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September 2022

South Palm Beach Edition - Monthly

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# What are **All-on-4 Dental Implants?**

## Understanding Advantages & How They Work

If you find yourself in the unfortunate situation of having several missing teeth, you may find that you are experiencing a great deal of frustration and loss of confidence as a result. Missing teeth can be a contributing factor to several other dental health problems and can also have significant effects on your overall well-being. Patients in this situation should take steps to have their missing teeth replaced as soon as possible to ensure that good oral health is maintained and that the overall quality of life is improved. But other than dentures, what are the options for replacing several missing teeth?



While dentures are a tried and true solution for many patients who are missing multiple teeth, they don't always deliver the level of comfort or confidence that leads to complete satisfaction with your treatment. Fortunately, advancements in dental science and technology have led to the development of a better solution for the replacement of multiple teeth that delivers far greater results and many advantages over other treatment options. This solution is known as All-on-4 dental implants.

What are All-on-4 Dental Implants? The All-on-4 system is a combination of different dental methods and technologies that provide a solid and secure connection for the replacement teeth that is much more stable and reliable than traditional methods for affixing dentures, such as simple natural suction or denture adhesives. All-on-4 uses a set of fixed dental implants that are embedded in the patient's jaw in order to provide a firm and solid platform that holds the set of replacement teeth in place. Because of this, All-on-4 are often

also referred to as a type of 'implant supported dentures', although this is a broad term covering other styles of replacement teeth as well.

The dental implants that are used in the All-on-4 treatment procedure are slightly different from a normal dental implant, which is designed to simply replace an individual tooth. The portion of the implant that is affixed inside the bone of the jaw is essentially the same, but the top exposed portion of the implant replaces the artificial tooth of a regular implant with a specialized cap-shaped tip. These four tips are used to provide a physical connection between the jaw and the artificial teeth, which has a matching set of four receptacles on the underside. It's this solid, physical connection between the implants and the new teeth that provides a much more natural feeling for the patient when wearing their teeth, especially when chewing or talking.

The four implants used to provide a secure connection are strategically positioned in the patient's jaw after careful examination and analysis by the dental surgeon to ensure the most effective placement for each implant to achieve the best results. Usually, the most common arrangement for the implants is two near the front of the mouth that are inserted in a nearly vertical alignment. Two more implants are inserted towards the back of the mouth, in the molar area, and are usually placed at a steeper angle to provide greater stability and support thanks to the increased contact with the bone of the jaw. Once the implants are securely in place, the implant supported dentures can be used immediately, providing a fast recovery time and a quick return to your daily life and usual routines.

**What are the Advantages of All-on-4?** The advantages of the All-on-4 method are numerous, both directly related to your oral health and





indirectly as they provide benefits in other areas of your life. Here are some of the key benefits that patients will realize from undergoing the All-on-4 procedure.

**Prevent Bone Loss & Degradation** – One of the most common effects of lost and missing teeth is the degradation of bone in the jaw as a result. The All-on-4 system is effective in minimizing the effect of bone loss since the implants are affixed directly to the jawbone and act in a similar fashion to the roots of natural teeth. The pressure exerted into the jawbone mimics that of natural teeth, encouraging the retention of bone mass and providing strength to the area. Even in patients that have experienced some level of bone loss, the All-on-4 system can still be used. Since the implants provide such a secure connection into the existing jaw bone, there is a substantially reduced likelihood that a bone graft will be needed in order to proceed. By avoiding the need for a bone graft, recovery and treatment timelines are significantly reduced.



**Greater Self Confidence** – Patients who receive All-on-4 treatments end up with a complete set of natural-looking teeth connected securely and comfortably in their mouth, enabling them to enjoy all their favourite foods, and a great variety of food and drink, without worry. Knowing that your teeth will stay in place at all times, patients experience a great boost in their self-confidence as they no longer need to be concerned about situations where loose dentures may be a source of embarrassment.

