

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

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

March 2022

North Palm Beach Edition - Monthly

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

**FREE**




**SPRING IS IN THE (H)AIR  
'TIS THE SEASON TO REJUVENATE,  
RENEW, AND REGROW**

**SKIN REJUVENATION  
AT MULTIPLE LEVELS  
SENSITIVE TEETH: WHAT  
ARE MY TREATMENT OPTIONS?**


**KNEE PAIN DOESN'T MEAN  
YOU NEED SURGERY**








**GOLDMAN EYE**  
DAVID A. GOLDMAN, M.D.  
561-630-7120  
[www.goldmaneye.com](http://www.goldmaneye.com)



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

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




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



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



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

**561-691-0020**  
4520 Donald Ross Road, Suite 110  
Palm Beach Gardens, FL 33418  
[www.pbcperio.com](http://www.pbcperio.com)




**JEWISH NATIONAL  
CREMATION SOCIETY**

**ALL PRE ARRANGED CREMATION PLANS INCLUDE:**

- ★ NATIONAL TRAVEL PROTECTION AND PORTABILITY
- ★ URN WITH STAR OF DAVID
- ★ SHIVA PACKAGE WITH ISRAELI EARTH

★ **DIRECT CREMATION \$1,895** ★  
★ **MEMORIAL SERVICE \$2,495** ★

**CREMATION WITH TRADITION**  
JEWISH FAMILY OWNED AND  
OPERATED FOR 20 YEARS  
**CALL NOW**  
**561-865-1746**




15120 Jog Rd, Delray Beach, FL 33446  
[www.JewishDirectCremation.com](http://www.JewishDirectCremation.com)




- KNEE PAIN  
RELIEF/OSTEOARTHRITIS
- MLS LASER THERAPY
- PHYSICAL REHABILITATION

Cobblestone Spine & Joint Institute  
10233 Okeechobee Blvd. Suite B6  
Royal Palm Beach, FL 33411  
561-753-2225  
[www.cobblestonechiropractic.com](http://www.cobblestonechiropractic.com)

## INTERESTED IN BECOMING A SALES REPRESENTATIVE?

### Necessary Skills and Experience:

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

**Advertising  
sales  
experience  
is preferred!**

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

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

**Health & Wellness** MAGAZINE





NO TIME FOR HAIR TRANSPLANT DOWNTIME?

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

### BENEFITS OF VIP|FUE™

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



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



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

Alan J Bauman, MD, ABHRS, IAHS

#1 Top  
Hair Restoration  
Surgeon



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

1450 S. DIXIE HWY, BOCA RATON, FL 33432



BEAUTY LABS  
SPA AND WELLNESS CENTER

Daniela Dadurian, M.D.  
Medical Director

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

A LUXURY MEDSPA FEATURING THE  
LATEST IN LASER TECHNOLOGIES

- |                          |                        |                            |
|--------------------------|------------------------|----------------------------|
| • Botox / Juvederm       | • Skin Tightening      | • Medical Facials          |
| • Bodytite               | • Tattoo Removal       | • Cellulite Reduction      |
| • Weight Loss            | • Toe Fungus Removal   | • Skin Resurfacing         |
| • Laser Hair Removal     | • VI Peel              | • Ulthera- Skin Tightening |
| • Pellet Hormone Therapy | • IV Vitamin Therapy   | • Trusculpt iD             |
| • Halo/BBL               | • Silhouette Instalift | • Morpheus                 |



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

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

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

**561-655-6325**

**www.mdbeautylabs.com**

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

\* Valid on purchases of \$300 or more



# contents March 2022

- 5 You Can Reduce Your Risk of Cancer
- 6 Spring Is in the (H)air  
Tis the Season to Rejuvenate, Renew, and Regrow
- 8 Skin Rejuvenation at Multiple Levels
- 10 Are Your Prescriptions Emptying Your Pockets?
- 11 Tired of Taking Antihistamines and Other  
Allergy Medications to No Avail?
- 12 Sensitive Teeth: What Are My Treatment Options?
- 13 An Alternative to Pain Medications
- 14 Laser Cataract Surgery: What You Should Know
- 15 Spiritual Wellness: Spring (Change) Is in The Air

