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# Health & Wellness<sup>®</sup> MAGAZINE

September 2022

North Palm Beach Edition - Monthly

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# REDUCE YOUR RISK OF LUNG CANCER

**W**hile the number of cases and the number of deaths from lung cancer have declined dramatically over the past decade, lung cancer is still the leading cause of cancer deaths in the United States in both men and women. According to the American Cancer Society, more people die of lung cancer in a year than from breast, prostate and colon cancer combined.

## Risk Factors for Lung Cancer

Lung cancer forms in the tissues of the lungs, most often in the cells that line air passages, and occurs when these cells start to grow and multiply uncontrollably.

Approximately 85% of all lung cancers occur in people who smoke or who are exposed to secondhand smoke. Tobacco in all forms increases the risk of various types of cancer, and lung cancer in particular. The carcinogens in tobacco and tobacco products can potentially damage nearly every organ in the body.

Other risk factors include exposure to asbestos, nickel, arsenic, chromium or other chemicals, and some petroleum products, or living in an area with high levels of air pollution.

It is important to note that about 20% of lung cancer deaths occur in people who never smoked. Researchers are working to understand how and why this occurs. We do know that nonsmokers who develop lung cancers experience a different and unique set of genetic changes than smokers do.

## An Ounce of Prevention . . .

There are ways to reduce your risk of lung cancer.

It stands to reason that one of the best ways to reduce your risk is to never begin smoking, or, if you do smoke, to stop as soon as possible. Many programs and community resources are available and can assist with smoking cessation. Discuss these and other options with your doctor to determine which method is best for you.

## EARLY DETECTION SAVES LIVES

Although there have been many promising treatment advances, the average five-year survival rate for lung cancer in the U.S. is only 22%, unless it is detected early, according to the American Lung Association. If lung cancer is detected early, while it is still localized within the lungs, the five-year survival rate soars to 56%.

Unfortunately, only about 16% of all lung cancer cases are diagnosed at an early stage. Why? Because often there are no symptoms; a tumor may not be detected until it becomes very large.



## Symptoms to be alert for include:

- Coughing up blood or a cough that doesn't go away
- Recurrent episodes of pneumonia or bronchitis
- Wheezing or shortness of breath
- A high-pitched whistling-type sound when breathing in or out, or a hoarseness to your voice

Because symptoms can be so vague, it's important to pay close attention to any warning signs and contact your health care provider right away. If you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years, regular screenings are important.

Through the use of low-dose spiral computed tomography (CT) scans of the chest, lung cancer can often be detected in its early stages. This type of screening can detect early-stage cancers that cannot be seen on traditional chest X-rays. Check with your primary care physician to see if you could benefit from a CT lung scan.

The importance of early detection cannot be emphasized enough. If detected early, the chances of surviving lung cancer with a high quality of life are three times greater than when cancer is detected in a later stage.

## IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade. These include the development of targeted therapies, medications that interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment safer and more effective, with fewer side effects for patients.

Sometimes, chemotherapy is also used in combination with targeted therapies, and this protocol has been shown to improve survival rates. Clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective.

While there is still much research needed to develop even more effective treatments for lung cancer, the good news is that many more people are surviving the disease than ever before.

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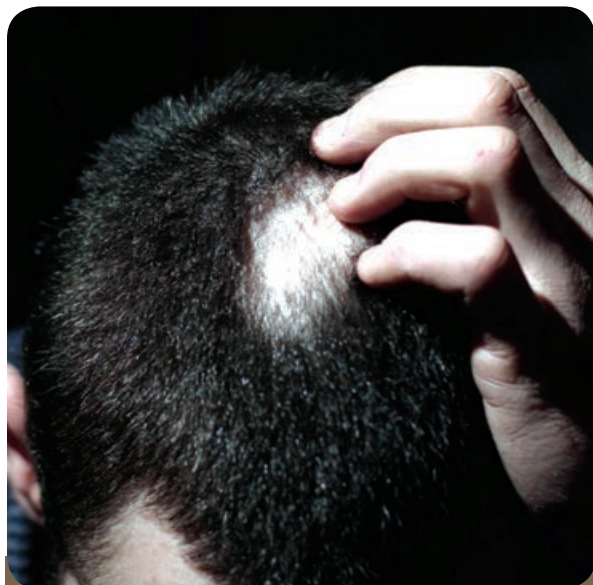
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**N**O MATTER WHAT YOU CALL IT, HAIR LOSS CAN BE UPSETTING. I HEAR THAT EVERY DAY FROM PATIENTS WHO TURN TO ME FOR HELP. BUT WHAT I ALSO SEE ARE SMILES EACH TIME I DELIVER THE GOOD NEWS TO A PATIENT THAT THERE'S SOMETHING THAT CAN BE DONE ABOUT IT, ESPECIALLY WHEN THEY SEE THEIR RESULTS IN THE MIRROR.

