

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

Health & Wellness[®]

MAGAZINE

October 2022

North Palm Beach Edition - Monthly

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FREE



**DOES YOUR HAIR
LOOK AFFRIGHT?**

SILHOUETTE INSTALIFT

**"IMMEDIATE DENTAL IMPLANTS":
WHAT EXACTLY DOES THIS MEAN?**

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

**MEN, LET'S TALK ABOUT
PROSTATE CANCER**

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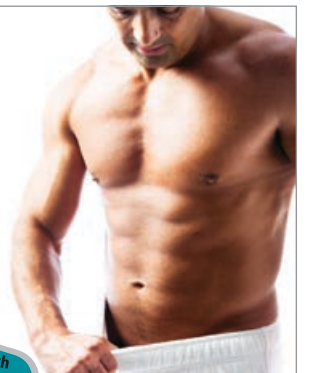
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MEN, LET'S TALK ABOUT PROSTATE CANCER

One in eight men will be diagnosed with prostate cancer in their lifetime, according to the American Cancer Society. Other than skin cancer, it's the most common cancer in American men.

The majority of cases (6 in 10) are diagnosed at age 65 or older, with the average age at diagnosis around age 66. Although rare, it can occur in men below the age of 50. Research indicates that African American men are 60 percent more likely to develop the disease than white, Latino, or Asian men.

The prostate, a gland found only in males, is located between the bladder and the rectum. Its primary function is to produce fluid that nourishes and transports sperm. Cancer develops when normal cells in the prostate gland become abnormal and begin to grow out of control. In many cases, prostate cancer is relatively slow-growing.

While some men have no symptoms, warning signs of prostate cancer can include:

- Frequent urination, often with the sudden need to urinate in the middle of the night
- Pain or burning during urination
- Blood in the urine
- Weak urine flow

Men who experience any of these symptoms should talk to their doctor sooner rather than later. Your health care provider will do a physical exam and may suggest a cancer screening test.

Screening tests can help detect prostate cancer early

A blood test that measures the level of prostate-specific antigen (PSA), a substance made by the prostate, is often the first step in screening for prostate cancer. As a rule, the higher the PSA level in the blood, the more likely that a prostate problem is present. A digital rectal exam can also detect abnormalities in the prostate. If the result of either test is abnormal, your doctor may recommend a biopsy to investigate further.

The American Cancer Society recommends screening beginning at:

- Age 50 for men who have an average risk for prostate cancer
- Age 45 for men with a high risk of prostate cancer, including African American men and any male with an immediate family member diagnosed with the disease under the age of 65

Talk with your doctor to make the best personal decision about whether and when to undergo PSA screening. Early detection can make all the difference for treating the disease before it spreads, often resulting in a better outcome.



When found early, while cancer is confined to the prostate or the region surrounding it, treatment success rates and survival rates are very high. In fact, in the U.S., the five-year survival rate for men diagnosed with early-stage prostate cancer is more than 99%.

Treatment for prostate cancer

Many men who are diagnosed with prostate cancer are surprised when their doctor recommends watchful waiting, but this is sometimes the best plan. Because it is often slow-growing, prostate cancer can take years to become detectable and even longer to metastasize outside the prostate. In these cases, physicians may choose to closely monitor the prostate cancer with PSA testing and biopsies and begin treatment only if it grows or causes symptoms.

However, some prostate cancer cases are more aggressive and need more urgent treatment. Surgery and radiation therapy are among the most common treatments. A prostatectomy surgically removes the prostate. Radiation seeks to kill the cancer either by directing radiation at the cancer cells externally or by surgically placing seeds or pellets into or near the cancer to destroy the cancer cells, known as brachytherapy.

A urologist or oncologist will recommend the best treatment plan for your unique needs.

Thanks to ongoing advancements, many prostate cancers can be treated in very short schedules that result in optimal outcomes, decreased cost, and increased patient convenience.

Ways to reduce your risk

While no one can control age and hereditary factors that can contribute to the development of prostate cancer, lifestyle changes can help decrease a man's risk. A healthy diet and regular exercise are important factors men can control. Following a plant-based diet, maintaining a healthy weight, and increasing exercise have all been shown to lower the risk of prostate cancer.

Knowing the risk factors, symptoms, and recommended screening guidelines is vital to early detection. The majority of prostate cancer cases are discovered in the early stages, making the disease more likely to respond to treatment.

Talk with your doctor for more information during your annual wellness check.

World-Class Cancer Treatment Close to Home

About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute (FCS) offers patients access to more clinical trials than any private oncology practice in Florida. The majority of new cancer drugs recently approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation.* Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

Founded in 1984, Florida Cancer Specialists has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies, and advanced treatments, including targeted therapies, genomic-based treatment, and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians, and staff.



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DOES YOUR HAIR LOOK AFFRIGHT?

Don't be Scared to Do Something About It

by Alan J. Bauman, MD, ABHRS



DOES LOOKING IN THE MIRROR AT YOUR THINNING HAIR MAKE YOU WANT TO SCREAM? ARE YOU HAUNTED BY THOUGHTS THAT SOMEDAY YOU'LL HAVE EVEN LESS HAIR THAN YOU DO NOW?