**Easier Care & Better Hygiene** – Caring for your All-on-4 teeth and implants is easy and follows many of the normal oral care habits that you are already familiar with. Brushing, flossing, using oral rinses, and going for regular dental checkups are all still necessary habits that you need to keep up with. All-on-4 has the added benefit of doing away with the need for any messy or costly adhesives that are commonly required with other traditional styles of dentures. This saves time, hassle, and money in the long run.

**A Permanent Solution** – One of the major benefits that the All-on-4 treatment provides is that the results are permanent, and do not necessitate the frequent fitting sessions that traditional dentures require. Because the All-on-4 system uses a denture that is securely fastened to the mouth via the implants, the connection is not prone to the same problems that result from gum recession, which cause traditional dentures to become loose and uncomfortable over time. All-on-4 provides a permanent solution that results in greater comfort and convenience for the patient.

**Conclusion** – It's important for patients who are missing teeth to understand that the more time that passes before they receive treatment, the more likely they are to risk developing conditions as a result, such as gum recession, bone loss, and other oral health concerns that can become quite serious if left untreated. By taking action early to replace missing teeth, you are investing in your overall health and well-being and will avoid these potential problems in the future. If you are missing several teeth and would like to learn more about what the best treatment options may be for you, we recommend scheduling a free, no-obligation consultation with our team here at 5th Avenue DENTAL. Our staff is professional and friendly, and we will take the time to discuss all your available options, including whether the All-on-4 method is the solution that you've been waiting for. We are happy to answer all your questions on All-on-4, including what you can expect from the treatment and the types of results that other patients have already achieved through this innovative procedure. A full set of natural-looking teeth is assuredly in your future, and with the All-on-4 system, you can be confident that your smile will definitely be back in style!



**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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**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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*The Award-winning Bauman Turbo LaserCap is the most technologically advanced portable low-level laser light therapy (LLLT) device for hair regrowth currently available. Recommended for those with thinning hair, as well as hair loss prevention and overall hair health.*

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)

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Hair transplantation: In some cases, hair loss is so advanced that a hair transplant is the only way to achieve lasting hair regrowth. Today’s hair transplant procedures are 100% natural looking. Luckily, hair transplant procedures have become more effective, more comfortable, less invasive, and 100% natural-looking due to major innovations in techniques, technology, and artistry.

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.

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.



#### 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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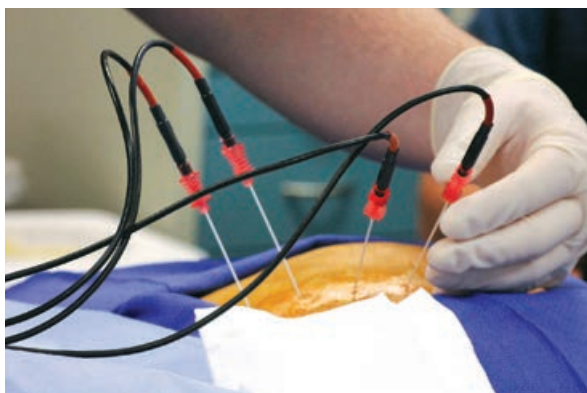
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**N**eck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can easily be treated by a qualified Interventional Pain Management Specialists, like Dr. Aaron Rosenblatt. Aaron Rosenblatt, MD is a board certified medical specialist whose brand new state-of-the-art facility is located conveniently in the heart of Delray Beach, FL. He has been successfully treating patients in south Florida now for over 12 years. Patients also come from all over the country to see Dr. Rosenblatt due to his expertise in spine pain, joint pain (knee, hip, shoulder, wrist and ankle) and their treatment options. Spine pain from arthritis of the neck, mid back and low back are the most common pain syndrome he sees among his patients and he wants to spread awareness how this issue can be treated.