September is Alopecia Areata Awareness Month, so I'm taking this opportunity to tell you a little about the most common forms of alopecia and why there are good reasons to relax and cheer up.

Recently, actress Jada Pinkett-Smith claimed she has alopecia on social media. You'll probably recall that her bald head was the inspiration for a joke told by 2022 Academy Awards host Chris Rock, prompting her husband, Will Smith, to go onstage and slap him.

"Alopecia" is the general medical term physicians use to describe hair loss from many different causes, all of which, fortunately, we can help with here at Bauman Medical. Perhaps you'll recognize what you're experiencing in one of these descriptions.

#### ALOPECIA AREATA (AA)

Alopecia areata occurs when your immune system mistakenly attacks hair follicles, causing inflammation that halts hair growth suddenly. Hair typically falls out in small, round patches on the scalp about the size of a quarter, thus its common name, "patchy alopecia areata." Actress Viola Davis (*How to Get Away with Murder*) says she's been dealing with AA since the age of 28.

Alopecia areata typically begins with the sudden loss of hair on the scalp, but any part of the body may be

# GOT ALOPECIA ANGST?

## A Board-Certified Hair Loss Specialist Can Help

by Alan J. Bauman, MD, ABHRS

affected. Causes can be varied: genetics, emotional stress, an autoimmune disease such as psoriasis, thyroid disease, or vitiligo, as well as food and environmental allergies. In my practice, we've recently seen bouts of alopecia areata occur after COVID infections and mRNA vaccinations.

AA affects women more than men, including all racial and ethnic groups. Most people with the disease are healthy with no other symptoms. In most cases, the hair eventually regrows, but there may be subsequent episodes of hair loss. There's no cure for AA, but we do have treatments that help hair grow back more quickly and be less likely to recur.

#### ALOPECIA TOTALIS (AT)

Alopecia Totalis, an advanced form of alopecia areata, is characterized by the complete loss of hair on the scalp and head—including eyebrows and eyelashes. Its exact cause is unknown, but as with AA, researchers believe that the immune system mistakenly identifies hair follicles as a threat and attacks them.

It's more common in people with autoimmune conditions, such as an overactive thyroid or diabetes. Men and women are affected in equal numbers. Roughly 20% of affected people have a family member with AT, suggesting that genetic factors may contribute to its development.

#### ALOPECIA UNIVERSALIS (AU)

This rare genetic condition is another even more advanced form of alopecia areata in which the immune system attacks hair follicles across the entire body. A person with AU loses all their hair, including eyebrows and eyelashes, facial hair, body hair, and hair on the head. This hair loss can be permanent or temporary.

#### TRACTION ALOPECIA (TA)

Traction alopecia is caused by regularly pulling your hair too tightly. Constant tension or "traction" that pulls on the hair shaft over time can weaken and eventually permanently damage the follicle. African American women are specifically at

risk due to hairstyling habits that begin at a young age, though it can affect people of all races and ethnicities. Typical examples include wearing a very tight ponytail or bun, tight braids, cornrows, or dreadlocks, as well as the use of hair extensions, glued-on hairpieces, and weaves.

#### CICATRICAL ALOPECIA (CA)

Cicatricial alopecia, also known as scarring alopecia, can be caused by inflammation or another traumatic or surgical injury to the skin. In the case of a surgical scar, the skin heals but does not recreate hair follicles in that area. Inflammatory conditions of the scalp can destroy hair follicles permanently if not treated early, replacing follicles with scars. It's thought that inflammation destroys the stem cells and oil glands of the follicles, resulting in a gradual development of round bare patches on the scalp that expand with time.

