

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

Health & Wellness[®] MAGAZINE

June 2022

North Palm Beach Edition - Monthly

www.sflhealthandwellness.com

FREE



**MEN'S HAIR LOSS –
IT'S NO LAUGHING MATTER**

SILHOUETTE INSTALIFT

**REPLACING MISSING TEETH –
MORE OPTIONS THAN YOU THINK**

**WHAT IS NON SURGICAL
SPINAL DECOMPRESSION**

**HOW DOCTORS
CHOOSE SURGEONS**

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!



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



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

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



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



561-691-0020

4520 Donald Ross Road, Suite 110
Palm Beach Gardens, FL 33418

www.pbcperio.com



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





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

contents

June 2022

- 5 Testicular Cancer
- 6 Grow Your Hair Like a Goddess
- 8 The Next Generation of Anti-Aging Has Arrived
- 10 TubcuT® Can Help Alleviate Slip and Falls and Trouble Getting In and Out of the Bath
- 11 About Accepting Death
- 12 My Tooth Hurts When I Chew...
- 13 An Alternative to Pain Medications
- 14 Cataract Surgery in 2023 What Should You Expect?
- 15 Spiritual Wellness: Don't Give Up!

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

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.

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

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.

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

Call 561-459-5356



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

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

www.cobblestonechiropractic.com

- **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!



"You won't have anymore trouble getting in and out of the bathtub with TubcuT®"

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

9 TIPS TO PREVENT ALZHEIMER'S DISEASE

By Nasser Razack, MD, JD

Alzheimer's has a devastating effect that many people take for granted. Let's discuss nine ways to prevent the disease and promote better brain health.

1. Engage in brisk walking for at least 30 minutes five times a week. This can reduce Alzheimer's disease risk by 33%. Vigorous aerobic exercise performed three times weekly for at least 20 minutes can also bring it down to 50%. Quite simply, exercise delivers more oxygen and nutrients to your brain, helps repair damage, and removes toxins.

2. Partake in activities that are interactive and mind-engaging. These include playing challenging games such as chess or bridge. Other activities include learning a new instrument or a new language; you can also partake in a new practice such as yoga. These new and diverse activities allow your brain to grow by forming more neural connections. In a sense, all these are also exercise for the brain.

3. Avoid toxins. For example, midlife smoking can double the rate of dementia. Smoking is a fairly obvious toxin, but we are also constantly barraged by other harmful substances throughout our life without knowing it. Please visit Cosmeticsdatabase.com to find out what toxins may be affecting your health. You can check any product you currently use to determine their toxicity.

4. Engage in social activities. A recent Harvard study demonstrated individuals with at least five strong social ties (people they enjoy spending time with) had a 50% reduced rate of cognitive decline compared to those who were more isolated.

5. Have a purpose and life direction. Researchers at Rush University Medical Center demonstrated that people with the highest level of purpose and direction in life had a 2.4-fold reduced risk of developing dementia. So find your passion, pick a cause that is meaningful to you, and work on it regularly!

6. Relax and rejuvenate. There are different ways to do this including prayer, meditation, exploring nature, reading a book, visiting the spa, getting a massage, doing yoga and other forms of exercise. This is important because the opposite of relaxation is stress which can actually damage your brain.

7. Protect your head to prevent brain injury. Patients with head injuries have 2 to 4 times the rate of developing Alzheimer's disease. For most



people, the highest risk of head injury is while driving, so always wear your seatbelt and avoid texting. People who text behind the wheel increase their risks for accidents by as much as 23 times compared to those who don't. One study demonstrated this was equivalent to driving after having four alcoholic drinks. Head injury is also believed to result in increased inflammation, another factor associated with Alzheimer's disease. Recovery from stroke can also increase brain inflammation, with approximately 30% of stroke survivors unfortunately developing dementia.

8. Reduce inflammation. You can achieve this with a non-inflammatory eating plan such as the Mediterranean diet which favors 7 to 10 servings of fruits and vegetables daily. This diet also includes wild fish twice weekly, plus lots of nuts, almonds, walnuts, beans, and legumes. Additionally, there is a significant social component to this diet as advocates typically interact with each other while they dine.

Researchers also demonstrated that natural substances can reduce inflammation. Neurcumin® is an all-natural supplement which contains many natural agents uniquely formulated to synergistically fight inflammation.

