

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

Health & Wellness[®] MAGAZINE

March 2022

South Palm Beach Edition - Monthly

www.sflhealthandwellness.com



FREE



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

**SKIN REJUVENATION
AT MULTIPLE LEVELS**

AVOID BACK AND SPINE SURGERIES

SENIORS AGING IN PLACE

**SIMPLE SOLUTIONS TO
YOUR BATHROOM BLUES**



NO TIME FOR HAIR TRANSPLANT DOWNTIME?

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

BENEFITS OF VIP|FUE™

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



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



BAUMAN®
MEDICAL

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

Alan J Bauman, MD, ABHRS, IAHS

#1 Top
Hair Restoration
Surgeon



AESTHETIC
EVERYTHING®

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

1450 S. DIXIE HWY, BOCA RATON, FL 33432

MD
BEAUTY LABS
SPA AND WELLNESS CENTER

Daniela Dadurian, M.D.
Medical Director

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

A LUXURY MEDSPA FEATURING THE
LATEST IN LASER TECHNOLOGIES

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

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

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

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

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

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

561-655-6325

www.mdbeautylabs.com

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

* Valid on purchases of \$300 or more

www.sflHealthandWellness.com

5th Avenue DENTAL

“Our mission is to transform lives by restoring hope, health, and smiles. One patient at a time.”



Eric Rieger D.D.S.
*Cosmetic & Reconstructive
Dentistry*
New York University



Gabriela Espinoza, D.D.S.
*Cosmetics, Orthodontics
& General Dentistry*
Boston University



Andrew Forrest, D.M.D., M.S.
Dental Implants & Periodontics
University of Florida



Omar Abdo, D.D.S., M.S.
Prosthodontist
University of Illinois



Maria, R.D.H.
Dental Hygienist
Nova University

- Brand new, state-of-the art center
- All dentists, specialists, & laboratory in one center
- FREE dental implant consultations with 3D scan
- Family, General, Cosmetic, & Implant Dentistry
- Yes, we take your dental insurance!
- ZOOM laser teeth whitening certified
- Sedation Dentistry
- Emergency dental care
- Next to CVS in the 5th Avenue Shops

New Patient Special - \$79.00

This includes a complete exam, x-rays, regular cleaning, polishing, teeth whitening, hygiene kit, toothbrush, toothpaste floss, best in class care and genuine kindness.

This promo expires on **April 30th, 2022**

5th Avenue DENTAL

2142 N Federal Highway
Boca Raton, FL 33431

www.5thAvenue.dental
(561) 205-5000



- **Compassionate Care**
- **Prompt Appointments**
- **State-Of-The-Art Technology**
- **Sedation Available Upon Request**
- **Platelet Rich Plasma Therapy**

- Back/Neck Pain
- Facet Joint Pain
- Hip, Knee And Shoulder Joint Pain
- Joint Osteoarthritis
- Failed Spine Surgery
- Sacroiliitis
- Spinal Stenosis And Sciatica
- Rib Pain/Fractures & More...



Aaron Rosenblatt, MD

Board Certified Pain Medicine
Board Certified Physical
Medicine & Rehabilitation

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

american PAIN CARE specialists
back to work, play & life

13722 S. Jog Road, Suite A,
Delray Beach, FL 33446
Web: www.improvepain.com
Book An Appointment With Us Today!
561-819-6050



TRUSTED HOMECARE SERVICES

Our mission is to assess the needs of each client to help them maintain their independence while living in their own homes and communities.



Services



- Healthcare Staffing Services
- Licensed RNs and LPNs
- Companion/Homemaker
- Assisted Living
- Respite Care
- Live-in Care
- Personal Care
- End of Life/Hospice Care
- Chronic Illness/Disability Care
- Meal Preparation
- Housekeeping
- Shopping & Errands
- Transportation to Doctor Visits

TRUSTED HOMECARE SERVICES

CALL US TO RECEIVE
**1 DAY OF NURSING CARE
FREE** RESTRICTIONS APPLY

561.314.3976
WWW.TRUSTEDHCS.COM



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
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

The Cost of a Revocable Living Trust

Single Person
\$399⁰⁰

Married Couple
\$499⁰⁰

(plus incidental costs)

**VA/MEDICAID
BENEFITS
YOU MAY
QUALIFY**

Regardless of your assets

Serving Florida seniors throughout the state since 1989
Offices located in
Boca Raton and Fruitland Park, The Villages