## CONTACT US

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

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

  
**BERRYMAN**  
Marketing Group LLC

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

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

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

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

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



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

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

Only cost-effective FDA approved  
generic drugs

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

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



SCAN ME

## DO YOU SUFFER FROM ALLERGIES?

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

**We can help!**


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



**Allergyworx**™

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

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



SCAN ME



# You Can Reduce Your Risk of Cancer

**W**hen it comes to preventing cancer, little things can make a big difference, especially when it comes to making healthy lifestyle choices.

According to the American Cancer Society, nearly 1.8 million Americans will be diagnosed with cancer this year, and more than 600,000 will die of this disease. Research shows that nearly 50% of these cancer cases and deaths are preventable. Getting healthy is definitely worth the effort and can lessen your chances of developing cancer.

## SKIN CANCER AFFECTS 1 IN 5 AMERICANS - TAKE IT SERIOUSLY

Skin cancer is the most common form of cancer in the United States. The American Academy of Dermatology Association estimates that one in five Americans will develop skin cancer in their lifetime.

The good news is that skin cancer is also the most preventable cancer and, generally, is highly treatable. The two most common forms, basal cell and squamous cell, are highly treatable if detected early and treated properly. Melanoma, the third most common skin cancer, while treatable, is much more dangerous.

Skin cancer can affect anyone, regardless of skin color, and the risk increases as we age. While the average age at diagnosis is 65, melanoma is one of the most common cancers in those younger than 30, especially young women.

The majority of all skin cancers are caused by exposure to the sun's ultraviolet light rays. For maximum protection, oncologists recommend applying a broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or higher to all skin that is not covered by clothing. Clothing items with an ultraviolet protection factor (UPF) number on the label are now widely available. A wide-brimmed hat and sunglasses with UV protection are also recommended. Children and adolescents, especially, should be protected from the sun, since severe sunburns at younger ages may increase the risk of melanoma. Exposure to artificial UV rays with the use of tanning beds or sunlamps also increases the risk of skin cancer and should be avoided.

Especially here in Florida, it is important to take precautions to enjoy the outdoors safely and reduce skin cancer risk.

## SMOKING AND CANCER

In the U.S., 80% to 90% of all lung cancer deaths are related to cigarette smoking, according to the Centers for Disease Control and Prevention (CDC). Even those who don't smoke are at risk, due to secondhand smoke.



Tobacco products, including cigarettes, e-cigarettes, cigars, pipes and chewing tobacco, have been linked to several other types of cancer, including colorectal, bladder, breast, throat, cervical, mouth and esophageal.

If you're not a smoker, don't start. If you smoke, it's never too late to quit. Your health will improve, and you'll reduce your risk of cancer, heart disease and other illnesses. An effective first step, even if you've tried before, is to prepare a quit plan. A wide range of tools, tips and other resources can be found on the website [SmokeFree.gov](http://SmokeFree.gov).

## EAT HEALTHY & KEEP MOVING TO PREVENT CANCER

There is growing evidence that what we eat plays a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Certain types of breast and colorectal cancer have also been linked to what we eat. A diet that is high in fruits, vegetables, beans and whole grains, and low in red meat and processed foods and sugar, is recommended to help reduce cancer risk. It's also important to limit alcohol consumption to no more than two drinks a day for men and one drink a day for women.

Physical activity can also make a big difference – aim for at least 30 minutes each day. Exercise can help to control your weight and prevent obesity, with the added benefits of increased energy, reduced stress and a healthy boost to the immune system to help fight cancer and other diseases.

## THE IMPORTANCE OF CANCER SCREENINGS

Thanks to ongoing research, screening tests are now available for many types of cancer. These tests are effective at finding cancer before signs or symptoms appear. When detected early, certain cancers are much easier to treat, preventing thousands of additional cancer cases and deaths. Early diagnosis and treatment is a substantial factor in surviving cancer.

