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August 2022

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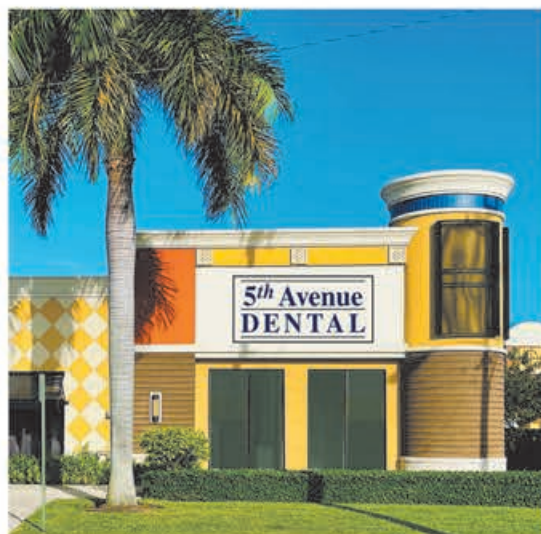
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South Florida's Health & Wellness Magazine can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine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

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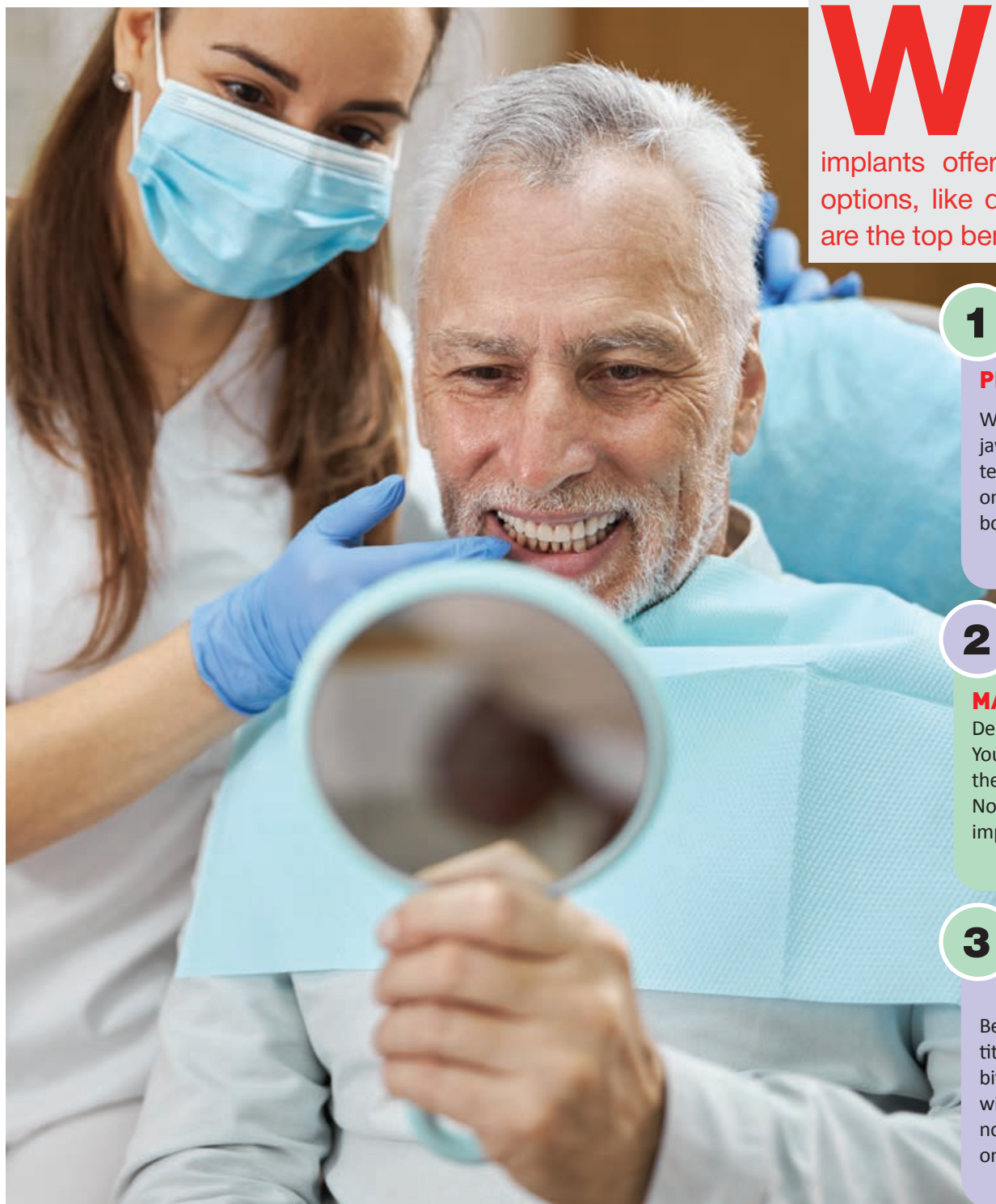
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The Top 10 Benefits of DENTAL IMPLANTS