Call Today! 1.800.731.8784
www.elderplanner.com

contents

March 2022

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

8 Spring Is in the (H)air
Tis the Season to Rejuvenate,
Renew, and Regrow

11 You Can Reduce
Your Risk of Cancer

12 Skin Rejuvenation
at Multiple Levelst

14 Are Your Prescriptions
Emptying Your Pockets?

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

16 Seniors Aging in Place

17 Avoid Back and
Spine Surgeries!!!

18 Simple Solutions
to Your Bathroom Blues
Let One Day Bath Bring New Life
to Your Bathroom

19 About Accepting Death

20 IS Neurofeedback
an Effective Treatment for Depression?

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 Laser Cataract Surgery:
What You Should Know

27 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

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



AllergyworxTM

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

ALLERGYWORX.ORG
(888)508-5100



SCAN ME

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."



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

INTERESTED IN BECOMING A SALES REPRESENTATIVE?

Necessary Skills and Experience:

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

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

Sybil Berryman at 239-250-4104

Health & Wellness MAGAZINE

Advertising
sales
experience
is preferred!



- Lifetime Warranty
- Factory Trained Installers
- Watertight Construction
- Custom Solutions

THE TUBCUT[®]

- Improve Accessibility
- Complete in One Day
- Reversability Available
- Satisfaction Guarantee

Save 90% on Replacement Cost!

We convert your tub to a walk in shower in just one day. No plumbing or demolition. Little to no disruption. A simple shower curtain, the same used on a shower stall, stops any water concerns. Shower doors optional.

It's Like Having A Walk In Shower Without The Cost!

We create the opening that fits your needs. Unlike a cap system, The TubcuT[®] adapts to you. With our exclusive process, you dictate where we create the opening, how wide and how low, typically just 4" off the floor.

The TubcuT[®] System is 100% REVERSIBLE

If you sell your home we can reverse The TubcuT[®] back to a regular tub again, just like brand new! The removed section of the tub can be replaced restoring it to original condition. Save thousands on resale!



The Tub Cut Company • www.southfloridatubcut.com
877-TUB-CUTS • 954-466-4413 • Showroom: 3991 SW 12th CT Ft Lauderdale FL
Hours: Monday - Friday 9am - 5pm Saturday By appointment - Sunday Closed



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



You Can Reduce Your Risk of Cancer

When 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.

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)

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

Savannah Court Senior Living Communities — *Offering You so MUCH more*



Recently Savannah Court of Lake Wales was awarded the “Pinnacle Award” and “The Best of 2021” in senior living by SeniorAdvisor.com. The Savannah family of retirement living communities offers an exceptional array of retirement options for Florida residents and their loved ones. Our unique communities stretch across the state, including eleven Savannah Court Assisted Living Support Residences, two Savannah Grand Residences, several Savannah Cottage Memory Support Residences and two Savannah Cove locations specializing in rehabilitation and skilled nursing.

Enjoy the finest in assisted living accommodations at Savannah Grand and Savannah Court Assisted Living Residences. Each of our communities offers residents several choices in floorplans, tastefully decorated common areas and immaculately maintained grounds. Our signature service program provides supervision, personal care and many other services designed to provide a fulfilling lifestyle for seniors. We specialize in independent, assisted living, and memory care communities.

Residents are escorted out for shopping, dining, and sightseeing on a regular basis. It's truly the best lifestyle!

All of our communities offer different amenities, lifestyle choices, healthcare and programs. Below is a snapshot to paint the picture more clearly of what one of senior communities is like and why so many residents love to call our communities “Home.”

SAVANNAH COURT OF LAKE WALES SENIOR LIVING OPTIONS

Savannah Court of Lake Wales, senior assisted living community is full of vibrant activity while offering a warm and comfortable feel throughout. Savannah Court is home to a wide range of people including independent residents who appreciate the security a community brings, residents who need physical assistance, residents who may need a little support and those living with dementias. Savannah Court of Lake Wales has it all. The community represents a true Central Florida retirement lifestyle with comfort throughout. Whether relaxing in the quaint lobby or one of several comfortable living rooms, mingling with new residents at an ice-cream social, or joining a live entertainment performance, Savannah Court of Lake Wales offers an abundance of opportunities for any lifestyle. This is assisted living at its finest.

Assisted Living

Assisted living at Savannah Court of Lake Wales is individualized. Residential private apartments with support and care close at hand. Savannah Court of Lake Wales offers support and personalized lifestyle while encouraging privacy and independence.

At Savannah Court of Lake Wales, life is resident centered.

The associates at Savannah Court provide support based on individual resident needs.