Recommendations can vary based on your age, family history and lifestyle. Talk to your health care professional about cancer screening, and please do not skip or delay your recommended screenings.

## World-Class Cancer Treatment Close to Home

About Florida Cancer Specialists & Research Institute, LLC:  
([FLCancer.com](http://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

4801 S. Congress Avenue, Suite 400,  
Lake Worth, FL 33461

### Delray Beach

5130 West Linton Boulevard, Suite B-4  
Delray Beach, FL 33434

### Palm Beach Gardens

3401 PGA Boulevard, Suite 200  
Palm Beach Gardens,  
Florida 33410

### Wellington North

1037 South State Road 7, Suite 303  
Wellington, Florida 33414

### West Palm Beach

1309 North Flagler Drive  
West Palm Beach,  
Florida 33401

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



# SPRING IS IN THE (H)AIR

## Tis the Season to Rejuvenate, Renew, and Regrow

by Alan J. Bauman, MD, ABHRS

SPRING IS IN THE AIR. AND WHAT DEFINES SPRING? REJUVENATION, RENEWAL, AND REGROWTH.

SOUNDS EXACTLY LIKE WHAT WE DO HERE AT BAUMAN MEDICAL WHERE SPRING IS IN THE (H)AIR ALL YEAR LONG.

While winters aren't too harsh in South Florida, winter's a busy time. It's chock full of shopping, partying, decorating and cleaning up, followed by getting settled into the new year and (ugh!) even starting on taxes. That can take your attention away from self-care, including your hair and scalp health.

Does that sound like you? Well, spring presents the perfect opportunity to take a little "me" time.

Why is scalp health important?

You can't have your best possible hair without a healthy scalp underneath. After all, everything that grows needs a well-nourished, well-prepared foundation.

A thorough scalp evaluation is an excellent way to start your hair improvement journey.

### TRICHOLOGICAL (SCALP) ANALYSIS

A *what?* you're probably asking, and *why should I do it?*

A trichological scalp evaluation at SalonB, our in-house trichology center, will determine your scalp needs for optimal functioning. (Trichology is the study of the hair and scalp.) When your scalp is at its best, so is the hair it grows.

This 60-minute service consists of an in-depth analysis of your scalp by our in-house Certified Trichologist and HairCoach™, addressing every possible aspect of scalp health including:

- Determining the acid mantle (pH) balance of your scalp
- Sebum production and hydration status (is it too oily, blocking the hydration element? Is it too hydrated, impeding the secretion of oil?)
- Measuring your scalp's elasticity

- Microscopic photos to see what's happening on your scalp (looking for inflammation, dandruff, and other abnormalities like evidence of microorganism overgrowth)
- Asking questions about your lifestyle, health and your stress levels

Next, we formulate a treatment plan that may incorporate one of our many other services (see sidebar) and/or may recommend the ideal hair products for you.

These recommendations are custom chosen for you

because everyone's scalp is as unique as a thumbprint. This isn't something you can do yourself by reading labels on over-the-counter products. You're likely to end up buying exactly what you *shouldn't* be using. Our scalp evaluation recommendations take the guesswork out of this process and identify *exactly* what you need.

### SCIENTIFIC SCALP MAKEOVER™

The next step toward a healthy scalp is our Scientific Scalp Makeover™. This makeover is more than an indulgence. It's a necessity for people using topical hair

growth medications or undergoing high density PRP (see sidebar that explains PRP). It helps the scalp more efficiently absorb any medications by removing buildup of shampoos, conditioners, and other hair care products, and it stimulates circulation.

The Scientific Scalp Makeover™ isn't just for patients using our hair enhancement services, however. Lots of people come just for the chance to relax and unwind during this therapeutic, 90-minute-to-three-hour session in our "head-spa" room.\* We dim the lights and provide a variety of soothing treatments including:

A "Scientific Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles.







Nutrition is as important to the hair as it is to the rest of the body. Bauman Medical has a host of nutritional supplements for hair growth available on the Bauman Medical eStore.