At Bauman Medical we specialize in scaring away hair loss nightmares. We offer many diagnostic tools and treatment options that can eliminate the need next year to wear a wig with your Halloween costume – unless you want to.

Read below where I unmask several of the most bewitching approaches in our goodie bag to give you the head of hair you'd like to see again.

DIAGNOSTIC TOOLS

HairMetrix®

Our practice is one of the first in the world to offer HairMetrix®, a game changer in evaluating the state of your hair. Instead of using a microscope to make educated guesses, our HairMetrix® device takes a snapshot of your scalp. Its AI Artificial Intelligence-powered algorithm then creates a readout of your precise hair quantity and quality (and other metrics).

One benefit—it allows us to track the progress of your hair restoration over time. Another—this information improves diagnosis, guides treatment decisions, and monitors *better than ever before* how well you're responding to your treatment.

Trichotest™

Trichotest® is a genetic test based on state-of-the-art DNA microarray technology. It's designed to identify the *exact hair loss treatments* that will perform best *for you*, based on your genetics.

All it requires is a cheek swab and some details about your lifestyle. The software then analyzes the characteristics of your specific metabolism that may be contributing to your particular hair loss situation. An algorithm then identifies the treatment options likely to be the most successful for you, saving you time, money, frustration... and follicles!

The Trichotest™ can be performed in our office or from home.

NON-INVASIVE HAIR RESTORATION TREATMENTS

TED (TransEpidermal Delivery) is one of the most exciting innovations I've seen in years for defeating hair shedding, hair loss, and thinning hair. This restorative "lunchtime" treatment is for patients wanting to improve the overall thickness and appearance of their hair but who've avoided medical options because they're averse to needles for local anesthesia or having their blood drawn. TED is needle-free, pain-free, requires no anesthesia, and is highly effective.

The procedure is simple and can be relaxing...

First, a device that looks like a small massage tool uses painless ultrasonic sound waves to temporarily increase scalp permeability. Then, we apply a topical hair growth serum to your scalp in the treatment zone and use the device to gently deliver the serum into your scalp. This serum contains powerful growth factors, peptides, and amino acids that reactivate dormant hair follicles, help existing hair follicles grow thicker, healthier hair, and also improve the anchoring of hair shafts. The treatment also increases and optimizes blood flow, further enhancing scalp health and fortifying your follicles.

TED takes only about 25 minutes.

Typically recommended in a series of three treatments one month apart, TED can be used to treat early male/female pattern hair loss, excessive shedding, post-COVID hair loss, or to enhance other hair growth therapies.

PRP (Platelet-Rich Plasma)

PRP is a comfortable in-office procedure that takes about an hour with no recovery time, downtime, or discomfort. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the



Before and 6 months after PDOgro™ by Dr. Alan Bauman



Before and 12 months after FUE Hair Transplant by Dr. Alan Bauman

scalp under local anesthesia to strengthen hair follicles. Hair growth results from a single PRP at our clinic have been shown to last a year or more.

PDOgro™

PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. PDO threads placed into the scalp have been shown to stimulate hair regrowth. This procedure helps make PRP even more effective and longer-lasting, with no additional discomfort or downtime.

LEADING EDGE HAIR TRANSPLANTS

For advanced hair loss, sometimes a hair transplant is the only way to achieve lasting hair regrowth in areas like a receded hairline, thinning crown, or other areas where hair follicles are severely depleted or gone. Our hair transplant results appear completely natural, with no “pluggy” look like hair transplants from the past.

FUE (Follicular Unit Extraction)

FUE is one of Bauman Medical’s most popular hair restoration technologies. With the aid of robotics and other microsurgical instruments, hair follicles are harvested directly from the scalp without leaving behind a telltale linear scar.

FUE is minimally invasive, uses no staples or stitches, and requires little downtime. This technique replaces the older, invasive method of cutting out a strip of skin known as “strip harvesting.”

VIP|FUE™

VIP|FUE™ offers patients all the advantages of traditional FUE, as described above.

What makes it different? It’s the only transplant procedure not requiring any trimming or shaving of the donor area. That means *no dramatic change in your hairstyle* after the procedure (such as looking like you had a buzzcut), making it totally discreet.

It often includes the unique benefit of the “long hair preview,” which allows you to see the results of your transplant immediately after your procedure. In short, it’s the most discreet hair transplant available today.

INTRIGUED? WANT TO LEARN MORE?

You’ve read this far, so please note that these services are just a *fraction* of the many hair restoration options we offer, both surgical and non-surgical, and none of them are scary. Promise.

For more information on how we can help you have the best hair possible, please visit www.baumanmedical.com.



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

GENETICS AND HAIR LOSS

- There are now over 200 known genes(or “SNPs” that contribute to genetic baldness.
- 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.
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding -- all of those put together will determine how quickly you see loss occur, how quickly it progresses, and how long it will occur later in life.
- Because it is a recessive condition, hair loss can be passed on but skip generations, skip siblings, etc.
- Many consumer DNA tests (e.g., 23andMe) include a prediction of whether you are likely to experience hereditary hair loss.
- Genetic testing like TrichoTest™ can help determine what hair growth treatments will work best for you based on your unique genetics.