Before a RF rhizotomy is performed, the pain generating facet joint nerves have been identified by means of a diagnostic injection, such as a facet joint or medial branch nerve block. Other tests may include MRI. Since the medial branch nerves do not control neck or low back muscles, it is not harmful to disrupt or turn off their ability to send signals to the brain conceived as pain.



# Pain Management for Facet Joint Pain: Radiofrequency (RF) Ablation/Rhizotomy



By Aaron Rosenblatt, MD

RF ablation is a precisely targeted injection that works by creating energy to destroy a facet joint's medial branch nerve. Relief from pain and related symptoms may last a year or longer. However, the medial branch nerve root regenerates (grows back) and facet joint pain may come back in years time. Results vary from patient to patient. For example, if there is instability at the segment where the RF neurotomy is performed, pain relief and its duration is less.

## BASIC FACET JOINT ANATOMY

Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint is innervated by a medial branch nerve. The medial branch nerves control sensation to the facet joint. These nerves DO NOT control sensations or muscles in your arms or legs and therefore are safe to treat.

**What to Expect During and After the Procedure**  
The procedure is performed in a sterile setting similar to an outpatient procedure suite.

Your injection site is cleaned and draped. Skin numbing medication is injected and given time to take effect.

Dr. Rosenblatt uses fluoroscopic guidance (real time x-ray) to guide the needle electrode beside the medial branch nerve. Through the electrode, mild electrical current (radiofrequency) stimulates the medial branch nerve. As the electrode is energized, the nerve is changed so the patient's arthritic spine pain will improve.

After the procedure, the patient is moved to the recovery area where our medical staff continues to monitor you if needed.

You may be discharged home following your RF ablation. Our medical staff provides you with written aftercare and home instructions.

## BENEFITS OF RADIOFREQUENCY

### ABLATION INCLUDE:

- Pain relief for up to 2 years
- Significant and longer lasting pain relief compared to steroid injections
- Low complication and morbidity rates
- Appreciable pain relief compared to surgery: Nearly half of back pain sufferers are not helped by surgery
- Greater range of motion
- Lower or no use of analgesics (pain meds)
- Improved quality of life
- No significant recovery time

Dr. Rosenblatt explains, "This procedure is so valuable to help people of all ages virtually eliminate their arthritic spine pain. It is great for neck and lumbar spine. It has saved people from requiring spine surgery. It is simple to perform and provides life changing relief."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 15 years with great success. 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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# 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.

## World-Class Cancer Treatment Close to Home

About Florida Cancer Specialists & Research Institute, LLC: ([FLCancer.com](http://FLCancer.com))

Recognized by the American Society of Clinical Oncology 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 FCS 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, FCS 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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For more information, visit [FLCancer.com](http://FLCancer.com)