9. Have a positive outlook. A positive mindset offers tremendous protection against Alzheimer's disease. In "The Nun Study", researchers demonstrated nuns who had the highest usage of positive words and emotions in their journals aged better and lived longer, healthier lives. Even more remarkable, these incredible women donated their bodies to science. When their brains were examined after death, the researchers found biomarkers typically associated with Alzheimer's disease (neurofibrillary tangles and beta-amyloid plaques). However, these nuns did not have Alzheimer's disease symptoms. It's as if they derived a neuro-protective effect by maintaining a positive outlook. Further, this is an extremely strong message that we have to reduce any negativity in our lives. Negativity is literally toxic, even deadly.

You can remember all of these preventative measures by simply recalling the acronym, "PREVENT AD".

P	Purpose and life direction
R	Relax and rejuvenate
E	Exercise daily
V	Very positive outlook
E	Engage in social interactions
N	No head injuries
T	Toxin avoidance
A	Activities that stimulate your mind
D	Diet (anti-inflammatory)

It also helps to partner with a prevention-oriented physician. Specifically, find a physician that understands the importance of exercise and nutrition in the prevention of Alzheimer's disease. Notice that this is the last item on the list because everyone must be proactive when it comes to healthcare. No one is more concerned with your health than you are. Partnering with a physician is great but you must be in control of your daily activities which, compounded over time, will either hurt you or help you.

To learn more about Neurcumin® and the prevention of inflammatory diseases such as Alzheimer's disease, stroke and heart attacks, please visit Neurcumin.com. You may also call 727-289-7139 or email us at strokenerd@gmail.com for more information.

available at 



About Nasser Razack, MD, JD

Dr. Razack currently practices as a neurointerventional surgeon in Naples, Florida. He dedicates a significant portion of his practice to educating in the diagnosis, treatment and prevention of stroke. He completed his medical training at the University of Virginia in Charlottesville, Virginia.

MEN'S HAIR LOSS — IT'S NO LAUGHING MATTER

by Alan J. Bauman, MD, ABHRS



June. It's the month when we honor fathers and the month when I dedicate my article each year completely to men. I thought, why not start off with a little (maybe too little) male hair humor to make you smile? So here goes:

- What did the balding man say when gifted with a comb? "Thanks. I'll never part with it."
- How do you know when a man is definitely going bald? When he starts using more toothpaste than shampoo.
- What has happened between a man who's started losing his hair and his head? They had a falling out.

OK. Those jokes are indisputably corny. Maybe you've even told bald jokes yourself to deflect self-consciousness about your own thinning hair. Hope you didn't stop reading, since all kidding aside, I know that hair loss is no laughing matter for men who're warily watching their foreheads grow larger.

Men's hair loss can start as early as the late teens or twenties and impacts an astounding percentage of

the male population. More than a third of men are experiencing hair thinning by age 35, and half of them are dealing with hair loss by age 50.

But why?

Blame genetics, but don't be too hard on Mom. It's a common misconception that hair loss comes only from your mother's side of the family. In fact, it can come from either side. I guess you could call it double trouble.

Most male pattern hair loss is caused by a combination of genetics and hormones called androgens that help men be, well, men. The biggest androgen culprit is DHT (dihydrotestosterone), which is made from testosterone.

In men with certain genetics, DHT causes hair follicles to progressively shrink and produce weaker, thinner hair over time. The outcome: male pattern baldness, also known as androgenetic alopecia. It starts as a receding hairline, then thins the crown. It can result in the loss of all hair up top, sparing the sides and back of the scalp.

This doesn't mean that a man with male pattern hair loss has more testosterone or DHT than men without hair loss, however. He's just inherited a *sensitivity* to DHT. Sorry, guys.

While you can't undo the genetics causing your hair loss, we have a number of therapies to encourage your hair to grow back or to stop or slow your hair loss.

REGENERATIVE APPROACHES

Low-level laser therapy (also known as red light therapy): The medical grade Bauman TURBO LaserCap® is FDA-cleared. It's portable, hands-free, cordless, rechargeable, and fast, requiring only five minutes of treatment per day for improved hair growth at home. It's also drug- and chemical-free with no risk of side effects.

Proper and consistent use of medical-grade low-level laser therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth.