- Aromatherapy
- A customized scalp mask for optimum scalp health and hair beauty
- A deep scalp massage to stimulate and purify the scalp, and increase circulation
- Deep cleansing shampoo
- A customized conditioner or hair mask

**Nutrition**

Nutrition is as important to the hair as it is to the rest of the body, so we’ve worked diligently to formulate some sensational nutritional supplements available only through Bauman Medical. Here are a few of our most popular ones:

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

**The Good Guys:** This hair probiotic complex support your gut’s microbiome to optimize the digestive process and maximize overall health and wellness. This formula supports a robust scalp and strengthens follicles for optimal hair growth.

**The Bodyguard:** This formula contains a unique blend of herbs and mushrooms shown to support a healthy

immune system and defend against environmental toxins and stress-related weakness of the immune system. Scientific research confirms the benefits of the immune-enhancing herbs within the formula, together with the fungi, especially Asian mushrooms.

**A-List Hair Vitamin Complex:** I call this my “strategic supplement,” because it contains top-tier ingredients that’ve been shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, promote collagen renewal for hair, skin hydration and wound healing.

What you eat counts, too, so keep in mind that including nuts, eggs, vegetables, soybeans, salmon, and berries in your diet will improve the quality of your hair. Sugar, flour, alcohol, diet drinks and fried/fast foods can be detrimental.

**READY TO SPRING INTO ACTION?**

Then take advantage of the season of rejuvenation, renewal and regrowth to do something good for yourself. We’re here, and we’ll be waiting for your call.

To learn how we can help, 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 33,000 patients, has performed more than 10,000 hair transplant procedures and over 10,000 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 6th consecutive year, “Top Hair Restoration Surgeon of the Decade”, and received the 2022 “Lifetime Achievement Award in Hair Restoration”. He was also recognized by Forbes as one of “10 CEOs Transforming Healthcare in America.”



**BAUMAN**  
MEDICAL

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

**Hair Restoration**  
**for Men and Women**  
**www.BaumanMedical.com**  
**561-220-3480**

**AT BAUMAN MEDICAL WE HAVE SOMETHING FOR EVERYONE INTERESTED IN IMPROVING THEIR HAIR HEALTH. HERE ARE SOME OF THE ADVANCED TOOLS AND TREATMENT OPTIONS WE OFFER:**

- Minimally invasive, permanent, no-linear-scar follicular unit excision/extraction (FUE) hair transplant using SmartGraft®, NeoGraft®, ARTAS robotic-assisted, or the newest No-Shave VIP|FUE™.
- High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)
- PDOgro™ – Implanted PDO polydioxanone threads for hair growth
- Non-surgical 3D-printed hair systems or cranial prostheses
- Compounded Formula 82M Minoxidil - a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil – designed to reduce the risk of side-effects from oral finasteride (Propecia).
- Low-level laser therapy. FDA-cleared, drug-free, side-effect-free hair regrowth using a powerful physician-only device such as the Bauman “Turbo” LaserCap devices for at-home use
- Vitamins, nutritionals and nutraceuticals
- TrichoTest™ Genetic Testing – determine what medications or treatments might be more effective in your individual hair loss situation based on your DNA.
- Hair loss risk management. Identifies medical and lifestyle risk factors that are detrimental to hair growth.





# SKIN REJUVENATION AT MULTIPLE LEVELS

## HAVE YOU HEARD OF **HALO AND FOREVER YOUNG BBL TREATMENTS?**

These are two new technologies that are game changers for skin resurfacing and pigmentation. Having been in the non-surgical aesthetic space for 19 years, I am very pleased to have finally discovered 2 technologies that deliver results for very common skin problems we have tried to correct for years; fine lines, pore size, skin texture, broken capillaries and even melasma. The fraxel laser was revolutionary when it first became available years ago. For the first time, skin texture was addressed with minimal downtime. However, the Halo laser is the next generation technology for skin resurfacing. Technology keeps evolving and the Halo laser is truly unique. It is a “hybrid fractional laser” that delivers an ablative and non-ablative wavelength to the same area. What does that mean?



