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Health & Wellness[®] MAGAZINE

August 2022

North Palm Beach Edition - Monthly

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THE NON-SURGICAL EYE LIFT

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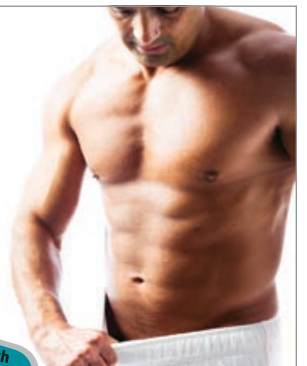
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THE PROMISE OF IMMUNOTHERAPY

One of the most promising and successful new treatments for cancer is immunotherapy, which uses the body's own immune system to find, target and fight many forms of the disease, even at advanced stages.

The immune system is a complex collection of organs, including the spleen, thymus and bone marrow, white blood cells, tissues and proteins. These special substances travel through the body, protecting it from germs that cause infection. When it encounters a new substance that it doesn't recognize, it signals an alarm and works to destroy anything containing the foreign substance.

A closer look at immunotherapy

Cancer starts when normal, healthy cells become changed or altered and begin to grow out of control. Immunotherapies boost or change the immune system to work harder and smarter to find, target and attack cancer cells.

Chemotherapy and radiation have been widely used for decades, and directly target cancer cells. While effective, these treatments can also destroy healthy blood cells and harm the body's production of new cells.

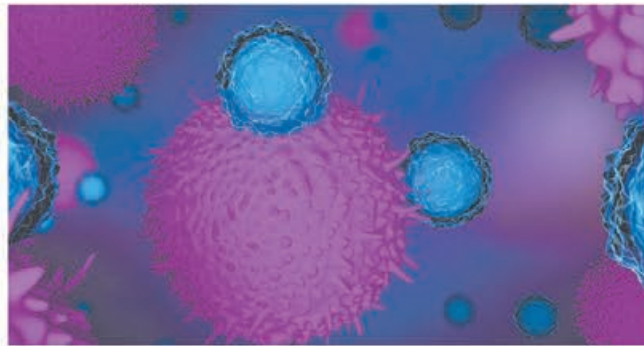
Immunotherapy may be used alone or in combination with chemotherapy, radiation and/or surgery. While side effects can occur with immunotherapy, a key difference is that they are often less severe than those encountered with conventional therapies.

How immunotherapy works

Immunotherapies work to stimulate or boost the immune system's natural defenses to work harder to fight cancer. They can be injected directly into a vein, swallowed in pill or capsule form or applied topically through a cream that is rubbed onto the skin.

Some of the most common types of immunotherapies used to treat cancer include:

- **Immune checkpoint inhibitors:** These are drugs that block immune checkpoints, which are a normal part of the immune system, and allow cells to respond more strongly to cancer.
- **CarT-cell therapy:** Sometimes talked about as a type of cell-based gene therapy, this involves altering immune cells called T cells (a type of white blood cell) in a laboratory so that they are better able to find and destroy cancer cells. They are placed back into the body intravenously, through a needle in a vein.
- **Monoclonal antibodies:** These immune system proteins are created in a lab and designed to bind to specific targets on cancer cells. They are then marked so that they will be better seen and destroyed by the immune system.



- **Vaccines:** These treatments are different than vaccines that help prevent disease; they work against cancer by boosting the body's response to cancer cells.

In the last few decades Immunotherapy has been approved for the treatment of many cancers, including bladder, cervical, breast, colorectal, lymphoma and melanoma, among others. Patients may receive immunotherapy in a doctor's office, an oncology clinic or, in some cases, in a hospital setting.

More promise on the horizon

Thanks to ongoing rapid advancements, the outlook for those diagnosed with cancer is becoming brighter all the time. Increasingly, many patients are living with cancer more like a chronic disease than a dim prognosis.

Even though immunotherapy can prevent or slow cancer growth, cancer cells do have ways to avoid destruction by the immune system. New ways of working with the immune system and new immunotherapy treatments are being discovered at a very fast pace.