When it comes to replacing teeth that are missing or damaged, you have several options. However, one option stands out above the rest is dental implants. Dental implants offer benefits that other tooth replacement options, like dentures or bridges, just can't offer. Here are the top benefits of this innovative option:

1

PREVENTS BONE LOSS

When you lose teeth, you also tend to lose bone mass in your jaw. Your jawbone needs the stimulation it gets when your teeth connect to maintain its mass. Dental implants are the only tooth replacement option that also replaces that jaw bone stimulation, helping to prevent bone loss.

2

MATCHES YOUR NATURAL TEETH

Dental implants come in a wide variety of shapes and sizes. Your dentist will work with you to design implants that match the color of your surrounding teeth and fit perfectly in the gap. No one but you and your dentist will know which teeth are implants.

3

RESTORES BITE FORCE

Because dental implants are anchored into your jaw with a titanium post that replaces the tooth root, they allow you to bite with more or less the same amount of force you could use with your natural teeth. Other tooth replacement options do not restore nearly as much of your bite force because they sit on top of the gums and aren't anchored in place.



4
**PREVENTS CHANGES
IN THE SHAPE OF YOUR FACE**

Your teeth help support your facial structure. When you lose teeth, you lose that support, which eventually causes your face to change shape, making you appear older. Dental implants provide similar support for your face as your natural teeth, preventing it from changing shape.

5
ENABLES NATURAL SPEECH

Some tooth replacement options, like dentures, can impact your ability to pronounce words correctly. Missing teeth can also alter your speech. Because dental implants feel and function just like natural teeth, they enable you to speak easily and naturally.

6
WON'T GET CAVITIES

Artificial teeth still need to be cared for to prevent bacteria from building up in your mouth and causing infections, but the material that dental implants are made of can't decay. You'll never have to worry about getting cavities in your dental implants!

7
EASY TO CARE FOR

Taking care of dental implants is easy! Just brush and floss like you normally would. Dental implants don't require you to buy any special products to clean or care for them. There's no need for cups, cleansing tablets, adhesive, or special flossers. You just brush and floss, just the way you would with your natural teeth.

8
NO EMBARRASSING SLIPPAGE

Patients with dentures sometimes feel self-conscious about speaking, laughing, or eating in public, as dentures can visibly shift or slip inside your mouth. Dental implants are firmly anchored in place and will never embarrass you.

9
SUPPORTS ADJACENT TEETH

A gap in your mouth caused by a missing tooth can cause the teeth on either side of the gap to shift positions, leading to misalignment. Dental implants fill the gap, allowing you to maintain a straight, even smile.

10
PREVENTS BONE LOSS

Other tooth replacement options will need to be repaired or replaced periodically, but dental implants are designed to last for the rest of your life.

If you're in need of a tooth replacement option, you should definitely consider dental implants. To find out if you're a good candidate for dental implants, you can schedule a complimentary consultation and 3D CT scan with our specialist team. Please call **(561) 205-5000** to reserve your visit! We look forward to meeting you.



Dr. Forrest is the Clinical Director of **5th Avenue DENTAL**. For 20 years, Dr. Forrest has been one of Florida's leading dentists treating some of the most challenging cases. Using a multi-specialist approach, his team is composed of four advanced trained dentists who focus on general, cosmetic, orthodontic, and implant dentistry. His team, 5th Avenue DENTAL is located here in Boca Raton in the 5th Avenue Plaza on Federal Highway. They are located next to Living Green and CVS.



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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?