# 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),

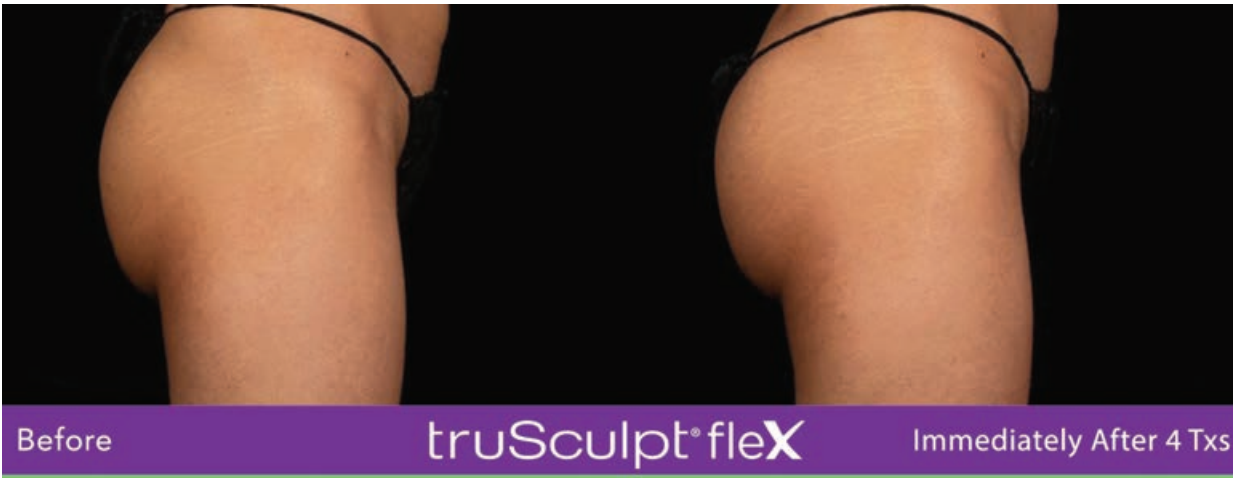
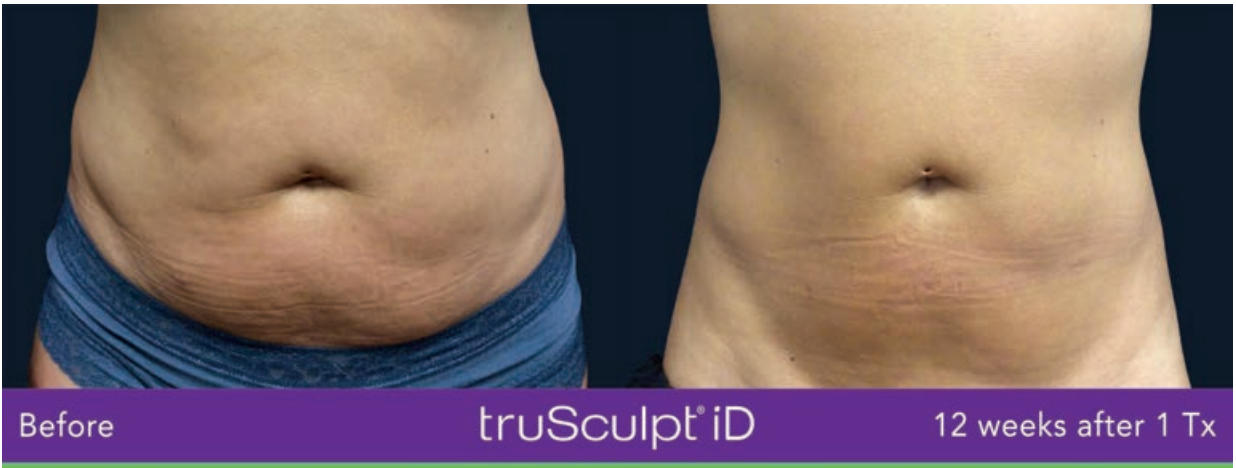
truSculpt Flex produces a method of electrical stimulation of the muscles using three treatment modes, which replicate intensified crunch, squat, and twisting actions. Only truSculpt Flex has been able to achieve fast results and treat multiple areas of the body at the same time; unlike its competitor, 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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# SENIORS AGING IN PLACE

**F**or 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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# WAYS YOU CAN MAKE YOUR BRAIN HAPPY

By Renee Chillcott, LMHC

**“Happiness is when what you THINK, what you SAY, and what you DO are in Harmony.” Mahatma Gandhi.**

## HAPPY BRAIN, HAPPY LIFE...

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 Your brain and that only YOU can make your brain “happy”?

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

### 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.

### 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”.

### 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.

### SURROUND YOURSELF WITH SUPPORT

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 important 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.

### TRAIN YOUR BRAIN WITH NEUROFEEDBACK

Teaching your brain how to more balanced and more flexible, like Yoga, makes you and your brain happy. Neurons use the neurotransmitters (dopamine, serotonin, etc.) to create a firing action in the brain. EEG measures the speed and amplitude of those neurons and then we train

them to fire in a more balanced pattern. When chemicals are out of balance, we can say that neurons are out of balance. We call Neurofeedback BRAIN YOGA because the goal of training, is to have a more flexible and balanced brain, therefore, more balanced neurotransmitters (chemicals). Neurofeedback is a gentle and healthy way to “treat” your brain and make it HAPPY.