Researchers are focusing on several major areas to improve immunotherapy. Increased understanding of how cancer cells get around the immune system could lead to the development of new drugs that block those processes. Other areas of focus include finding ways to overcome the body's resistance to immunotherapy, finding ways to predict which patients will respond best to this form of treatment and ways to reduce the side effects of treatment.

Every person and every cancer is unique. Medical oncologists work with each patient and their entire healthcare team to devise a personalized treatment plan using every resource available to achieve the best possible outcome.

Immunotherapy and other exciting new advancements are leading to the development of truly targeted therapies individualized for each patient's unique genetic profile. Increasing numbers of cancer survivors are living longer than ever and enjoying all the special moments in life.

**World-Class Cancer Treatment
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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. The majority of new cancer drugs recently 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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HAIR LOSS?

by Alan J. Bauman, MD, ABHRS

Just Say “No” to Needles and “Yes” to TED Growing Thicker, Healthier Hair: It’s Never Been Easier

AUGUST IS NATIONAL HAIR LOSS AWARENESS MONTH, SO I FIGURED IT’S THE PERFECT TIME TO DO A “TED TALK,”... BUT NOT THE KIND YOU’RE USED TO.



At Bauman Medical, “TED” is short for the latest--and one of the most exciting--innovations for defeating hair shedding, hair loss, and thinning hair we’ve seen in years.

TransEpidermal Delivery or TED is especially ideal for people who’ve avoided getting medical treatment for their thinning hair because they’re averse to surgery or having their blood drawn. TED is *needle-free, pain-free, requires no anesthesia of any kind*, and is highly effective.

Read that again.

Your skin (including your scalp) is an amazing organ. It’s designed to keep out moisture and other substances we might come into contact with in our environment. This is generally good for our health but not ideal if we’re trying to get beneficial substances past this barrier to treat certain conditions. What if there were a way to help substances get past this barrier and into the scalp more easily?

That’s where TED comes in!

HERE’S HOW THIS BREAKTHROUGH TECHNOLOGY WORKS:

First, we apply a specialized topical hair growth serum on your scalp in the treatment zone.

We then employ a high-tech device that looks like a small massage tool. The TED handpiece is moved slowly over the scalp, emitting safe ultrasonic sound waves and air pressure. (This process is known as sonophoresis.)

The 20-25-minute process gently enhances the penetration of the serum into the scalp by temporarily

increasing scalp permeability. At the same time, increased blood flow optimizes scalp health and stimulates hair follicles to produce thicker, stronger, healthier hair. This FDA-cleared Class 1 medical device is clinically proven to start minimizing shedding and improve hair growth and scalp health *within minutes*.



TED: TransEpidermal Delivery for Hair Shedding and Hair Loss, is a Needle-Free, Pain-Free Hair Restoration Treatment with No Local Anesthesia needed and takes about 20-25 minutes.

Patients we’ve used it on say they feel a warm sensation from the device or cooling from the serum along with vibration or ringing sound but no other sensation. They also tell us it’s very relaxing.

TED’s unique serum contains dozens of growth factors that reactivate dormant hair follicles and anchor hair shafts. It targets follicles to make them grow thicker hair. Research studies have also shown that hair often grows back in its original hue.

WHAT DOES TED DO BEST?

TED is ideal for patients who want to improve the overall thickness and appearance of their hair. It can be used to treat early androgenic alopecia (male or female pattern hair loss), telogen effluvium (excessive shedding), and to enhance other hair growth therapies you may already be doing. It’s also effective in treating hair loss after COVID or other infections, patchy beards, and even weak eyebrows.

HOW MANY TREATMENTS ARE RECOMMENDED?

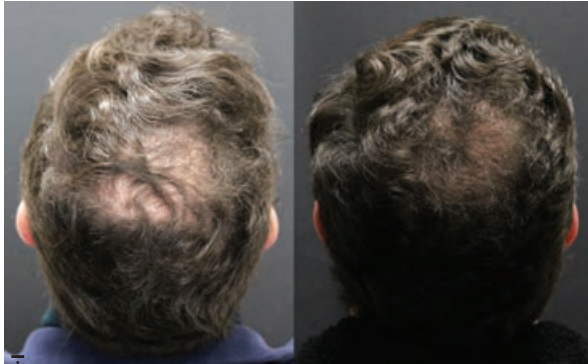
TED ideally includes a series of three treatments one month apart. Each person is different, as will be the results, but many notice improvements within one month and some people notice changes in symptoms as soon as two weeks.