Residents are able to remain as independent as possible with the peace of mind that support is steps away if needed. Residents in our assisted living community have all the benefits of a full support staff, chef, activities program, housekeeping, maintenance along with personal care services for assistance with daily activities and access to a nurse.

Short Term Respite Care in Lake Wales, FL

The Savannah Court Respite Program provides temporary and short term residential opportunities. Relax in a fully furnished senior living suite as our team assists you with whatever you need!

Respite is ideal for those who need transitional assistance after an illness, surgery, or a hospital stay and are not quite ready to go home alone. A Respite Stay also allows primary caregivers to take a break by going on a vacation or just taking a few days to relax while knowing your loved one is being well cared for. Respite stays may be as short as a few days, or as long as a few months. We find that many respite residents enjoy the experience so much, they either move-in becoming permanent residents or they return again and again!



Adult Day Programming

Savannah Court is glad to offer Adult Day Care for Lake Wales' Seniors. Day Programming is perfect for seniors who need a little socialization during the day! Generally available 7 days a week, Savannah Court's Adult Day Care Programs are a great alternative to staying at home! They are also a great worry free glimpse into the LIFE at Savannah Court for prospective residents

Community Benefits

Savannah Court offers worry free living to all residents, their families and our guests. Residents enjoy the benefits of a chef, housekeeper, concierge, chauffeur, maintenance team as well as a vibrant social calendar.



Savannah Court is home to Resident Programming Department that tailors their programming to the personalities that live at Savannah Court. From arranging small poker nights to throwing the Annual BBQ, the programming team makes residents feel right at home – and keep residents engaged and excited about what's next.

COMMUNITY AMENITIES

- Recreation Room
- Meal Service
- Media Room
- Housekeeping
- Library
- Group Exercise
- Availability 24 Hours
- Courtyard
- High Speed Internet

APARTMENT AMENITIES

- Private Senior Apartments
- Renovated Apartments
- Private AC
- Private Bathrooms
- Full Kitchenette
- Handicap Accessible
- Pets – allowed

\$1000 off
Community Fee

BARBARA BERRY

Senior Director of Lake Wales & Haines City

RACHEL LOPER

LPN Resident Care Director of Lake Wales & Haines City

STEFANIE CARAWAY

Resident Care Director of Haines City

TILLIE BRICKNER

Marketing Relations Director

Lake Wales

FL 33853, 12 East Grove Ave.
T.: (863) 215-8018

Assisted Living License 9383

Haines City

FL 33844, 301 Peninsular Dr.
T.: (863) 588-0345

Assisted Living License 9382

www.SLM.net



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

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

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

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

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

**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?

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.
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.

SENIORS AGING IN PLACE

For today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.
7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at
Trusted HomeCare and let's discuss
how we can support
you or your loved one
561-314-3976



By Aaron Rosenblatt, MD

AVOID BACK AND SPINE SURGERIES!!!



Back surgeries can fail for a devastatingly simple reason; the operation was not the right treatment, because the surgeon never pinpointed the source of the pain. As a result, patients may be just as miserable as they were before, or worse off. Unfortunately a desperate number choose to try surgery again. This is usually the wrong decision as well and this should be avoided. Statistics show also that by two years after a patient's first surgery, about 8% of patients have had another operation and by 10 years after, the rate jumps to 20%, an analysis of Washington State hospital data found.

There is no one best way to treat everyone. But the chance of finding relief for ongoing pain unquestionably lies in understanding what has gone wrong. This is not an easy task. Then seeing the most appropriate specialist for your problem and asking the right questions is quite important. With back problems, perhaps more than with any other medical condition, getting the best care at the utmost importance. The most important doctor you can see, at this point, is an Interventional Pain Management Specialists like Dr. Aaron Rosenblatt. A well qualified and certified doctor like him can evaluate a patient completely. He will order the appropriate scans and or test needed in order to come up with a plan to properly diagnose and the treat the issues WITHOUT SURGERY.

Once all of the appropriate tests are done Dr. Rosenblatt can see what diagnostics need to be completed in his state-of-the-art pain management facility. That's why it's critical to have a thorough workup. To get a sense of the cause of your pain X-rays and MRI/CT scans can be helpful but just because these scan say you have a disc problem here and or an arthritic problem there does not mean that this is where your pain is generated from.

