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Health & Wellness[®] MAGAZINE

May 2022

North Palm Beach Edition - Monthly

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LIKE A GODDESS**

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OF ANTI-AGING HAS ARRIVED**

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CONTACT US

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

BERRYMAN
Marketing Group LLC

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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TESTICULAR CANCER

Testicular cancer is rarely in the news, but it's a health topic that all men, especially younger men, need to be aware of. Like many cancers, the sooner testicular cancer is detected, the easier it is to treat, and the cure rate for this form of cancer is extremely high -- greater than 95 percent.

The American Cancer Society estimates that nearly 10,000 males will be diagnosed with testicular cancer in the United States this year. About 1 in 260 American men will develop testicular cancer in their lifetimes. While it can occur at any age, including during childhood, it is the most common cancer in men between ages 20 and 35. White males are more likely to develop this form of cancer than black or Asian-American males.

A closer look

The testicles are two walnut-shaped glands inside the scrotum (the sac of skin that lies below the penis) that produce sperm and the hormone testosterone.

Cancer occurs when healthy germ cells in a testicle develop abnormalities that continue dividing and accumulate until they form a mass. Little is known about what causes this to occur. Although cancerous cells can develop in both testicles, it is rare.

Symptoms & Risk Factors

Most often, a lump or swelling on the testicle is the first symptom; however, some testicular cancers might not cause symptoms until they've reached an advanced stage. Other signs to look for include:

- Swelling or a sudden build-up of fluid in the scrotum
- Feeling of heaviness in the scrotum
- Dull ache, pain or discomfort in the groin, lower abdomen, scrotum or a testicle
- A change in testicle size

Scientists aren't sure what causes testicular cancer and have found few risk factors that make someone more likely to develop it.

However, the American Cancer Society advises that one of the main risk factors is an undescended testicle. This condition occurs when one or both testicles fail to move from the abdomen into the scrotum before birth. In about three percent of boys, the testicles do not descend all the way into the scrotum before birth; sometimes, one or both testicles remain in the abdomen. Other times, the testicles start to descend, but stay in the groin. If the testicle hasn't descended by the child's first birthday, it probably isn't going to do it on its own, and surgery may be recommended to move it. Physicians have concluded that there is likely another factor that leads to both testicular cancer and abnormal position of the testicles, but the condition alone doesn't actually cause testicular cancer.



A prior germ cell tumor in one or both testicles, an HIV infection or a family history may also increase the chances of developing testicular cancer.

Diagnosis & Treatment

Testicular cancer is usually diagnosed after a lump or other change in a testicle is detected. An ultrasound will more clearly show whether cancer is evident. (Biopsies, which remove small amounts of tissue using a needle or medical tool, are not performed on testicles because the procedure could penetrate the testicle, making it more difficult to treat a cancer, if found.)

Surgery to remove the testicle, called orchiectomy, is the most common and successful initial treatment. Some patients may need additional treatment with chemotherapy or radiation to kill any remaining cancer cells, or if tumors have spread to other areas of the body.

Detection the Best Prevention

Because there is no way to prevent testicular cancer, early detection is important.

Examination of the testicles is often performed during annual physicals and routine wellness checks. Many doctors agree that regular self-checks after puberty are a good idea to help individuals become familiar with their own anatomy, so they will be better able to recognize any changes. Talk with your health care provider for guidance. Instructions for performing a self-examination of testicles can be found on the American Cancer Society website at www.cancer.org.

Notify your doctor if you notice any changes, such as lumps, nodules or an increase or decrease in testicle size, or if you experience any persistent pain in your groin or abdomen.

Doctors report that many men delay reporting concerns with their genitalia due to fears about potential impacts on sexuality or fertility, which are largely unfounded. Health professionals emphasize that swift evaluation and diagnosis greatly increase the chances of successful treatment and the opportunity to continue living life to its fullest.

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.



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GROW YOUR HAIR LIKE A GODDESS

by Alan J. Bauman, MD, ABHRS

thought of as “thinning” or “shedding,” not “balding,” and it’s uncommon for women to go completely bald. Sometimes women see less volume or less coverage like a widening partline or they notice their ponytail is smaller in diameter. However, no matter what you call it, hair loss is usually most distressing to a woman.