HOW DO YOU GET STARTED?

The first step is to have a consultation (either in-person or virtually) with me to discuss your situation and options. Before any treatment, we’ll conduct a detailed evaluation of your scalp and hair. We quantify your hair density and caliber in each zone and assess your overall scalp health to formulate a treatment plan customized especially for you.

A “GAME-CHANGER” FOR THINNING HAIR

TED is truly a game-changer. I’m excited to be one of the first offering it because I know that there are many hair loss sufferers out there who’ve avoided in-office treatments because of their fear of needles or pain. I think they’ll be thrilled to learn how TED will help them get ahead of their hair loss situation. Don’t be one of those people who’ve lost as much as 50 percent of their hair before doing something about it. Chances are, it’s no illusion. The sooner you address it properly, the more improvement you’ll experience.



Before and After 3 TED Treatments

What Bauman Medical patients are saying about TED

"TED was painless and, honestly, somewhat relaxing. I felt as though I could fall asleep during the procedure." - Michael Jondle

"I felt like I was getting a 20- or 30-minute scalp massage. It's only been a few weeks but my hair definitely looks and feels thicker already." - Cary Reichbach

"No pain. I heard the handpiece, but it was soothing. Dr. Bauman's team was amazing. Very thorough." - Sheri Cordi

...WHAT IF TED ISN'T THE RIGHT NON-INVASIVE TREATMENT FOR YOU? WE'VE GOT YOU COVERED!

Check out our FDA-cleared medical-grade Bauman TURBO LaserCap for at-home hair regrowth.

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- Hands-free
- Cordless
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Try our proprietary nutritional supplements for sensational hair health (we can help you decide which ones are best for you)

- **The Recruiter™**: promotes the release and circulation of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress), promotes hair growth and overall health.
- **The Good Guys™**: infuses the gut with probiotics designed to optimize the digestive process, regulate overall inflammation, and more. Supports a robust scalp and strengthens follicles for optimal hair growth.
- **The Bodyguard™**: supports a healthy immune system, defends against environmental toxins.
- **A-List™ Hair Vitamin Complex**: essential nutritionals for strengthening hair and supporting scalp health.
- **The Hero™ Super-Biotin Mega Hair Support Caps**. Biotin strengthens hair and nails.
- **The Zenmaster™**: Contains the adaptogenic herb ashwagandha, which helps make your body more resilient to stress and its byproduct, cortisol. Cortisol negatively affects the hair follicle as well as other organs in the body.
- **The Builder™ Hair Multi-Collagen Complex Peptide Protein Powder**: Contains three proprietary ingredients that deliver vital proteins that multiply natural collagen levels, providing a boost to hair productivity, follicle strength, and a youthful shine.

Interested in learning more about TED or other ways to improve your hair loss situation? It starts with getting to the root of your hair loss situation.

Give us a call at **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation.



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 12,000 hair transplant procedures and over 12,000 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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TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A top hair restoration physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair regrowth, as well as the latest in hair transplantation procedures. A top hair restoration physician has typically been recognized by his peers and the industry as a pioneer, leader, expert, and educator in the field.
- Look for a full-time hair transplant surgeon certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Avoid part-time or "non-core" cosmetic physicians/plastic surgeons who may offer multiple types of cosmetic procedures on their "menu," but lack specific expertise, training, credentials, and experience in hair restoration.
- Due to the limited number of full-time, experienced ABHRS-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and-or consult "virtually" via a simple video call, one-on-one with your doctor.
- Avoid the lure of coupons, discounts, or free consults when seeking cosmetic treatments or procedures, especially hair transplants. Consider if a surgeon offering a "Free Consultation," "Discount," or "Rebate" truly has your best interest in mind.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures, and most importantly, ask questions about how to achieve your desired results and what should be done to maintain them.
- Ask for a referral from your primary care doctor or dermatologist to a full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

THE NON-SURGICAL EYE LIFT

DO YOU HAVE HEAVY, DROOPING EYES WITH BAGS OR CREPEY SKIN UNDER YOUR EYES, MAKING YOU LOOK TIRED ALL THE TIME? **THINK SURGERY** IS YOUR ONLY OPTION TO IMPROVE IT? **THINK AGAIN!!**





MD Beauty Labs is excited to bring a revolutionary technology taking the aesthetic industry by storm. We call it the “Non-Surgical Eye Lift.” Get brighter, more beautiful, rejuvenated eyes without pain or downtime.