As an interventionalist, Dr. Rosenblatt will take this information and set up diagnostic tests within his office to properly pinpoint the exact regions of the spine which require any type of treatment. Without these diagnostic tests, the wrong diagnoses can be made and then ineffective treatment with

surgery becomes likely. That's because high-tech images routinely uncover bulging discs and other "abnormalities." Dr. Rosenblatt will use this information and interventional techniques to avoid surgery.

Trouble is, many findings on scans often have nothing to do with what's hurting. If you take 100 people off the street and give them MRI's or Cat Scans, 33% of them, even if they had no back pain whatsoever, would have obvious structural problems. Data also points out that less the 5% of all patients who experience back pain will EVER require surgery but, unfortunately, a much higher percent of patients wind up with an operation. We will help avoid this situation.

Here's the real problem... Patients tend to think of back surgery as the BIG CURE or consider it the treatment that will work successfully. Sometimes, in our desperation to get our lives back, it may seem like a good idea to jump over those less invasive procedures and go right to the big one. This is rarely true.

Dr. Rosenblatt says, "Per my experience, it is rarely the case that a patient I see in my office will ever require surgery for pain. I also see too many patients who have already had 1 or more back surgeries without any relief." Surgery should NEVER be seen as worth trying for pain. This approach usually fails to help patients overcome their pain and now their spines are complicated and worse off due to after effect of surgery.

If a doctor recommends an operation, get a second opinion as soon as possible. A good surgeon should understand that you need to be comfortable with any decision and prior to having a surgery other opinions are necessary. For a truly useful second look, Dr. Rosenblatt can fully evaluate this situation and give what options exist.

Dr. Rosenblatt explains, "There have been too many times where patients were scheduled for one type of surgery and something totally different was causing their pain. Specifically, issues with sacroiliac

joints, hips and other regions of the body can mimic pain which would also NOT require surgery."

Dr. Rosenblatt continues, "I'm always trying to help a patient fully understand what is causing them a pain issue. This is usually pinpointed easily, diagnosed properly and then treated successfully without the need for any type of surgery."

Avoiding surgery is our number one goal to help to treat a growing older and active community. At Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, he serves at the medical director and is board certified. Every patient is evaluated by Dr. Rosenblatt himself and a comprehensive treatment plan is always tailor made for each individual. Patients are NOT seen by PA's (physician assistants) or NP's (nurse practitioners). You will see the doctor at each and every visit. Dr. Aaron Rosenblatt specializes in performing Interventional Pain Management procedures and also in the field of Physical Medicine and Rehabilitation. His knowledge encompasses each region of the body which can cause pain. He runs on time and does not make patients wait hours in his office to see him. He is not only a pleasure to talk to regarding pain issues, but also enjoys every day topics such as sports, movies, entertainment and current events. 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!

americanPAIN...
CARE specialists
back to work, play & life

13722 S. Jog Road, Suite A,
Delray Beach, FL 33446
Web: www.improvepain.com
Book An Appointment With Us Today!
561-819-6050

Early Pain Treatment CAN PREVENT Prolonged Suffering!

SIMPLE SOLUTIONS TO YOUR BATHROOM BLUES

LET ONE DAY BATH BRING NEW LIFE TO YOUR BATHROOM

**The Affordable Solution for
Independence in
the Bath**



- Step-thru access for existing tubs
- Installs in 1/2 day
- **Reversible**
- Integral part of tub, not a cap
- Works with all types of tubs
- Factory appearance
- Eco-friendly, reduces waste

THE TUBCUT™

At One Day Bath, their goal is to provide simple solutions to everyday problems at an affordable price. Whether you're having a tough time climbing in and out of your bathtub or your 1970s pink tile has seen better days, they have solution to fit just about any budget. Their tub to shower conversion can turn your under-used, outdated tub into a fullyfunctional, safe walk-in shower – accompanied by a beautiful wall liner or ceramic tile. Their signature product is TubCut®, where they like to say, “Why step over your tub when you can walk through it?” They also have an amazing economical tub & tile re-glazing system that can breathe new life into your existing tub and tiles without any construction at all. This is a great product to buy you some time before you're ready for any type of replacement.

Bathrooms can often be a dangerous place because of unforgiving slippery surfaces, or because the height of a traditional tub is difficult to climb over – especially as we age. If you find that you or a loved are struggling getting in and of your tub, it's probably time have a conversation about that and then do something about it. Come and talk to the team at One Day Bath, and we'll discuss products that can help your family avoid injuries and serious accidents in the future.

One Day Bath offers two convenient and budget-friendly options for your tub to walk-in shower conversion, and

both are constructed with your safety in mind. The first is the TubcuT®, which is custom-fit to your tub.