Hair loss in women can often be caused by heredity. It may also be exacerbated by changes in hormones (most commonly after menopause), advancing age, stress, medications, poor sleep, or nutritional issues. A woman can lose up to 50 percent of her hair before it’s noticeable to the naked eye.

The good news is that we offer a number of effective treatments designed to get a woman’s hair growth back on track.

We recommend starting with a hair measurement using our HairCheck™ or HairMetrix™ system. These non-invasive tools accurately measure hair loss, hair growth and hair breakage. They also determine the amount and quality of hair growing on the scalp. Once we have the big picture of what’s going on we can pinpoint how to best help you achieve the results you seek.

If you’re on a hair regrowth treatment, these measurements can scientifically verify benefits over time long before they’re noticeable in the mirror—so you know if you’re on the right track.

Here’s a quick overview of some of our many treatment options:

HAIR AND SCALP PRODUCTS

• Boost Shampoo and Boost Conditioner (Sulfate-free and color-safe)

Best for thinning hair and appropriate for everyday use with powerhouse ingredients including saw palmetto, green tea extract, Procapil (DHT inhibitor), caffeine (hair growth stimulator), Apiscalp (patented ingredient from celery that fights dandruff, itching, dryness) and more.

• Soothe Shampoo and Soothe Conditioner (Sulfate-free and color-safe)

Best for people with irritated or dry scalps, appropriate for everyday use with CBD (a moisturizer and anti-

inflammatory that reduces scalp sensitivity and irritation), Procapil® (reduces DHT level and increases blood flow), ceramides (keeps moisture in hair fibers) and 12 essential oils (anti-inflammatory, moisturizing, anti-microbial and soothing).

BAUMANMD NUTRACEUTICALS

Nutra-Team Bauman offers a superb line of proprietary nutritional supplements to help anyone experiencing hair loss or thinning or who just wants thicker-looking hair. Here are a few of the most popular:

• The Recruiter™

This special blend of probiotic, plant extract, and Vitamin D3 promotes the release of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress). It increases the number of circulating stem cells in your body to promote hair growth and overall health.

• The Good Guys™

This hair probiotic complex infuses the gut with elements needed to optimize the digestive process and maximize overall health and wellness. It supports a robust scalp and strengthens follicles for optimal hair growth.



Dr. Bauman recommends the new BaumanMD In-Shower Trichology System: Boost DHT-Control Shampoo & Conditioner for hair regrowth and Soothe CBD-Infusion Shampoo & Conditioner to alleviate scalp inflammation.

Ah, May.

Everyone knows it’s the month when we celebrate mothers around the world. But have you ever wondered where the word “May” comes from? It’s believed to be an adaptation of a Greek goddess’s name, “Maius,” who was known as the “goddess of growth.”

How appropriate for us at Bauman Medical! So I decided to use the Mother’s Day month to talk to you about women’s hair loss (and hair growth). Maius would be delighted.

Hair loss is more often associated with men than women, but you might be surprised to learn that *40-50 million women in this country have some sort of hair loss.*

Women’s hair loss typically presents itself differently than men’s hair loss.

Men commonly suffer from what’s known as male pattern baldness. It affects half of all men after age 50 but can start as early as puberty. Men’s hair loss generally starts at the front of the head, causing a receding hairline, and may eventually result in baldness.

Female hair loss typically doesn’t occur at the frontal hairline but is more diffuse. A woman’s hair may be



Dr. Bauman has created Nutra-Team Bauman, a team of hair-healthy supplements that work together in a dynamic way because he believes that hair grows best when your system is balanced.

• The Bodyguard™

A unique blend of herbs and mushrooms, The Bodyguard™ supports a healthy immune system and defends against environmental toxins. Scientific research confirms the benefits of the formula's immune-enhancing herbs, together with fungi, which include Asian mushrooms.

• A-List Hair Vitamin Complex™

It's called our "strategic supplement" because it's compounded with top-tier ingredients shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, promote collagen renewal for hair, skin hydration and wound healing.