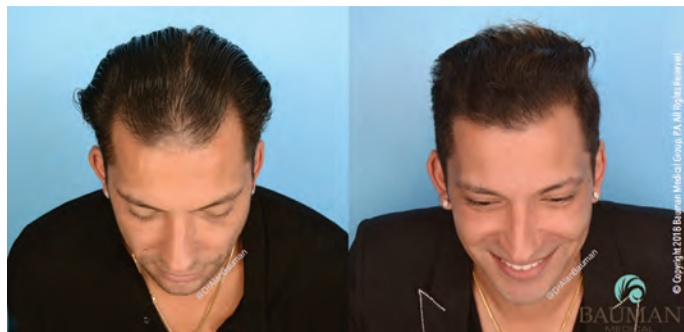
PRP (Platelet-Rich Plasma): A comfortable in-office procedure that takes about an hour with no recovery time, downtime, or significant risk. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist. When performed using the appropriate concentration of platelets and proper application techniques, you can expect hair growth improvements that last a year or more from a single treatment.

PDOgro™: Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp have been shown to stimulate hair regrowth.

Typically performed in combination with PRP in a no-downtime "lunch-break" procedure, the threads are comfortably applied into the scalp. They dissolve and are absorbed over time, safely stimulating collagen production, new blood vessel formation, and a release of powerful rejuvenating growth factors.



Please add the caption: Before and 6 months after PDOgro™ by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

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

HAIR TRANSPLANTATION

In some cases, hair loss is so advanced that a hair transplant is the only way to achieve lasting hair regrowth in areas like a receded hairline, thinning crown, or other areas where hair follicles are severely depleted or gone. Luckily, hair transplant

procedures have become more effective, comfortable, and 100% natural-looking due to major innovations in techniques and technology.

FUE (Follicular Unit Extraction) is one of Bauman Medical's most popular hair restoration technologies. We employ several types of FUE, depending on your particular need or situation. Using robotics, or with the aid of mechanical instruments, we harvest hair follicles directly from the scalp, replacing the older, invasive method of "strip harvesting."

FUE hair transplantation allows for the harvesting of follicles without leaving behind a telltale linear scar and with the added benefits of a shorter, less restricted, and more comfortable recovery. Results are natural looking, not like the old-fashioned "plugs" that your father or grandfather may have had decades ago.

LEARN MORE

Ready to stop joking around about your hair loss and start doing something about it that'll make groan-worthy bald jokes a thing of your past? Don't wait another day. Let's talk to see how we can help.



To learn what treatment regimen is right for you, call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.

About Dr. Alan J. Bauman



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

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 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

SUPER SUPPLEMENTS TO PROMOTE HAIR GROWTH AND HEALTH

Even though you try, it's not always easy – or even possible – to avoid hair loss risk factors. Not getting enough key vitamins and minerals in your diet, aging, stress or poor scalp health can all contribute to less-than-optimal hair.

At Bauman Medical we offer a superb line of proprietary nutritional supplements to help anyone experiencing hair loss or thinning, or who just wants thicker-looking hair.

- **The Recruiter™:** This special blend of probiotic, plant extract, and Vitamin D3 promotes the release of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress). It increases the number of circulating stem cells in your body to 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.
- **The Bodyguard™:** A unique blend of herbs and mushrooms, The Bodyguard™ supports a healthy immune system and defends against environmental toxins. Scientific research confirms the benefits of the formula's immune-enhancing herbs, together with the fungi, which include Asian mushrooms.
- **A-List Hair Vitamin Complex™:** It's called our "strategic supplement" because it's compounded with top-tier ingredients shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, promote collagen renewal for hair, skin hydration and wound healing.

Wondering which supplements are best for your particular situation? Give us a call and we'll be happy to help you decide.



SILHOUETTE INSTALIFT™

A GAME CHANGER FOR NON-SURGICAL FACIAL CONTOURING AND BODY CONTOURING



LOOKING FOR A NATURAL LOOKING WAY TO COMBAT SAGGING SKIN WITHOUT SURGERY? CONSIDER THE SILHOUETTE INSTALIFT™.

More and more patients prefer to avoid or at least postpone surgery, or simply are not a candidate for surgery due to medical reasons. This is a good alternative for those patients.