“A lot of people are perplexed about how the TubcuT® works. They think that it goes over the existing tub. Instead, we actually modify your existing bathtub into a walk-in shower. Our crew will cut out a piece from the tub that measures anywhere from 18” to 45” wide, leaving you with a simple four-to-five-inch lip just a like a standard shower pan. There's no ripping out, no mess, no demo and no high expense,” says Paul Echavarria, CEO of

One Day Bath. “It turns your existing bathtub into a walk-in shower with no plumbing or construction, and can save you up to 90% of replacement cost. If you're happy with your bathroom but really want to avoid having to climb in and out and want to avoid an accident, then a TubcuT® is for you.”

The second option is a traditional tub to shower conversion, where the tub is replaced with a shower pan accompanied by high-grade acrylic wall surround, or you can choose ceramic tile for your surround It's your choice. There are many accessories to choose from, including linear shelving systems, fold-down seats and more. One Day Bath's shower systems are mold and mildew resistant, as well as maintenance free and guaranteed for life. The tub to shower conversion is typically completed in one to two days. The process of working with the One Day Bath team is simple, and gets you into your new tub as soon as possible.

“Our goal is to be a company that will satisfy all of your service needs, and you'll be happy to tell your friends and family how satisfied you are. We will give you general pricing right over the phone with no hesitation, so you know what you're about to get into,” says Echavarria. “At One Day Bath, we are very upfront about pricing before you meet with us. This makes sure that the process and pricing works for everyone. And with the TubcuT® and some of our other installs, we don't



ask for a deposit and only charge upon the completion of the project.”

To put it simply, One Day Bath offers the simplest and most economical way to revitalize your bath. They also refinish bathtubs, tiles, floors and cabinets to a like-new condition. With their expert Bathtub re-glazing, they can repair all chips, scratches and cracks back to a like-new condition. One big question many people ask about re-glazing is, “Can you change the color?” Yes, One Day Bath can change the glaze to the color of your choice. Re-glazing is an excellent tool to utilize if you don't want to get rid of your tub and tile but are ready to update the color without the expense of a full renovation.

Request a free in-home consultation today, or simply call One Day Bath to talk about your project possibilities.



The Tub Cut Company
954-466-4413
www.TUBCUT.COM
VA APPROVED



About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

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

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

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

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



561-865-1746

www.JewishDirectCremation.com

IS Neurofeedback AN EFFECTIVE TREATMENT for DEPRESSION?

By Renee Chillcott, LMHC

We are approaching Spring and it's my absolute favorite time of year. My family is healthy and happy, I have nothing to complain about and life is good....right? Wrong! Why do I have this anxious, stressed out, overwhelmed, impending doom, depressed feeling? I blame it on the weather, allergies, the current state of the world. But honestly, I know that there is no good reason for it, so I must be losing it? I'm wrong again. I have a depression and/or anxiety pattern in my brain.



Why do depression and anxiety go hand in hand? Why did my doctor recommend an anti-depressant for my anxiety? These are 2 different things, aren't they? So, why do I feel both of them at the same time? And will it all just go away if I have less stress in my life?

The Merriam-Webster Dictionary defines anxiety: (1): apprehensive uneasiness or nervousness usually over an impending or anticipated ill: a state of being anxious (2): an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it: mentally distressing concern or interest.

So, in layman's terms, anxiety is stress that won't go away, it takes an ugly turn to "negative and fear town", and indicates that the "rest and relax" response from the parasympathetic nervous system isn't there.

What we see in the brain is similar but a little more simply stated. Stress is an event in our life that causes our brain to initiate a calming response and anxiety is a neuron pattern in the brain that impedes the calming response. An anxiety pattern in the brain is typically inherited, although still possible to change. This anxiety pattern can be triggered by major stresses, no stresses or by very minor stresses, thus making it an issue for all ages, even young children.

Anxiety manifests in many different ways such as:

- excessive worrying
- nagging sense of fear
- restlessness
- overly emotional
- negative thinking
- catastrophizing
- defensiveness
- poor sleep
- irritability
- Lack of concentration

- feeling overwhelmed
- fatigue/exhaustion

Depression as defined by the American Psychiatric Association is a common and serious illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

Often, we will describe depression as a "low" feeling where we just cannot "get happy". Other times we notice feeling irritable, angry, or overreacting to events, again not able to feel "happy".

Depression symptoms can vary from mild to severe and can include:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed

- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

As you can see, there is an overlap in the diagnosis of Depression and Anxiety because there is an overlap in the symptoms of Anxiety and Depression as well as an overlap in how you feel.