### HOW DOES NEUROFEEDBACK WORK?

Neurofeedback is like exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through 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 eyes open for 5 minutes and with his eyes closed for 10 minutes. 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. We believe in “Happy Brain, Happy Life”.

### 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](mailto:info@bocabraincenter.com), or text us at (561) 206-2706 or visit our website at [www.BocaBrainCenter.com](http://www.BocaBrainCenter.com).



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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       | Bacteria      | Viruses          |
|-----------------|---------------|------------------|
| Cryptosporidium | Salmonella    | Rabies           |
| Giardia         | E. coli       | Parvovirus       |
| Hookworms       | Campylobacter | Coronavirus      |
| Roundworms      | Leptospira    | Distemper        |
| Tapeworms       | MRSA          | 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.

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**Health & Wellness** MAGAZINE





**W**hen was the last time you faced the need for a home project that you knew would absolutely solve your problem and also go easy on your wallet?

For most homeowners, there's usually an endless list of modifications and renovations that we need to make as both we and our homes age. And if you're like most people, you put off projects that have more to do with your own safety or comfort.

But chances are, you or someone you know has had to deal with everyday aches and pains, arthritis, bad knees, foot or ankle problems, a handicap or overall mobility problems, aging in place, acting as a caregiver, or general worries about slip and falls in the bathtub.

You've probably already heard that there are ways to make your bathtub more accessible, but pushed the thought to the back of your mind because you're worried about how long your bathroom is going to be out of commission, the cost of the project, and even if having your bathtub modified is actually going to serve its intended purpose.

#### **WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.**

If a person has difficulty lifting his or her legs over a traditional tub wall, then a portion of that tub wall can actually be cut and removed, then refinished. The cutout reduces the lift required to step or swing one's legs into the tub, and instead turns it into a walk-in shower. The modification can be done in less than one day. Even better? The cut portion of the tub can be saved, and the project can be reversed if you want to sell your home and not lose value.

# **“CUT” YOUR TUB?**

## **WHY THIS EASY, INEXPENSIVE PROJECT CAN ADD SERIOUS HOME SAFETY**

**ONE DAY BATH'S TUBCUT® ADDS CONVENIENCE AND PROTECTION FOR ALL AGES**



**BEFORE**



**BEFORE**



**AFTER**



**AFTER**

## **“YOU WON'T HAVE ANYMORE TROUBLE GETTING IN AND OUT OF THE BATHTUB WITH TUBCUT®”**

“We can do this without disturbing the plumbing or making a big deal of construction. We're in and out of there in half a day, and then the customer is using their shower and their bathroom again by the next morning,” says Paul Echavarria, owner of One Day Bath for the past two decades. “We also have no problem with doing a complete reversal for this project, and once that's complete, you would never know what that tub looked like before. It's seamless and waterproof. The whole entire tub gets resurfaced so that when we're done, the tub looks brand new again.”

Since the original TubcuT® was first offered on the market, there have been a number of national companies offering what looks like an identical product and service. One Day Bath, however, points out that with TubcuT®, the user chooses how wide the opening is and where it starts and ends. This allows the panels to structurally become part of the tub through a strong bonding process. The panels are also made of a durable material that is easy to clean, and your tub's color can

be matched perfectly to the panel's edge for a seamless look and watertight construction. Competitors use plastic caps or one-piece inserts, and their products are typically attached to the tub with caulk only and don't have any of the versatility of the TubcuT®.



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# STOP THE PAIN AND INFLAMMATION!