#### ANDROGENETIC ALOPECIA (AGA)

Androgenetic alopecia is the most common form of hair loss. Though it's often referred to as male pattern baldness, hereditary androgenetic alopecia affects both men and women. In men, the hairline recedes, and the crown progressively thins, leading to total hair loss in a very specific pattern, sparing the sides and back of the scalp. In women with hereditary hair loss, the hair in the frontal area typically becomes diffusely thinner, and the temples can recede. AGA is caused by a mixture of genetic and hormonal factors and can start as early as puberty.

#### TELOGEN EFFLUVIUM (TE)

Telogen effluvium results from a sudden and temporary diffuse hair loss due to excessive shedding of resting or telogen hairs. This abrupt shedding can be triggered by severe illnesses like COVID, a restrictive diet, rapid weight loss, psychological or physiological stress, childbirth, or other traumatic events. If the shedding phase and hair



Before and 4 months after PRP for Alopecia Areata by Dr. Alan Bauman

Alan J. Bauman, M.D.

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loss continue for more than six months, it's considered chronic telogen effluvium (CTE.) Keep in mind that you may have more than one type of hair loss occurring at the same time – for example, Androgenetic Alopecia along with Telogen Effluvium.

#### WHAT CAN BE DONE ABOUT ALOPECIA?

At Bauman Medical, we have numerous ways to help patients who are noticing hair thinning, shedding, or loss of coverage. Effective treatment starts with an accurate diagnosis, and we say “Time is Follicles” because the earlier the treatments are started, the better results you’ll experience. Here are a few of our advanced tools and treatment options:

#### OLUMINANT/BARICITINIB

The newest option for AA alopecia areata is an FDA-approved drug called Ominant (baricitinib). Ominant was approved after being shown to result in enough hair growth to be deemed “adequate scalp coverage” in between 17 percent and 32 percent of patients (depending on dosage) taking part in two double-blind, randomized, placebo-controlled clinical trials. Some of the regrowth seen in the clinical trials were downright dramatic. When appropriate, I’m prescribing this, but cautiously, as side effects from these types of immune modulators can involve serious heart-related events, cancer, blood clots and death.

#### PRP (PLATELET-RICH PLASMA)

A comfortable in-office procedure with no recovery time, downtime, or significant risk. Derived from a small blood sample, platelets are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist, promoting hair growth for at least a year among most Bauman Medical patients.

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Interested in learning more about how we can give you something to smile about when it comes to your hair loss? It starts with getting to the root of your hair loss situation.

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#### GENETICS AND HAIR LOSS

- There are now over 200 known DNA genetic variations (SNPs) that contribute to hair loss.
- Hair loss genes can be inherited from either your mother’s or father’s side of the family or a combination of the two.
- Hair loss can start as soon as puberty ends, depending on your hereditary sensitivity to DHT dihydrotestosterone, a metabolite of testosterone.
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding – all of those put together determine how quickly you see loss occur and how quickly it progresses.
- Because it is polygenic with variable penetrance, hair loss can skip generations, skip siblings, etc.
- Medical DNA tests (e.g., HairDX or TrichoTest™) can include a prediction of whether you are likely to experience hereditary hair loss and what treatments are likely to work best for you based on your unique DNA.

#### 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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# Imagine **Fat Reduction** and **Muscle Toning** in One:

## Check Out **truBody** by **Cutera**

**F**or so long we have been told that a proper diet and consistent exercise was the only way to meet our lifestyle goals or create a perfect body. In some ways, like valuing a healthy lifestyle in terms of diet and exercise, this still holds true; however, there is a protocol developed recently to not only blast away fat but tone and build muscle definition at the same time. For the first time in the aesthetics arena, two technologies, truSculpt iD and truSculpt Flex by Cutera were combined to create truBody, a protocol that targets fat and muscle in the same treatment plan. truBody is a solution for those hoping to achieve a specific appearance when dieting and exercise is simply not enough. This protocol is ideal for those who are already in shape or are enthusiastic in their workout routines and dedicated to a healthy diet and lifestyle; hoping to address those pesky areas that they continue to struggle with.