In Neurofeedback we can see this in neuron firing patterns. For example, an excessive Theta (Slow firing neurons) firing pattern in the left frontal lobe can cause major depression:

Whereas a slow firing pattern in the center of the frontal lobe can cause an anxiety firing pattern: Here's a **DEPRESSION** example:

It is suffice to say that this is why there's an overlap in medication treatment as well.

Regardless of the diagnosis, Neurofeedback helps change and balance these neuron patterns so that the symptoms improve and the brain and body function better.

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. Neurofeedback is a type of exercise for your brain. It allows 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 visual recognition of the changes on the screen and the auditory reinforcement of "beeps".

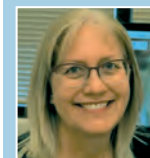
WHAT RESULTS SHOULD I EXPECT TO SEE AND HOW LONG BEFORE I SEE THEM?

As every brain is different, every response is different as well. Typically adults will notice feeling symptom relief within 10 sessions and notice things like being calmer, happier, sleeping better, less panic, less worrying, more relaxed and able to enjoy life. Treatments are individualized and as no two brains are alike, no two treatment plans are alike. We will evaluate your symptoms and how your brain is functioning to customize training for you. All you have to do is call our office to make the appointment!

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today! Brain and

Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at info@bocabraincenter.com, or text us at **(561) 206-2706** or visit our website at www.BocaBrainCenter.com.



Renee Chillcott, LMHC

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



**7301 W. Palmetto Park Rd.
Suite 102A, Boca Raton, FL 33433
(561) 206-2706
www.BocaBrainCenter.com**



AESTHETIC TREATMENT CENTERS
REVIVE. RENEW. REJUVENATE.

BODY
FAT REDUCTION SKIN TIGHTENING
LASER HAIR REMOVAL THERMIVA

SKIN
INJECTABLES & FILLERS ADVANCED SKIN
REJUVENATION FACIALS

IV HYDRATION
TREATING

- Extreme fatigue
- Headache
- Nausea
- Dry skin
- Dizziness
- Constipation

Convenient Financing Options

Call Today for Your FREE FACIAL

720 Goodlette-Frank Rd. Suite 300, Naples, FL 34102
Phone: (239) 322-3790
aestheticreatmentcenters.com

REVOLUTIONARY NEW CURE FOR

- Erectile Dysfunction and Peyronie's in as little as 3 weeks
- No Pills, Needles, or Surgery
- 100% Safe

ReGAIN YOUR VITALITY

RejuvaWAVE®
the gold-standard in WAVE therapy
for ED only available at Simply Men's Health

visit us at our **NEW Boca Raton location.**
9250 Glades Rd. Suite 210A



Call 561-459-5356

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.

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

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

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

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

Brain & Wellness Center
All Ages Welcome
Brain Biofeedback is a Non-Medication Approach


(561) 206-2706 WWW.BOCABRAINCENTER.COM

ARE YOU ADHD?

Can't Concentrate? Can't Focus? Can't Remember? Too Tired or Too Hyper? Interferes with School, Work, Sleep, Relationships? Affects Grades or Work Performance?

STOP CALL OR VISIT OUR WEBSITE TODAY!
STOP living with these symptoms and teach your brain how to get in SYNC!

7301 W. PALMETTO PK. RD., STE. 102A, BOCA RATON (561) 206-2706, LLC, MH7899



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

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

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

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

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



Vampire Facelift

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

Vampire Facial

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

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

The O-Shot

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

P-Shot®

Penile rejuvenation for peyronie's disease & erectile dysfunction.

Vampire Breast Lift

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

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.

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

guaranteed or the 1st visit is free

Cure Erectile Dysfunction and Peyronie's

Simply 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.



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

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

Why Medicate When You Can CURE?

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



RejuvaWAVE® only available at Simply Men's Health

- 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!



**CALL TODAY –
AND GET YOUR LIFE BACK
TOMORROW!**

561-459-5356

www.SimplyMensHealth.com

**Our NEW
OFFICE LOCATION
9250 Glades Rd, Suite 210A
Boca Raton, FL 33434**

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.

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.

Laser Cataract Surgery: What you should know

By David A. Goldman MD

With 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

Spring (Change) is in the Air

Brent Myers

Spring 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

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, FACOI, FACP
Sumithra Vattigunta-Gopal, MD, FACP
Gerald Zemel, MD



FLORIDA CANCER
SPECIALISTS
& Research Institute

FLCancer.com

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