiety may look like:

- Worrying about performance, grades
- Worrying about parents or loved ones dying
- More separation anxiety
- Fear of getting sick (vomiting is most popular)
- Fear of getting sick at school
- Social anxiety, difficulty with friends
- Feeling overwhelmed
- Nightmares or unable to sleep/fall asleep alone
- Sleep walking, talking or restless sleep
- Fatigue
- Refusal to go to school or meltdowns when going to school
- Frequent trips to the clinic
- Vocal or motor tics
- Loss of appetite or poor diet
- Somatic symptoms such as stomachaches, headaches, diarrhea, or digestive problems
- Poor grades usually due to missing school or falling behind

### As they reach the teenage and adult years, the problem can become more apparent and more severe:

- Continued worry and difficulty handling traumatic events
- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression, suicidal or homicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)
- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes, suspensions or expulsions
- Poor conduct: lying, stealing, violence
- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.



According to The Anxiety and Depression Association of America, “Anxiety and depression are treatable, but 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 Child Mind Institute Children’s Mental Health Report.”

Many health professionals believe that anxiety is a normal part of childhood and symptoms are not cause for alarm. Others believe that parenting and discipline need to be improved or implemented to treat the symptoms. In severe cases, medication is introduced as a treatment, but unfortunately, many children who suffer with symptoms, are medication resistant or not severe enough to medicate.

Adults can experience similar frustration when treating anxiety with medication. The diagnosis is a broad one and there may be very different neuron patterns causing the anxious feelings. This can cause treatment to be somewhat of a guessing game. Others struggle with side effects and dependency.

**Neurofeedback can help.** Neurofeedback can not only help reduce the anxiety symptoms specific to you, but it can “retrain” the neural patterns in the brain so that anxiety is better managed or controlled throughout your life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the anxiety patterns in the brain.

### WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60’s. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and 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 an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen.

### WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

**Symptoms of these conditions, among others, can improve through neurofeedback training:**

- Anxiety • Sleep disorders • ADD/ADHD
- Sensory processing disorder • Bipolar disorder
- Seizure disorders • Auditory/visual processing
- Chronic pain/Fibromyalgia • Migraines/headaches
- Traumatic brain injuries • Stroke • Cognitive decline
- Peak performance • Oppositional defiant disorder
- Rages/mood swings • Attention/focus/concentration
- Reactive attachment disorder • Autism/Asperger’s
- Learning disabilities • Obsessive compulsive disorder

### WHAT IS AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

At our center, our goal is to teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. **Examples of those positive changes may be:**

- Sleep patterns/quality of sleep
- Energy levels, calmer or more activated
- Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues
- Mood or emotions
- Motivation and organization
- Feelings of Well Being
- Obsessive behaviors or thoughts
- Memory/cognitions
- Anxiety patterns or trauma patterns
- Coping
- Regulation
- Learning, communicating, and/or performance

### WHAT IS AQEEG (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 whole 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 sent to an independent specialist be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot 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 make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

### IS THERE ENOUGH RESEARCH?

Neurofeedback has been researched since the 60’s. Here are some resources for research. We have several journal articles, studies and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

#### Look up the work of:

*Dr. Joe Kamiya and Dr. Barry Sterman (Credited for earliest development of Neurofeedback).*

#### Look for specific researched conditions:

<https://www.eeginfo.com>

<https://www.isnr.org>

<http://www.eegspectrum.com>

#### Print Resources:

*Journal of Neurotherapy*

*Neuroregulation*

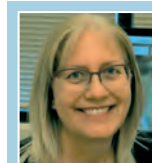
*Applied Psychophysiology and Biofeedback*

*A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback (Curtain Up) Paperback – 31 May 2001 by Jim Robbins.*

*Healing Young Brains: The Neurofeedback Solution Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.*

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

**A**s 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.

## Aesthetic Treatment Centers

As a leader in the industry, ATC always offers the latest technology in skin and body care. By combining their expertise through industry leaders, innovative procedures, and cutting-edge products, you will always receive remarkable results within the serene, inviting atmosphere of the Aesthetic Treatment Centers.

Headquartered in Naples, FL, Aesthetic Treatment Centers is located in the Advanced Medical Building at 720 Goodlette-Frank Road, Suite 300 Naples, Florida.