1

**NON-ABLATIVE  
1470 MM WAVELENGTH**

This wavelength can be adjusted from 200-700 micron depth, the level in the epidermis and papillary dermis that needs to be targeted for hyperpigmentation such as sun spots and melasma, as well as texture and pore size.

2

**ABLATIVE 2940 MM WAVELENGTH**

2940 mm ER: Yag laser penetrates from 20-100 microns under the skin. It targets lines and wrinkles with significantly decreased downtime as opposed to other ablative lasers. Combining these 2 wavelengths results in ablative results, mainly improvement of wrinkles and lines with non-ablative downtime. I myself have tried it for melasma and was very impressed with the results.



In addition, combining Halo with Forever Young BBL further combats the signs of aging by correcting sun damage and broken capillaries. BBL stands for broad band light and is basically a much more advanced version of IPL that most people are familiar with. It targets the epidermis and dermis, stimulating changes in skin texture, acne scarring, skin tone, broken capillaries, as well as pigmentation. BBL reduces melasma and diminishes fine vessels that cause redness. It is a very effective treatment for rosacea. Both of these technologies, especially combined, gently treat the upper layers of the skin and take years off the neck, face, chest, hands and anywhere else where aging is visible.

**In summary areas of improvement include:**

1. Sun damage
2. Broken blood vessels
3. Fine Lines and Wrinkles
4. Scars including acne scarring
5. Large pores
6. Crepey Skin

To maintain radiant, glowing skin, a series of 3 BBL treatments 2 weeks apart combined with 1 Halo treatment at the time of the first BBL treatment yields the best results, but treatments are custom tailored according to the individual patient's needs.



**Medical Director, Daniela Dadurian M.D.**  
\* Board Certified Anti- Aging Medicine  
\* Board Certified Laser Surgery

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

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



**Complimentary Consultation / Gift Cards  
Financing Available**

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

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

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



# ARE YOUR PRESCRIPTIONS EMPTYING YOUR POCKETS?

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

**allMedRx**  
*Specialty Pharmacy*

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

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

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

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

**I'm sure at this point  
you're asking yourself,  
"How do I place my order?"**

Rest assured, you can drop off your prescription in-store or order online at Allmedrx.org. You can pick up your medication in-store or have it shipped to your doorstep in a discrete unmarked package, the option is yours!

Have any questions? No worries, give us a call today at 561-557-1645 and one of our pharmacist or pharmacy technicians will be more than happy to better assist you!

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







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

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

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

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

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

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

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

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

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

Stop referring your patients out for allergy testing! Treat the underlying allergic disease with minimal time and man power. In just 3 easy steps you could be on your way to generating additional revenue and with a turn key allergy program while also providing positive patient outcomes! Our allergenic extracts are exclusively handled at allMedRx Specialty Pharmacy's state – of – the – art USP <797> sterile compounding lab. The pharmacists are available at any time for your staff and patients and every customer service team member is a registered pharmacy technician. To start complete our contact form at AllergywoRx.org

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



- 1. Complete our contact form at AllergywoRx.org or call us at 888-508-5110** to learn the simple steps to prescribe allergy immunotherapy.
- 2. Screen & test your patients:** use our easy-to-administer, turn key allergy test program (Environmental, Food, or Ocular Allergy Test Kit)
- 3. Prescribe allergy treatment.** Your patient's allergy therapy will be prepared at AllMedRx Specialty Pharmacy's state -of-the-art USP <797> sterile compounding lab.



# Sensitive Teeth:

## What Are My Treatment Options?

**M**any of us have experienced the feeling of biting into something cold and feeling extreme sensitivity. I am not talking about a continued dull ache in the teeth or spontaneous tooth pain, which are usually associated with some type of nerve issue that may require a root canal evaluation. The type of sensitivity I am describing is the kind that you experience when you bite into or drink something very hot or cold. Presuming the nerve is healthy, there are a number of things that can be done to help treat sensitive teeth. The course of treatment will be based on the status of the teeth involved and the surrounding gum and bone tissue.