First let's discuss what aging really is in order to understand how we can combat it effectively. Aging consists of volume loss and sagging skin. If we want to "naturally" rejuvenate our face and body we need to address both these issues. The Silhouette Instalift™ is the only non-surgical procedure that addresses both issues.

This Silhouette technology is in a class of its own, it's not a filler and it's not your typical thread. It is both, "dual action" means it lifts and volumizes at the same time. It is an advanced micro-suspension technology that uses small (3D) 360 degree cones made from PLLA (also known as "Sculptra") to simultaneously lift skin and build collagen. The lifting effect is immediate while collagen production is gradual and peaks at about 8-12 weeks.

After the patient's needs are assessed, and the entry points are marked, a local anesthetic is injected and the sutures are placed. There is very little discomfort during and after the treatment.



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



Once the sutures are placed, the skin will be repositioned to obtain the desired lifting effect. The ends of the suture are then cut. The number of sutures applied depends on each individual patient's skin elasticity and condition of the skin. Possible side effects are, as with any procedure that involves needles, bruising and minor pain and swelling. This is an office procedure that takes about 45 minutes and lasts about 18-24 months. The Silhouette Instalift™ was FDA approved in April 2018 for use in the mid-face and was awarded the prestigious 2018 New Beauty Magazine breakthrough award. It has been popular in both South America and Europe for many years.

Silhouette Instalift™ now has different sutures with varying numbers of cones, depending on where on the body it is being used. The 8 cone suture is used on the face, whereas the 12 and 16 cone sutures can be used to lift butts, saggy skin above the knees, elbows and saggy belly skin. It also works well for cellulite.

Why choose Silhouette Instalift™?

- Non-surgical procedure
- Minimally invasive
- Minimal recovery time/no down time
- Immediate lifting effects
- Volumizing in addition to lifting effects due to PLLA collagen stimulation
- Sutures are entirely re-absorbable
- Natural looking

I am so excited to be able to perform this procedure right here in my office. Call today to see if you are a candidate for the Silhouette Instalift™. MD Beauty Labs (561) 655-6325.

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!



The Tub Cut Company
877-882-2887
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

Replacing Missing Teeth – More Options than You May Think

It is astounding how many individuals live their lives with one or more missing teeth. When asked why they have not replaced their teeth, common answers include fear, cost, embarrassment and pain. What they may not realize is that living without a proper compliment of teeth often leads to malnutrition, excess chewing on the remaining teeth (often causing them to break down even faster), tooth shifting and for many, insecurity related to their smile.



The good news is that there are numerous options to replacing missing teeth, many of which are relatively pain free and often are not astronomically expensive. Actually, costs increase as we attempt to function on the remaining teeth, asking them to carry the load of not only themselves, but of the teeth that have been lost. Overloading the teeth you still have frequently leads to their more rapid demise and the need for more extractions, dental work or tooth replacement.

Options:

The first question you must ask yourself is simple, “what do I want?” It does not matter what your friends, significant other or even your mother wants. Some will decide they want a full mouth makeover, while others simply want to have a healthy mouth with proper function. Once you decide the answer to this question, the options ahead of you will fall into place. Although there are numerous treatments available, I will focus on a few commonly chosen ones along with some of their advantages and disadvantages.

Removable Appliances (Dentures or Partial Dentures)

One of the oldest treatments that exist to help replace teeth (whether it is one or all of your teeth) is the fabrication of dentures. This treatment is often the least costly, but is also the one with the least patient satisfaction. A mold is made of your mouth and an appliance is provided to you that typically consists of a plastic like material which rests on the remaining teeth and gums. This material supports fake teeth that fill in the spaces where your original teeth are missing. Dentures are a simple and affordable way for you to regain function and chewing ability, but they do not come without problems. Often times they are not stable and will move while you chew and talk. Bulky material in the mouth, change in taste of food and irritation to the gum tissue are also frequent complaints.