Mindy and Kathy



To find out more about their procedures and expertise, please call 239-322-3790 for an appointment, or visit them online at [atcnaples.com](http://atcnaples.com).



# Rekindle the SPARK in your bedroom after just **ONE VISIT!**

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## Cure Erectile Dysfunction and Peyronie's

**S**imply Men's Health, the #1  
ED clinic established in 2014,  
brings their World-Renowned  
RejuvaWAVE®, the Gold-Standard in WAVE  
therapy for ED, to Boca Raton.



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

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

### Why Medicate When You Can CURE?

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



## RejuvaWAVE® only available at Simply Men's Health

- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

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

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



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

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

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

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

### RejuvaEnhancement™ PRP P-Shot®

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



### Enhance Size as well with the P-Shot®

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

**Journal of Sexual Medicine publishes new study June 2021:**



**It's True!  
The P-Shot®  
Procedure  
Helps Men  
with Erectile  
Dysfunction**

### Simply Men's Health is a certified provider of the P-Shot®

P-Shot® procedure — which uses PRP improves the circulation, nerve conduction, and collagen production and so to improve the health of tissue in over thirteen thousand research papers in multiple tissue types.

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

Imagine enjoying sex again with your loved one in just one visit. Simply Men's Health has customized Intracavernous Pharmacotherapy (ICP) which can give you back you love life in ONE VISIT. 98% success rate Results guaranteed or the visit is free!

### How to Get Started?

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



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## WHAT OUR PATIENTS ARE SAYING:

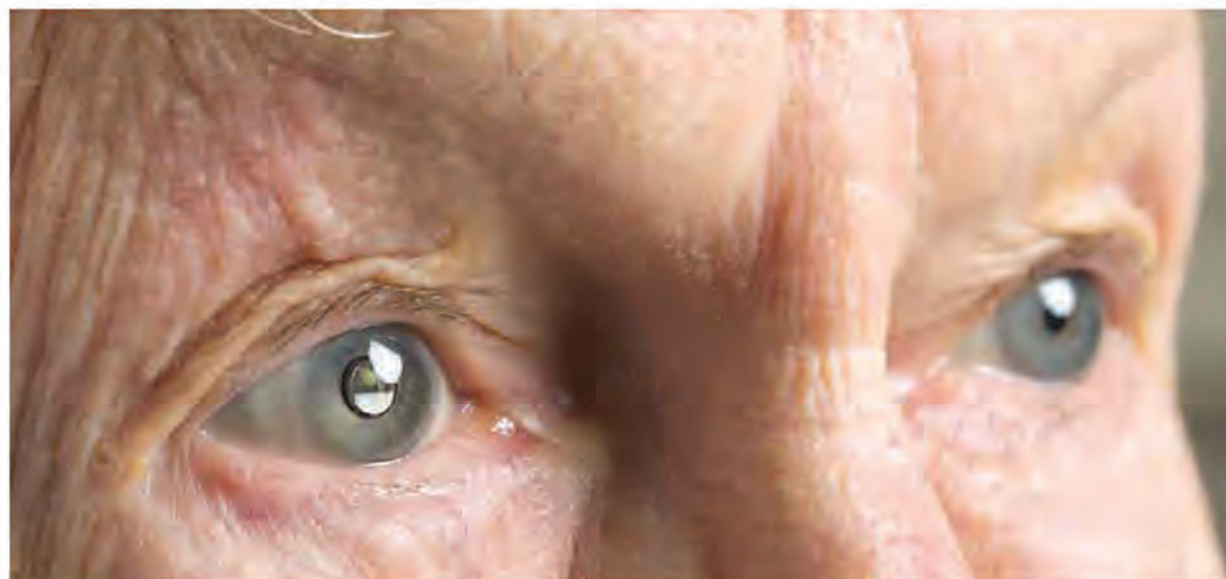
**Testimonial:** "I am celebrating my second anniversary since being treated at Simply Men's Health and I am maintaining the high level of performance I achieved with RejuvaWAVE® treatment. My spontaneity and stamina is back and my frustration and performance anxiety that goes along with it is gone.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

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

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



# A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit [www.goldmaneye.com](http://www.goldmaneye.com) or call Dr. Goldman’s office at (561) 630-7120.







**I**n 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

*Brent Myers*

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