For so long we have been told that a proper diet and consistent exercise was the only way to meet our lifestyle goals or create a perfect body. In some ways, like valuing a healthy lifestyle in terms of diet and exercise, this still holds true; however, there is a protocol developed recently to not only blast away fat but tone and build muscle definition at the same time. For the first time in the aesthetics arena, two technologies, truSculpt iD and truSculpt Flex by Cutera were combined to create truBody, a protocol that targets fat and muscle in the same treatment plan. truBody is a solution for those hoping to achieve a specific appearance when dieting and exercise is simply not enough. This protocol is ideal for those who are already in shape or are enthusiastic in their workout routines and dedicated to a healthy diet and lifestyle; hoping to address those pesky areas that they continue to struggle with.

Recently, many body sculpting technologies have been introduced to the medical aesthetic industry. However, no treatment has shown results such as those of truSculpt iD. truSculpt iD provides a hands-free and customizable fat-reducing treatment through non-invasive, Monopolar radio frequency platforms that use Real-Time Temperature Control. Real-Time Temperature Control works to treat an entire fat layer, which has been clinically proven to safely and permanently reduce an average of 24% of fat in an area, with no downtime. Because truSculpt iD has no downtime or required recovery, it makes the perfect first step in the truBody protocol. Additionally, truSculpt iD uses this industry disrupting radio frequency instrument to tailor each treatment to the patient's long-term body aesthetic goals. The radio frequency works to break apart and destroy fat through Apoptosis, which is a medical system that literally kills fat cells. Over the next 12 weeks,

patients' bodies will naturally remove these dead cells from the area and of the body. Another benefit of this treatment is that depending on which area the patient wants to address, it can be performed quickly; sometimes receiving the treatment in less than 15 minutes. truSculpt iD is tailorable but also incredibly versatile as the design of the technology allows for treatments on small areas and large areas of stubborn fat. Unlike competing body sculpting technologies like CoolSculpting, the applicators and devices used with truSculpt iD allow even more specific or rounded areas to be targeted, in combination with larger or flatter areas, all at once. truSculpt iD is almost completely pain free, with little discomfort ever disclosed by patients. While it is not a system for weight loss, truSculpt iD provides an option to patients hoping to truly meet their body sculpting needs, before proceeding with the next step in the protocol, truSculpt Flex.



truSculpt Flex is the second technology used to create a lean and defined appearance that is typically hard to achieve. A muscle defining and sculpting device, truSculpt Flex has the ability to perform personalized treatments on patients following their truSculpt iD experience, customizing the second treatment in the protocol based on the patient's fitness levels, goals, and current physique. Using Multi-Directional Stimulation (MDS),

truSculpt Flex produces a method of electrical stimulation of the muscles using three treatment modes, which replicate intensified crunch, squat, and twisting actions. Only truSculpt Flex has been able to achieve fast results and treat multiple areas of the body at the same time; unlike its competitor, Emsculpt. This technology can treat up to three areas of the body at once, making it more convenient for patients who want to sculpt more than one part of the body. Over a 45-minute treatment session and using two to sixteen applicators, the treatment is completed. As previously noted, there are three unique modes used during these 45 minute treatments: Prep, Tone, and Sculpt. Patients will have a customized experience based on their specific needs, but mainly, their current fitness levels. Prep Mode is the recommended and best choice for starting this treatment cycle, as it works to elongate and stretch muscles, preparing them for toning and sculpting in the following sessions. It is

important to note however, that Prep Mode may only be used in a cycle once for someone who is already lean and defined versus an individual who needs a muscle memory refresher. Regardless of the timeline of each patients' protocol, the results over the next few weeks will be successful, as the technology is multifaceted.

As a standalone treatment, truSculpt Flex is the only technology available that can perform a non-surgical buttlift by strengthening the gluteus muscles.

Initially, two treatments per week are performed. There is a recommended amount of six treatments in the protocol in order to establish the type of results patients hope to see. Therefore, it is recommended that patients receive 4 treatments in a time frame of 2 weeks, no closer together than two days and no further apart than seven. Following the consecutive weeks of treatment, a maintenance program will be designed by Dr. Dadurian for each patient and their individual goals and needs.