Our offices are one of the first to bring this new technology to patients who suffer from undereye bags, droopy eyelids, dark circles, or hollowness under the eye. It even works with stubborn wrinkles and crow’s feet, smoothing and tightening the surrounding skin and lifting the upper eyelids for a more open and awakened eye.

EndyMed has brought together two incredible technologies and made them safe for the delicate areas around the eyes. Before this, we were always very limited in how to treat around the eyes beyond the orbital rim up to the lash line. The face could be treated, but the delicate, thin skin so close to the eye had to be spared. Thankfully, that is no longer the case! By combining two different handpieces from EndyMed, we can now drastically reduce that “tired-look” by rejuvenating the periorbital skin.

The science behind these devices uses radiofrequency energy that is delivered into your skin to stimulate skin tightening for an instant lift, while micro ablative skin resurfacing is used to



promote natural wound healing and subsequent dermal remodeling. It significantly reduces undereye bags, softens the looks of fine lines, and tightens the skin, opening the eyes for a more restful, youthful appearance.

Our protocol for success is to have our patients come in for three separate sessions, each four weeks apart. We found this to give the most optimal results. Book a complimentary consultation with our offices, and we can tailor this treatment specifically for you.



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.



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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GRAND OPENING NEW OFFICE IN EAST BOCA



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Not only are we celebrating the grand opening of our state of the art location in East Boca Raton, we are introducing a revolutionary procedure that is a game changer in the size department.

Does size really matter? You bet it does, to both sexual pleasure and your confidence. Girth has been a “size” issue we just could not safely address in the medical community until now.

RejuvaMAX™ is an innovative, safe and effective, minimally-invasive, non-surgical penile girth enhancement procedure. This procedure increases penis girth about 20-30% in both the flaccid and erect state. As a result, this enhancement procedure improves self-esteem, helps you feel more confident in your

physical appearance, and increases sexual pleasure during intercourse.

Worldwide, an undiscussed men’s concern is their penis size. The age-old question, what makes the most difference in sexual satisfaction length or girth is answered. After decades of research and studies related to the sexual health of both men and women, we have been able to conclude that **girth always comes ahead of length**. 8 out of 10 woman prefer a man with a thicker penis over a man with a longer but thinner penis. A woman’s vagina is shallow, merely 4 inches deep, the vagina offers the most elasticity in circumference. Larger girth provides more sexual stimulation and satisfaction to both partners.

Over the years men have resorted to all sorts of stretching devices, pumps and risky surgery as well as fat injections and dangerous silicone injections to beef up their package with unsatisfactory results. No longer is this the case with the advanced RejuvaMAX™ enhancement procedure that uses a proprietary combination of hyaluronic acid fillers, growth factors, Platelet-Rich-Plasma and mesenchymal messaging factors.

Benefits of the RejuvaMAX™ Enhancement Procedure:

- In-office procedure less than 30 minutes
- No surgery, no incisions, no general anesthesia, no scars
- No downtime, resume sexual activity in 7 – 14 days.
- Increased penile girth (possible small increased in length)
- See immediate results
- Improved satisfaction with body image
- Improved self-esteem and boost in sexual confidence
- Enhanced sexual pleasure and enjoyment
- Improved circulation and blood flow
- Increased sensitivity
- Improved sexual stamina
- Increased erection firmness

Penile Girth Enhancement Procedure

RejuvaMAX™



To learn if RejuvaMAX™ is right for you speak with one of our medical professionals directly at **561- 459 -5356** or Come visit us at our NEW location in East Boca 3301 NW 2nd Ave #100 Boca Raton, FL 33431



**East Boca 3301 NW
2nd Ave #100 Boca Raton
FL 33431**



www.SimplyMensHealth.com

Simply Men’s Health, the leader in Men’s sexual health, REVOLUTIONIZED the treatment of ED with the introduction of RejuvaWAVE® in 2015; now introducing RejuvaMAX™ non-surgical penile enhancement.