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(also known as red light therapy)
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• PRP (Platelet-Rich Plasma)

PRP is a comfortable in-office procedure that takes about an hour with no recovery time, downtime, or discomfort. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia to strengthen hair follicles.

• PDOgro™

PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. PDO threads placed into the scalp have been shown to stimulate hair regrowth. This procedure helps make PRP even more effective and longer-lasting.

LEARN MORE

We know that hair loss can be particularly upsetting for goddesses, and we're happy to help you determine how to give yourself or someone else the gift of growth. Don't wait another day to find out about all we have to offer the woman who wants to restore her hair to its former glory.

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."



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WHAT DO HAIR TRANSPLANT CREDENTIALS MEAN?

I know I'm not the only hair restoration surgeon you'll discover in your research, but I believe I'm one of the most well-qualified and experienced ones you'll encounter. Before choosing someone for this important decision, I encourage you to only settle for someone who meets all of these credentials

- Certification from ABHRS - American Board of Hair Restoration Surgery. After more than 20 years, only approximately 200 doctors worldwide have received this certification through a rigorous written and oral board examination process. It is the only recognized certification in the field of Hair Restoration Surgery.
- A fellow of the International Society of Hair Restoration Surgery (FISHRS). Less than 10% of all ISHRS members worldwide have achieved the coveted "Fellow" status recognizing their continuing commitment to excellence and having met exceptional educational criteria.
- Membership in the International Alliance of Hair Restoration Surgeons (IAHRS). This elite group was hand-selected by the premier consumer organization dedicated exclusively to protecting hair restoration patients through their commitment to excellence. IAHRS members represent only the best in the discipline and the true leaders in surgical hair restoration.
- Membership in the American Hair Loss Association (AHLA). The AHLA is committed to educating and improving the lives of those affected by hair loss. They are the authoritative source of information for people with hair loss and the healthcare professionals that care for them.

The Next Generation of Anti-Aging Has Arrived



Meeet the BBL Hero, the next-gen of BroadBand Light Therapy. The BBL Hero is an FDA-approved skin rejuvenation light-based treatment that can correct signs of aging and sun damage, control active acne, minimize the appearance of scars, and reduce unwanted hair anywhere on the body. BBL Hero device allows for the rapid and comfortable treatment of large body areas while reducing common risks of traditional IPLs. The BBL Hero in-motion handheld device is 4 times faster than previous devices, and is ideal for large area and whole body treatments.



This non-invasive anti-aging technology turns back the hands of time by targeting pigment in the treatment area to deliver clearer, firmer, and more youthful-looking skin.

Due to aging, sun exposure, environmental toxins like pollution, and harsh cleansers, many of us find that our skin has become wrinkled, dull, and has a prematurely aged look. Thankfully, BBL Hero treatments allow us to effectively treat and correct a multitude of common skin concerns, from fine lines and wrinkles to redness, and even age spots. Think of BBL Hero BroadBand Light Therapy as a one-stop treatment for aging or damaged skin – this advanced light-based treatment can improve it all.



Known as the next generation in IPL therapy, BBL Hero treatments send short pulses of high-intensity laser light energy deep into the skin to produce younger and smoother-looking skin that is firmer and has noticeable improvements in texture and tone. Requiring little to no downtime and offering dramatic results, this skin-rejuvenating anti-aging treatment might feel like magic but it's just advanced state-of-the-art science.

Benefits of BBL Hero Treatments

BBL Hero treatments are the beauty and cosmetic surgery industry's best kept secret and can be performed anywhere on the face and body. BBL Hero offers several wavelengths to target and treat a wide variety of skin types and skin conditions. BBL Hero is an ideal treatment for common skin conditions and can achieve numerous benefits in treated areas, such as:

- More youthful-looking skin on the face and body
- Reversal of sun damage
- Reduction of fine lines and wrinkles
- Elimination of redness, including rosacea
- Increased collagen production
- Even skin tone and discoloration
- Improved skin texture
- Correction of pigmentation issues
- Removal of hyperpigmentation such as sun spots, age spots, brown spots, and dark spots
- Elimination of pigmented lesions and/or vascular lesions

How Does BBL Hero Work?