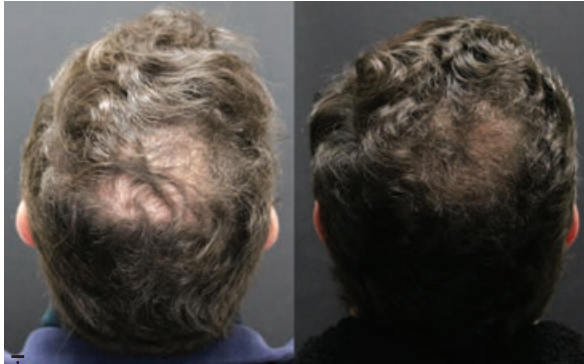
TED ideally includes a series of three treatments one month apart. Each person is different, as will be the results, but many notice improvements within one month and some people notice changes in symptoms as soon as two weeks.

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!

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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 nutritional 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.



By Aaron Rosenblatt, MD

AVOID BACK AND SPINE SURGERIES!!!



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

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

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

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

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

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

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

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

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

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

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

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

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

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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.

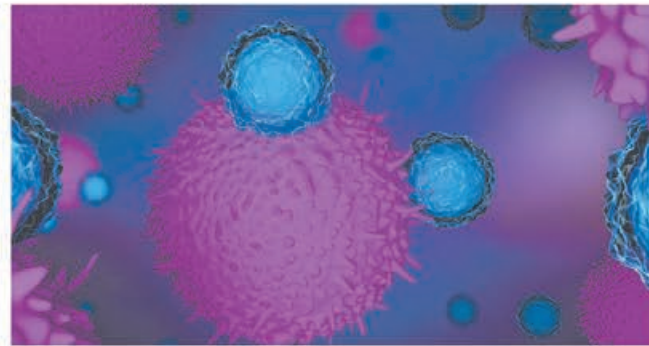
Immunotherapy may be used alone or in combination with chemotherapy, radiation and/or surgery. While side effects can occur with immunotherapy, a key difference is that they are often less severe than those encountered with conventional therapies.

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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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.

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



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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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



About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

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

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

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

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



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5 WAYS YOU CAN MAKE YOUR BRAIN HAPPY

By Renee Chillcott, LMHC



“Happy” is a term we hear often but what does it really mean? We all want to be happy, therefore, we make decisions that make us happy, and we are very aware of when we are not happy, but what exactly is “happy”?

It gets confusing, as the word can be attributed to so many different feelings. According to Merriam-Webster Dictionary “*Happy*” is defined as: favored by luck or fortune: a *happy* coincidence, notably fitting, effective, or well adapted: a *happy* choice, enjoying or characterized by well-being and contentment: is the happiest person I know, expressing, reflecting, or suggestive of happiness: a *happy* ending, glad, pleased: I’m *happy* to meet you, having or marked by an atmosphere of good fellowship: a *happy* office, characterized by a dazed irresponsible state: a punch-*happy* boxer, impulsively or obsessively quick to use or do something: trigger-*happy*, or enthusiastic about something to the point of obsession: spending happy.

For the most part, happy is a positive feeling that drives us to pursue it. The search for happy or happiness is a life-long process. What does it mean, then, to make your brain happy?

When our brain releases neurotransmitters or feel-good chemicals such as dopamine, serotonin, and endorphins, we notice a lift in our mood, or a feeling of euphoria, a “pep in our step”. We go through life

believing that these chemicals “just happen”, are always present or are only produced when we adjust our environment. The perfect job, the perfect house, the perfect relationship, or the perfect family are all benchmarks we use to measure happiness. But what if I told you that happiness only exists inside our brain and that only we can make our brain “happy”?

Here are just 5 ways you can make your brain produce “happy” chemicals:

5. PRACTICE GRATITUDE

You can practice gratitude regularly by writing in a journal, being mindful, and meditating on all the good things in your life or finding ways to show appreciation to those close to you. Gratitude can also be in the form of volunteering, contributing to a charity, or spiritual worship.

4. MOVE YOUR BODY

Get up and move daily for at least an hour to release endorphins and boost your mood. Movement, thinking, and talking all boost serotonin and dopamine levels in the brain as well. Walking, biking, talking, playing games,

learning something, reading, writing and enjoying/ experiencing nature are all ways to make your brain “happy”. Avoid over-exertion or artificial stimulation as these things create “stress” on a brain that obstructs “happiness”.