As I Age My Teeth Are Looking Longer – How Can I Stop This?

There are a great number of reasons why teeth can look longer as we age. One reason is the loss of supporting gum and bone around the teeth which exposed more tooth structure. Gum and bone loss can happen at a slow continuous rate or occur very quickly. The cause of this loss is often due to gum recession.

WHAT IS GUM RECESSION:

Gum recession is the progressive loss of gum tissue covering the teeth and jaw bone. Our teeth are held in place by this jaw bone. We have 2 main types of gum tissue in our mouths: Thick (like the roof of the mouth) and Thin (like the inside of our cheek). The thick tissue is protective and can help prevent the tissue from receding. Thicker tissue tends to “stand its ground”. Thinner tissue does not have this protective function. We typically have a small band of thick tissue present at the top of the gums (the part where the tooth comes out).

As the gums start to recede, the first tissue we lose is this thick part. Ultimately, the thin tissue is all that is left and it goes away even faster than the thicker type. When the gum tissue recedes it no longer covers the underlying bone. In response, our bone resorbs (the bone will not stay exposed without the tissue covering it). It is this loss of gum and bone tissue that leads to the teeth looking “longer”.

This recession can occur due to a number of factors. In many cases there may be a genetic component (another reason to blame our parents). In addition, things such as over aggressive tooth brushing, braces, smoking and other habits, along with excessive biting forces can lead to this problem.

WHAT CAN HAPPEN AS A RESULT:

Beyond an increased sensitivity and unattractive appearance of longer looking teeth, there are other significant issues that can occur. As the supporting bone resorbs the teeth can become mobile and be lost. In addition, the roots can become exposed (roots are more susceptible to cavities). Root decay can progress rapidly and ultimately penetrate the nerve requiring root canal therapy.

TREATMENT OPTIONS AND GOALS:

Although longer looking teeth is often considered a sign of aging, the underlying problem of bone loss is much more critical. Cosmetic options offered by the dentist such as crowns or veneers may help the appearance, but do not address the continued loss of gum and bone around the teeth (which can lead to tooth loss).



The use of tissue grafting procedures can help achieve this goal. Developing a zone of thick tissue may help prevent further recession. It is important to recognize that this is different than returning the gum tissue to its initial location. In certain situations, we can bring the tissue back to a more desired location, but this is based on anatomical considerations.

PINHOLE GUM REJUVENATION:

The No Scalpel, No Stitches, No Graft Approach

Pinhole Gum Rejuvenation is a procedure performed to help treat gum recession and slow jaw bone loss. It is similar to a laparoscopic procedure performed on the abdomen. The treatment is performed entirely through a “pin hole”. Using specially designed instruments, the gum tissue is loosened and moved over the exposed root to a more ideal position. Because there are no incision or stitches placed, decreased post-operative symptoms occur (pain, bleeding and swelling). In addition, the result is immediate.

Realizing that longer looking teeth may be a sign of other problems to come, is an important first step in patients helping to try and save their teeth. In many cases, the recession can be slowed or even corrected. A complete periodontal evaluation and current x-rays are needed to determine what has occurred in each individual case and then an appropriate treatment plan can be developed.

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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NON SURGICAL SPINAL CARE

DO YOU SUFFER FROM HERNIATED OR BULGING DISCS?



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

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**.

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.



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Protecting Your Eyes

By David A. Goldman MD

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

For all eye injuries:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

If your eye has been cut or punctured:

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

If you get a particle or foreign material in your eye:

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

In case of a chemical burn to the eye:

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

To treat a blow to the eye:

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

To treat sand or small debris in the eye:

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

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, microincisional 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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Four years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

1. DON'T HAVE ALL THE ANSWERS.

It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

2. LISTEN. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

3. WRITE IT DOWN. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

4. DO IT. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

BREAKING THROUGH



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These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers



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