Crowns and Bridges

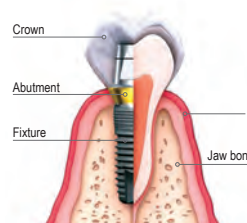
Another common treatment is to replace missing teeth with crowns/bridges. Typically, patient satisfaction is

very high with this treatment modality as it provides you with “glued in” teeth. Teeth adjacent (on both sides) to the missing ones are prepared to be fitted with dental crowns (also known as a cap). Consecutive crowns or caps can be joined together as one piece (known as a bridge). As the bridge is glued into place on the supporting teeth on either side of the missing ones, this empty space is filled by crowns that appear to be naturally coming out of the gum tissue but in actuality are being supported as part of the bridge connection itself. A great real life comparison is an actual bridge. Typically there is a pillar on either side supporting the bridge and the center part which has no support from beneath only from the sides.



Dental Implants

To some this sounds very scary when in actuality it can frequently be less invasive than other options. A tooth is comprised of 2 parts, a crown (the part you see and chew with) and the root (the supporting part under the gum). A dental implant is simply a root replacement. This new root can be placed where your old root used to be. After a number of months of healing, a crown can be placed on this new root just like a crown can be placed on a tooth root. This treatment works very well in a situation when a tooth is lost between other teeth. An implant root can be placed with its own crown (a few months later) as opposed to cutting down adjacent teeth to fit a dental bridge.



All of the above treatments (and numerous others) have many variables and need to be determined on a case by case basis. A complete examination is required to help you understand the complexity of your individual situation and the options available to you. Knowing ahead of time what your overall desire is (such as a Hollywood makeover or a simple tooth replacement) will help you narrow down the options best suited to your “want.”

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.



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

www.PBCPERIO.com

561-691-0020

NON SURGICAL SPINAL CARE

WHAT IS NON SURGICAL SPINAL DECOMPRESSION?



If you're looking for relief from chronic lower back pain, neck pain, sciatica, bulging or herniated discs, non surgical spinal decompression treatments could be the solution you've been looking for.

SPINAL DECOMPRESSION THEORY

Reversing the axial load, through decompression, relieves the pressure on the disc(s) and entrapped nerves. This promotes enhanced circulation to the affected area, which in turn aids the healing process, reducing inflammation and resulting in regained mobility and pain relief.

WHAT DOES A TREATMENT INVOLVE?

Once comfortably positioned, the unique program will be set to deliver the exact gentle force required during the 20 minute treatment. This is a painless process where the patient is comfortable and relaxed during the process.

IS IT A PAINFUL PROCESS?

No. Some patients may experience temporary soreness, a sign that muscles have been worked in a new way, but once total relaxation is achieved this is alleviated.

WHY SPINAL DECOMPRESSION THERAPY?

- To assist in the relief of chronic pain
- As an alternative to surgery
- When other treatments are not working
- To reduce a dependency on painkillers
- To achieve long-term pain relief
- To assist with a return to normal activities

LIVE YOUR LIFE TO ITS FULLEST

Don't miss out on the daily activities you used to enjoy. With proper nutrition, consistent therapy, and regular exercise, there's no need to be defined by an ailment. Spinal decompression might be the non-invasive treatment you need to help you live the lifestyle you want. Set an appointment at Cobblestone Spine & Joint today by calling us at **561-753-2225**.

Non surgical spinal decompression is a procedure delivered by a computerized medical device, which gently reduces the pressure on specifically targeted discs, releasing any pinched nerves and relieving chronic back and neck pain.

The gentle stretch and release protocols create a vacuum effect to encourage retraction and repositioning of any bulging or herniated disc material to its original position, giving the disc the opportunity to heal and rehydrate.

The surgical procedure, in comparison, is either a Microdiscectomy, which is the surgical removal of the disc material or a Laminectomy, which is the surgical removal of a portion of the vertebral bone.

Non Surgical Spinal Decompression has been used, for many years, to treat successfully treat a range of conditions:

- Sciatica
- Joint problems
- Painful sports injuries
- Degenerated discs
- Back pain
- Neck pain
- Failed back surgery

OUR NON SURGICAL TREATMENT IS:



NON INVASIVE
Therefore there is no risk of infection.



NO RECOVERY TIME
No down time from normal activities.



ALL NATURAL
Completely natural process for peace of mind.



DRUG FREE
No drugs used at all through the process.



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



How Doctors Choose Surgeons

By David A. Goldman MD

When it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a “renowned” surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



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



Brent Myers

You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

PHYSICALLY. Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

EMOTIONALLY. Sleep and stress have similar effects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

MENTALLY. Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

His Model

“By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

His Command

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).

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, FACP, 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.