Together, these truSculpt iD and truFlex iD have the ability to burn fat and define muscle in even the most stubborn places, with quick results and no downtime. Spend less time in the gym and call MD Beauty Labs today to book a complimentary consultation.



**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.

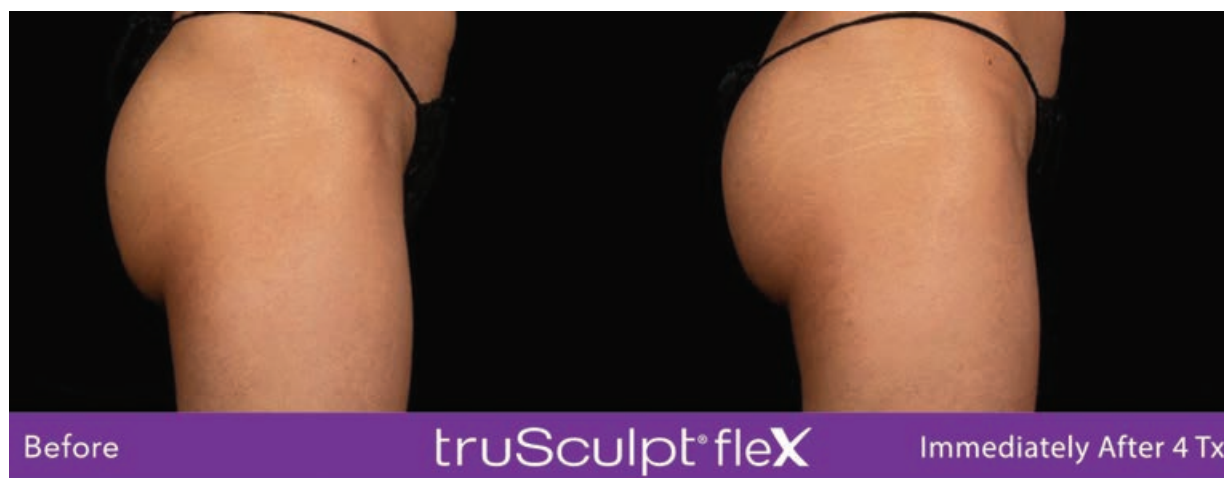


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The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discount fee, or reduced fee service, examination or treatment.

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# OUR FURRY FRIENDS

## Offer More Than Just Love And Laughs

**O**ur furry little friends offer more than cuddles and love. Although we may not realize it, picking up petwaste can be harmful to your health. Microbes and pathogens can inadvertently get on our hands, promoting illness and disease.

The CDC (Centers for Disease Control) warns that one single dog dropping can contain 3 million fecal bacteria, along with parasites and viruses that can be passed to humans adults and children as well as other pets.

This chart shows some of the Parasites, Bacteria and Viruses that could be present in dog feces.

**Parasites**  
Cryptosporidium  
Giardia  
Hookworms  
Roundworms  
Tapeworms

**Bacteria**  
Salmonella  
E. coli  
Campylobacter  
Leptospira  
MRSA

**Viruses**  
Rabies  
Parvovirus  
Coronavirus  
Distemper  
Canine Hepatitis

If you are infected by any of these though contact with dog feces, the symptoms can range from fever, rashes, diarrhea, vomiting, blindness, liver or nervous system damage or even death.

A dog's digestive system can handle just about anything and often does this makes its poop very toxic. In fact, a single dog will produce more bacteria in one day than a person, a horse and a cow combined.

Our product puts the solution right at your fingertips! No more uncomfortable feeling of dirty hands after picking up your pet's waste. Simple. Easy. clean.

Our uniquely designed pet waste bag integrates a hand sanitizing wipe with a pet waste bag to form a single unit for the purpose of cleaning your hands after picking up your pet's waste.

### WHY WAGS WIPES AND BAGS?

- Easy to use familiar design with added sanitary benefits.
- Unique Biodegradable (both bag and wipe) Eco-friendly
- First of it's kind
- Aids in the prevention of illness and disease, putting your mind at ease.