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Simply Men's Health REJUVAnation Medical Center, a pioneer in the emerging field of Restorative Medicine, has combined with the world-renowned Carmen Care Laser Institute. We offer the most revolutionary, cutting-edge non-invasive therapies with an 80-90% success rate treating acute and chronic pain. Despite our name, Simply Men's Health, our REJUVAnation Medical Center division treats both men and women.



### ARTHRITIS

**Knee Arthritis**  
(even bone on bone)

**Shoulder & Elbow Pain**  
**Post Injury Arthritis**



### SPORTS INJURIES

**Tendonitis**  
**Golfer's or Tennis Elbow**  
**Rotator Cuff Tendonitis**  
**or Tears**

**Muscle Bruises,**  
**Tears & Sprains**  
**Knee Ligament, ACL,**  
**Meniscus Injuries**



### CHRONIC PAIN & INFLAMMATION CONDITIONS

**Sciatica**  
**Carpel tunnel Syndrome**  
**Bursitis, Frozen Shoulder**  
**Hip Pain**  
**Spinal Stenosis**  
**Chronic Lower Back Pain**

Traditional medicine only treats symptoms with pain killers, cortisone injections etc, while the underlying condition worsens until invasive surgery is the only option to relieve your excruciating pain. In contrast, Simply Men's Health treats the underlying cause and REVERSES chronic degenerative diseases and heals acute injuries. Specifically, we combine cutting-edge technology and Restorative Biologics using Platelet-Rich-Plasma (PRP), umbilical mesenchymal growth factors and RejuvaWAVE® acoustic wave therapy with Photobiomodulation (Low-Level Laser therapy) to repair, restore and renew damaged tissue.

### HOW DOES EPAT ACOUSTIC WAVE THERAPY WORK?

RejuvaWAVE® EPAT acoustic wave therapy is FDA cleared for musculoskeletal conditions. EPAT uses acoustic

pressure waves to cause micro-trauma and regeneration of damaged tissue. As a result, EPAT stimulates cellular metabolism, enhances blood flow and activates the body's ability to heal. In addition, acoustic wave therapy (often called shockwave) stimulates the growth of new blood vessels, nerves and tissues and alleviates pain and accelerates healing.

### WHAT DISTINGUISHES OUR TREATMENT FOR ACUTE AND CHRONIC PAIN?

We combine EPAT therapy with the proven, non-invasive Photobiomodulation (LowLevel Laser Therapy) which has a 90% success rate. The red and near infra-red lasertherapy light is absorbed into the cell and photons trigger the mitochondrial ATP production encouraging blood flow, increasing circulation, decreasing inflammation and stimulating cellular healing and repair. The AcousticWave EPAT works synergistically with the Photobiomodulation (Laser therapy) to improve circulation, decrease inflammation and swelling, alleviate pain and restore and heal injured tissue.

Simply Men's Health REJUVAnation Medical Center combines the restorative EPAT and Laser therapies, which have an 80-90% success rate in pain-relief, with restorative biologics including Platelet-Rich-Plasma (PRP) and umbilical/placental-derived mesenchymal messaging cells and growth factors.

### ENJOY YOUR GOLDEN YEAR AND GET BACK INTO THE SWING OF LIFE WITH REJUVAWAVE® PHOTOBIOIMULATION THERAPY AND RESTORATIVE BIOLOGIC THERAPY.

Both EPAT acoustic wave therapy, FDA-cleared for musculoskeletal conditions, and Laser therapy are proven, non-invasive treatments for pain with an over 80-90% success rate. When combining with Restorative Biologics, these growth and healing factors work synergistically, like fertilizer to a garden, and accelerate and enhance the anti-inflammatory pain-relief and healing and restorative capacity of the combined EPAT and Laser therapy.

If you or someone you love is suffering from inflammation and pain, give our team a call and let's discuss the combination of treatments that are right for you. You don't have to live in pain any more.



*Simply Men's Health has closed our west Boca Raton office and moved to a Bigger and Better location in East Boca Raton*



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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

**N**obody 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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# 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 eye-glasses. 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.





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.

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

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