### WHERE DO MY TEETH AND GUMS STAND?

In order to understand the possible cause / treatment for tooth sensitivity, let us review a few basic things regarding your mouth. Firstly, the tooth itself has two basic parts, the crown and the root. The crown is the part you can see in your mouth and is the functioning part of the tooth you chew with. Enamel covers the crown and helps shield the tooth from both cavities and temperature sensitivity. The root is the part of the tooth embedded in the bone providing support. The root is typically below the bone and is covered by gum tissue.

#### Pre Root Coverage



#### Post Root Coverage



There is no enamel on the root surface which makes it more susceptible to decay and temperature changes. If the gum and bone levels recede, more root will be exposed making cavities or sensitivity more prominent. In addition, grooves or small cracks in the teeth may allow decay and temperature sensitivity to occur more readily. All of these issues can be identified during a dental appointment.

### TREATMENT OPTIONS

A common reason for root sensitivity is the loss of gum tissue covering the tooth due to recession. In many cases, this type of situation can be treated with root coverage procedures (also known as a gum graft). This type of procedure is usually not painful and offers the opportunity to add gum tissue over the part of the tooth that is now exposed to mouth and no longer covered by the gums. When this treatment is performed, the benefits can be numerous. The added tissue can help protect the root from future cavities and shield from temperature sensitivity. In addition, this therapy can help slow future loss of gum and bone tissue, which ultimately can help you keep your teeth longer.

In cases where grooves are present in the teeth themselves, your dentist may be able to use tooth colored filling materials or other dental restorations (such as crowns or veneers) to help cover these areas. Some situations can benefit from both root coverage tissue grafting, along with dental restorations.

There is no one solution that is good for all situations. In many cases, root coverage procedures offer multiple benefits such as decreased sensitivity, decreased loss of bone around the teeth, protection from cavities and ultimately the possibility of keeping your teeth longer. A dental and periodontal examination can help determine which treatment options are best suited for your needs.

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

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



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

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

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

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



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

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

**561-691-0020**



# An Alternative to Pain Medications

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

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

## COMMON CAUSES OF CHRONIC PAIN

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

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

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

## SYMPTOMS OF NEUROPATHY MOST OFTEN INCLUDE THE FOLLOWING SENSATIONS

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

## HOW LASER THERAPY WORKS

As mentioned, the most common treatment for pain and nerve damage is to mask it with prescription

medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past decade, Laser Therapy has proven effective in treating and reducing chronic pain and neuropathic issues.

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

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

## ADVANTAGES OF LASER THERAPY

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

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

## SYNERGISTIC TREATMENT

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



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



**Cobblestone Spine & Joint Institute**  
 10233 Okeechobee Blvd. Suite B6  
 Royal Palm Beach, FL 33411  
 561-753-2225



# Laser Cataract Surgery: What you should know

By David A. Goldman MD

**W**ith every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femto-second laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes than Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

**Is it more comfortable?** No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



**Does this mean there are no advantages to laser cataract surgery?** Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

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



# Spring (Change) is in the Air

Brent Myers

**S**pring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”* (Romans 12:2)

Note what Paul says:

**Act differently.** *“...don’t copy the behavior and customs of this world...”* Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

**Think differently.** *“...a new person by changing the way you think...”* There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

**Be different.** *“...let God transform you into a new person...”* Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!  
Change is here!  
Hope is here!  
Embrace it.  
Love it. Live it.*

**CHRIST**   
FELLOWSHIP

[hello@christfellowship.church](mailto:hello@christfellowship.church)

[www.christfellowship.church](http://www.christfellowship.church)

**561-799-7600**

**FIND A LOCATION NEAR YOU**

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

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





# Your treatment. **Our Journey.**

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

ACCESS TO  
**85+**  
NATIONAL  
CLINICAL TRIALS



By your side – every step of the way.

---

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

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

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



**FLORIDA CANCER**  
SPECIALISTS  
& Research Institute

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

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