[www.wagswipesandbags.com](http://www.wagswipesandbags.com)



# GRAND OPENING NEW OFFICE IN EAST BOCA



**W**e have grown too big for our britches let us help you do the same. Help us celebrate the Grand Opening of our New office in East Boca with 25% off all procedures in August.

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  
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FL 33431**



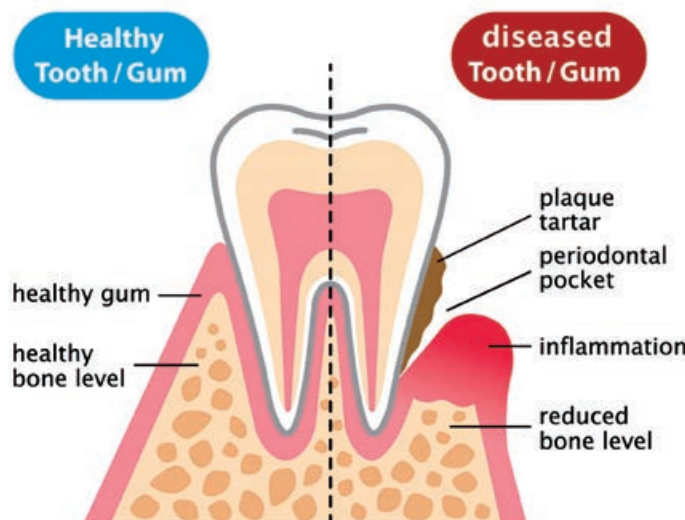
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**Simply Men’s Health, the leader in Men’s sexual health, REVOLUTIONIZED the treatment of ED with the introduction of RejuvaWAVE® in 2015; now introducing RejuvaMAX™ non-surgical penile enhancement.**



# HALF OF AMERICAN ADULTS HAVE PERIODONTAL DISEASE: ARE YOU ONE OF THEM?

**A** Center for Disease Control and Prevention (CDC) study revealed that one out of every two adults over the age of 30 has periodontal disease. The report revealed that 47% of these cases involve more advanced forms of the disease. **In adults over the age of 65, 7 out of 10 individuals are likely to have periodontal disease.**



## WHAT IS PERIODONTAL DISEASE:

The disease itself consists of chronic inflammation that affects the gum tissue and jaw bone supporting the teeth. If untreated, the situation could lead to irreversible jaw bone and tooth loss. Equally important is the more recent research linking periodontal disease to other significant illnesses such as Diabetes and Cardiovascular Disease. Periodontal disease can be considered an important risk factor for stroke and heart attack.

## IMPORTANCE OF THE STUDY:

This research is the first of its kind to evaluate patient's full mouths (not only isolated teeth) for the presence of the most destructive form of the disease, Periodontitis. Previously, it was not

believed to be as widespread in our population. Results of the study revealed that the disease occurs with a higher frequency in men than women (56% to 38%). In addition, smokers were also found to have an increased risk of periodontal disease (64%).

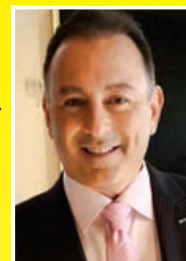
The significant prevalence of the disease becomes even more important when paired with the fact that it increases as we age. Today, we on average live longer and keep more of our teeth than previous generations. Clearly, living longer lives and retaining more teeth as we age, will likely lead to an even higher rate of prevalence of periodontal disease.

## DETERMINING IF YOU HAVE PERIODONTAL DISEASE:

The American Academy of Periodontology recommends an annual comprehensive periodontal evaluation. This painless assessment typically includes a review of your current x-rays, along with an evaluation of the gum and bone health around your teeth. In addition, a risk assessment for future development of the disease can be determined. Fortunately, there are a number of options available when treating periodontal disease, many of which are pain free. The best option for each individual patient can only be determined after a true assessment of the teeth and gums are performed.