3. YOU ARE WHAT YOU EAT

Nutrition has an essential role in the proper release of chemicals in our brain and as a result, will have a tremendous impact on our brain. The gut and brain are connected; therefore, we must not ignore one or the other in our pursuit of “happy”. We are learning more and more about how “good nutrition” goes beyond eating healthy. Good nutrition should incorporate an individualized look at how our bodies are reacting, digesting, and absorbing nutrients from the food we eat.

2. SURROUND YOURSELF WITH SUPPORT

Finally, surrounding yourself with those who are positive and supportive will stimulate the release of “feel good” brain chemicals and help you remain in a peak state. And just as import as social support, make sure you are including the proper supplement support. Work with a specialist to be sure you are taking natural supplements that help facilitate an increase in the levels of chemicals that cause happiness.

1. TRAIN YOUR BRAIN WITH NEUROFEEDBACK

Brain chemicals are also called Neurotransmitters. A Neurotransmitter is: any of a large number of chemicals that can be released by neurons to mediate transmission of nerve signals across the junctions (synapses) between neurons. When triggered by a nerve impulse (event, feeling, or sound), the neurotransmitter is released from the terminal button, travels across the synaptic cleft, and binds to and reacts with receptor molecules in the postsynaptic membrane. Simply put, neurotransmitters are the chemical needed to make an electrical charge that fires a neuron across a synapse.

WHAT HAPPENS IF MY BRAIN ISN’T HAPPY, DESPITE MY BEST EFFORTS?

If neuron firing patterns in the brain are imbalanced or stuck, this process does not work as it should. The result is an improper response. For example: If I engage in any of the activities listed above that are supposed to elicit a “happy” response in my brain, but instead I am sad, anxious, irritable, frustrated, etc. then the correct or appropriate chemicals did not get released; meaning that my neurons did not fire in the correct or appropriate way. If this is happening,

then EEG Neurofeedback is needed to correct or re-train the neuron firing pattern so that the correct response does happen and I, in turn, can make my brain “happy”.

WHAT IS NEUROFEEDBACK?

Neurofeedback has been studied and practiced since the late 60's. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider “range of motion” in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band (on the therapist's screen) to encourage more balanced activity. This encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the client's screen.

It is important to understand that the neurofeedback approach does not “cure” or “fix” your brain. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle “challenges” and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time.

HOW DOES A “BEEP” OR SOUND TRAIN MY BRAIN TO WORK BETTER?

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave activity can affect the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?

As the brain learns, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to see changes and we can discuss what to expect during the intake appointment. For adults changes are usually noticed within 10 sessions. Total treatment is an average of 40 sessions; however, we individualize all aspects of treatment and find that some people need more and some less.

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP AND DO I NEED ONE?

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with his eyes open for 5 minutes and with his eyes closed for 10 minutes. This recording is then sent to Advanced Psychological Services in North Carolina to be read and analyzed. They are able to give us a summary of significant findings and show the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, and how different parts are communicating. It can help us see what areas need to be addressed more efficiently than just training spot by spot or by looking at a surface or “quick” EEG.

We don't always need this data to make an improvement in symptoms, but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

DOES NEUROFEEDBACK HURT?

Neurofeedback is a non-invasive, non-medication, and most importantly a non-painful approach. Your experience will be very relaxing and positive. We gently teach your brain how to regulate more efficiently and do not force your brain into a brain state that is not comfortable.

IS THERE ENOUGH RESEARCH?

Neurofeedback has been researched since the 60's. Here are some resources for research. We have several journal articles, studies, and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

Look up the work of:

Dr. Joe Kamiya and Dr. Barry Sterman

(Credited for earliest development of Neurofeedback).

Look for specific researched conditions:

<https://www.eeginfo.com>

<https://www.isnr.org>

<http://www.eegspectrum.com>

Print Resources:

Journal of Neurotherapy

NeuroRegulation Journal

Applied Psychophysiology and Biofeedback

Books:

A Symphony in the Brain by Jim Robbins

Healing Young Brains by Robert Hill & Eduardo Castro

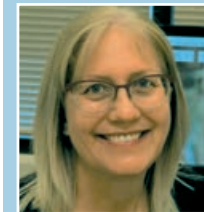
The Healing Power of Neurofeedback by Stephen Larsen

Neurofeedback in the Treatment of Developmental Trauma by Sebern Fisher

Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication) by Michael P. Cohen

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake or in a FREE scheduled telephone consultation. Call, email, or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. (561) 206-2706, e-mail us at info@bocabraincenter.com, or text us at (561) 206-2706 or visit our website at www.BocaBrainCenter.com.