Your provider will begin by applying a small amount of ultrasound gel to the treatment area and then use a BBL Hero hand piece to gently deliver photothermal light energy to heat the top layers of skin. This heat stimulates new collagen growth in your skin cells, restoring your skin to a more youthful-looking appearance that is firmer and more even, eliminating dark pigment and targeting small blood vessels that create redness, such as broken capillaries.

How many BBL Hero treatment sessions will I need?

Your treatment plan will be customized to your needs, including the number of treatments required to meet your cosmetic goals. We generally recommend that patients have three to four treatments per year to achieve optimal results.

Does BBL Hero hurt?

No, your provider will do everything possible to ensure your comfort during your appointment. While patients may experience a slight warming of the skin, this subsides in 30-60 min. BBL Hero's advanced cooling features mean that you can expect little to no discomfort.

Schedule A Consultation For BBL Hero

If you are interested in revitalizing dull or aging skin, or would like to restore a flawless complexion, contact us today to schedule a consultation for BBL. We'd love to develop a custom treatment plan to achieve your cosmetic goals.



Medical Director, Daniela Dadurian M.D.

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

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

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



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

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



BEFORE



AFTER

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

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

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

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

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

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



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

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



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About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

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

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

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

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



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My Tooth Hurts When I Chew...

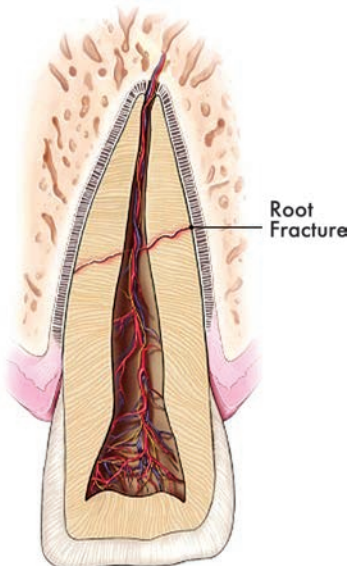
Many patients at some point experience pain in a tooth when biting. This can occur for a variety of reasons and may signal a problem with the tooth involved. The pain I am considering is not related to sensitivity to hot or cold temperatures, but directly to a sensation that occurs when actually biting down. This is different than a constant, dull ache a patient may feel even when not chewing.

Common Causes:

1) The first common cause for pain associated with biting can be related to a tooth that is slightly “higher” than its neighbors. This high spot will cause the tooth to be hitting its opposing tooth first as we bite down and often with more force than the rest of the teeth. In simple terms, this situation can lead to a tooth being constantly pounded on and causing discomfort.

A number of factors can lead to a tooth becoming “higher” than its neighbors. Teeth themselves can shift positions over time leading to this uneven biting. In some circumstances, recent dental work (such as fillings or crowns) may sit slightly higher than the neighboring teeth and a simple alteration or smoothing may relieve the situation.

2) Another common reason pain is often experienced during chewing is the existence of a root fracture. I am not necessarily referring to a large crack in the tooth, but a microscopic crack that may not be visible to the naked eye. These types of fractures in the tooth are not repairable and can lead to bone and eventually tooth loss.



Diagnosis of root fractures is often aided with a 3D CT scan which, if equipped, can be provided in the dental office. When the diagnosis of a root fracture is made, the prognosis for the tooth (or at least the root involved) is hopeless. Typically the involved



tooth is removed. The space that remains is usually planned to have some type of replacement. Often the replacement of choice is a dental implant. In certain situations, a bridge or removable denture may be used.

It is important to have an evaluation of a tooth that is hurting when you bite or chew. If a fracture of some kind does exist, the supporting bone around the tooth will likely be lost. This bone loss will ultimately impact the adjacent teeth leading to more involved and expensive treatment overall.



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 Periolas Dental Laser (LANAP procedure) to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.

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

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



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An Alternative to Pain Medications

Chronic 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.



With 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.



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Cataract Surgery in 2023: What should you expect?



By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The 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.

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Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: *"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."* (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.



Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: *"So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion."* (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!

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