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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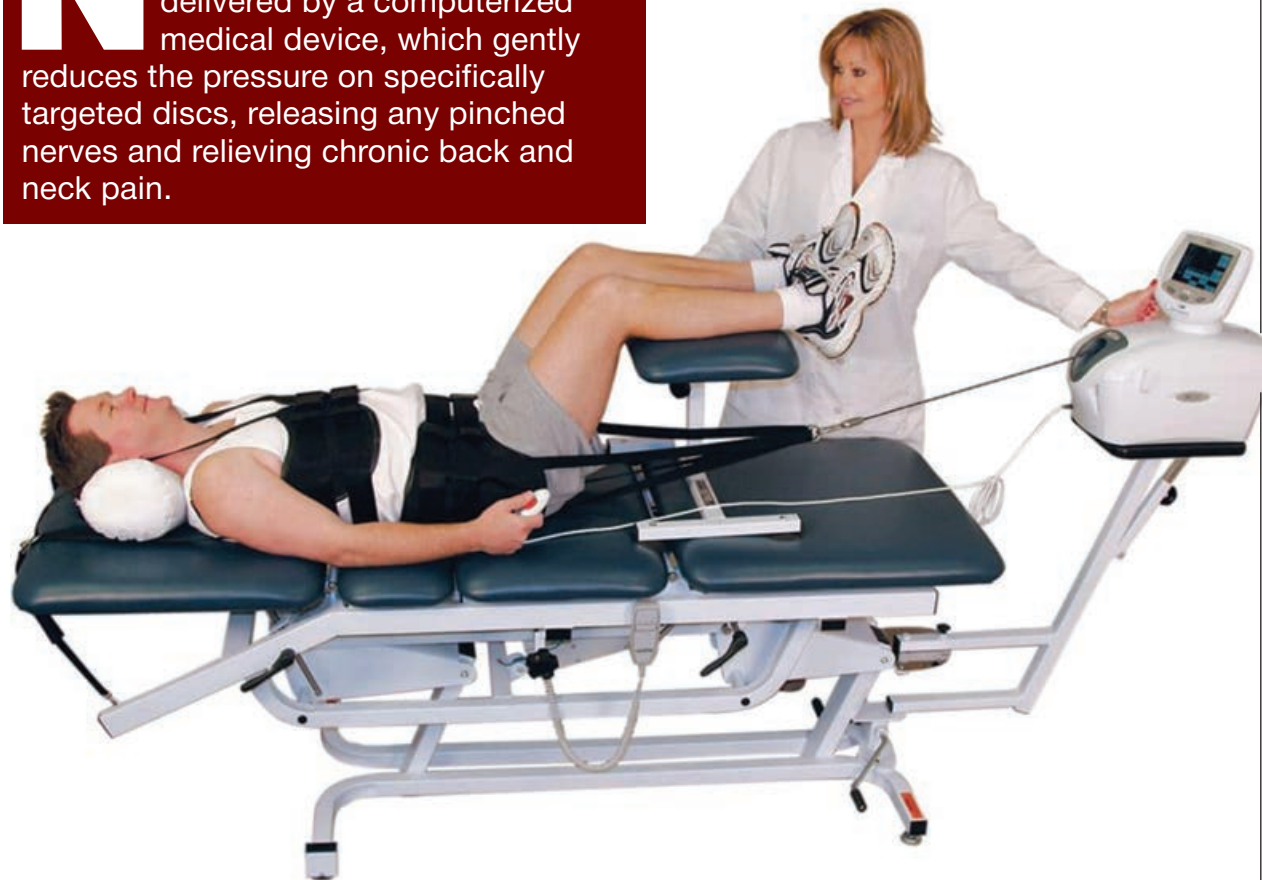




## NON SURGICAL SPINAL CARE

### DO YOU SUFFER FROM HERNIATED OR BULGING DISCS?

**N**on 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.



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**.

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

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

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

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

### OUR NON SURGICAL TREATMENT IS:



**NON INVASIVE**  
Therefore there is no risk of infection.



**NO RECOVERY TIME**  
No down time from normal activities.



**ALL NATURAL**  
Completely natural process for peace of mind.



**DRUG FREE**  
No drugs used at all through the process.



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# Common Myths About Your Eyes

By David A. Goldman MD

**J**ust because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

## Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

## Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

## Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eyeglasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

## Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

## Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



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## 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.





But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers

It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**
- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

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