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University

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



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



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

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



BEFORE



AFTER

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

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

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

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

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

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



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

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



The Tub Cut Company

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VA APPROVED

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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
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Kathleen M. Marc, MD, Medical Director
Board Certified by the American Board of OB/GYN

Refresh your Body and Sexual Health

Nobody talks about it but women should know. There is no reason that women must suffer from symptoms of low estrogen, called Genitourinary Syndrome of Menopause. Sexual symptoms can include lack of lubrication, discomfort or pain, and sexual dysfunction. Urinary symptoms can include urinary urgency, frequency, burning, and recurrent urinary tract infections.

There are a number of reasons and circumstances that can cause low estrogen including menopause, during the postpartum period after childbirth, during lactation, after a hysterectomy, or due to anti-estrogen treatments used in breast cancer.

There are both hormonal and non-hormonal treatments. Estrogen therapy is the most common and can help but not everyone is a candidate for that.

There are a number of new and exciting non-hormonal treatment options that are based on the idea of Regenerative Medicine, and the concept of using the power of your own body to regenerate your own tissue.

One of the best and most effective non-normal treatments is called ThermiVa and is based on the use of a radio frequency device that encourages new collagen production, blood supply, and moisture. It is a non-invasive solution for changes in the labia and vagina that happen with childbirth or after menopause. ThermiVa improves sexual function, increases sensitivity, and improves sexual satisfaction. ThermiVa can also enhance the aesthetic appearance of the vagina and labia. It tightens the labial tissues and can reduce sag, resulting in softer and smoother skin. It improves vaginal dryness, helps with painful intercourse, and helps to reduce urinary incontinence.

Treatments are once a month for three treatments and generally take about 30 minutes. The device is a small, smooth probe about the size of a finger inserted into the vagina with



ultrasound gel. It is a pain-free procedure and requires no downtime. The treatment is gentle and relaxing and has been described as feeling like an internal warm massage.

Results vary with some patients having immediate improvement, while most effects become noticeable in two weeks and continue to improve over a three-month period of time as collagen formation occurs. A maintenance treatment once a year is recommended to continue enjoying excellent results.

ThermiVa may be used by itself or in combination with another effective procedure called the O-Shot.

The O-Shot is another non-hormonal treatment that can be performed as an alternative procedure or done in combination with ThermiVa, called Thermi-O.

It again calls on the power of your own body to regenerate tissue. It is an all-natural, painless, non-surgical procedure that can rejuvenate and revitalize vaginal and clitoral function giving markedly improved sensitivity and significantly enhancing sexual function. Many women lose urine when coughing, laughing, sneezing, or exercising. It can be an embarrassing and frustrating problem. Because the O-Shot procedure offers rejuvenating capabilities, there is help without the need for surgery.

The O-Shot is an in-office procedure where the patient's blood is drawn and placed in a centrifuge which is used to isolate the red blood cells from the clear plasma. The red cells are discarded, and the plasma is treated with a special process to activate the plasma, which contains a high concentration of platelets (PRP- platelet-rich plasma). Then, using a very tiny needle, the PRP is injected back into the clitoris and

lower vagina into the area most important for sexual response. When the PRP is injected, the body sees it as an injury and calls forth 7 different growth factors as well as the patient's own stem cells to start the healing cascade which causes collagen production, the production of small blood vessels, and stimulates nerves. The O-Shot can help with decreased libido, stress urinary incontinence, vaginal dryness and resulting painful intercourse, urge and stress urinary incontinence, lichen sclerosis, and lichen planus. It improves sexual response.

The combination of ThermiVa and the O-Shot seems to have additive benefits in alleviating these symptoms. The addition of vaginal estrogen, for those who are candidates, can also have a combined effect and enhance improvement.

There is no need to suffer from these symptoms. Because people don't talk freely about these types of symptoms, many women are unaware that help is available. We hope to spread the word that patients can refresh their health and improve their lives with these regenerative non-invasive treatments.

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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



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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