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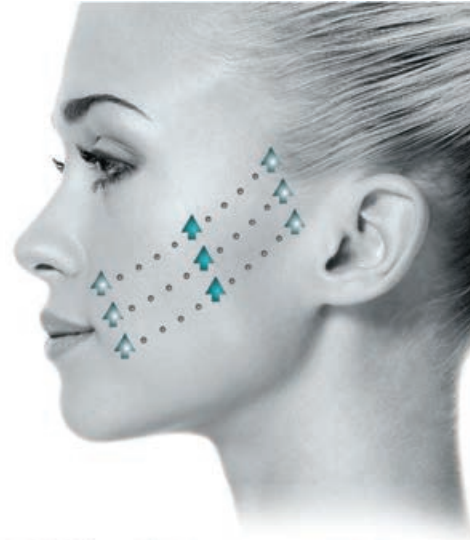
LOOKING FOR A NATURAL LOOKING WAY TO COMBAT SAGGING SKIN WITHOUT SURGERY? CONSIDER THE SILHOUETTE INSTALIFT™.

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

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

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

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



Medical Director, Daniela Dadurian M.D.

- * Board Certified Anti- Aging Medicine
- * Board Certified Laser Surgery

Daniela Dadurian, M.D. received her medical degree from the University of Miami School of Medicine. She is certified by the Board of Anti-Aging & Regenerative Medicine and the Board of Laser Surgery. Dr. Dadurian has also completed a fellowship in Stem Cell Therapy by the American Board of Anti-Aging Medicine. She is a member of the International Peptide Society, the American Academy of Anti-Aging Medicine and the Age Management Medicine Group. Dr. Dadurian is the medical director of several medical spa and wellness centers in palm beach county with locations in West Palm Beach and on the island of Palm Beach. She is a leading expert in anti-aging & aesthetic medicine. Her state of the art facilities offer an array of anti-aging, functional medicine, cosmetic and laser therapies.

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



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

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

Why choose Silhouette Instalift™?

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

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

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



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

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



BEFORE



AFTER

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

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

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

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

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

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



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

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



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

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

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

physical appearance, and increases sexual pleasure during intercourse.

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

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

Benefits of the RejuvaMAX™ Enhancement Procedure:

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

Penile Girth Enhancement Procedure

RejuvaMAX™



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



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www.SimplyMensHealth.com

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

“IMMEDIATE DENTAL IMPLANTS”: What Exactly Does This Mean?

Many of our patients start their consultation for dental implants very confused from the numerous advertisements they have read. Often times, patients are not clear exactly what a dental implant consists of or how it can be used to help replace a missing tooth or teeth.

THE BASICS:

Teeth consist of 2 parts: the Crown- the part you see when you smile and chew with and the Root- the part in the bone and under the gums that gives support. When teeth need to be removed and replaced (this can be due to a number of factors such as decay or bone loss), one option is to use a dental implant. An implant is often referred to as a “root placement”. When the entire tooth is extracted, the crown and root are removed. This leaves an empty space or socket in the bone where the old root used to live. An implant or “new root” can ultimately be placed in the site of the socket and over time the bone in the area can “glue” itself to this implant. Typically, this gluing can take around 3-6 months. Once this occurs, a new crown can be cemented onto the implant to complete the process of replacing the tooth.

Traditionally, when a tooth is removed, a bone graft is placed in the extraction socket to aid in regrowing bone in the site. After a period of healing, an implant is placed into the area with the newly formed bone acting as a support structure for this new root. Three to Six months after the implant has been placed into the area, a crown can usually be attached to complete the process.

IMMEDIATE DENTAL IMPLANTS:



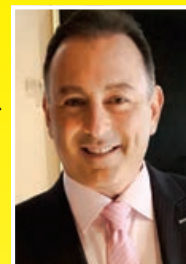
A more advanced technique that can be utilized involves placing the dental implant into the tooth extraction site at the time the tooth is removed. This can be very tricky as variations in bone anatomy, shape and hardness can impact the stability and position your surgeon can place the implant. On the positive side, research has shown that placing an implant at the time of tooth extraction may help preserve the jaw bone structure around the implant area. In addition, fewer procedures may be needed if the implant is able to be inserted in the same appointment.

Due to the additional complexity of this procedure, we find the use of a 3D x-ray (CT scan) of the mouth area to be critical to helping decide if the use of immediate implant placement is appropriate in each individual case. Having an in-depth knowledge of the anatomy, including location of the nerves and sinuses, can help identify the safest and least invasive approach.

No tooth replacement site is the same and success can vary patient to patient and site to site. In some situations, such as areas of significant infection, the traditional approach to implant placement may be a better option. The more information your surgeon has regarding the areas being considered for treatment can help increase success and assist with determining the best approach for your individualized needs.

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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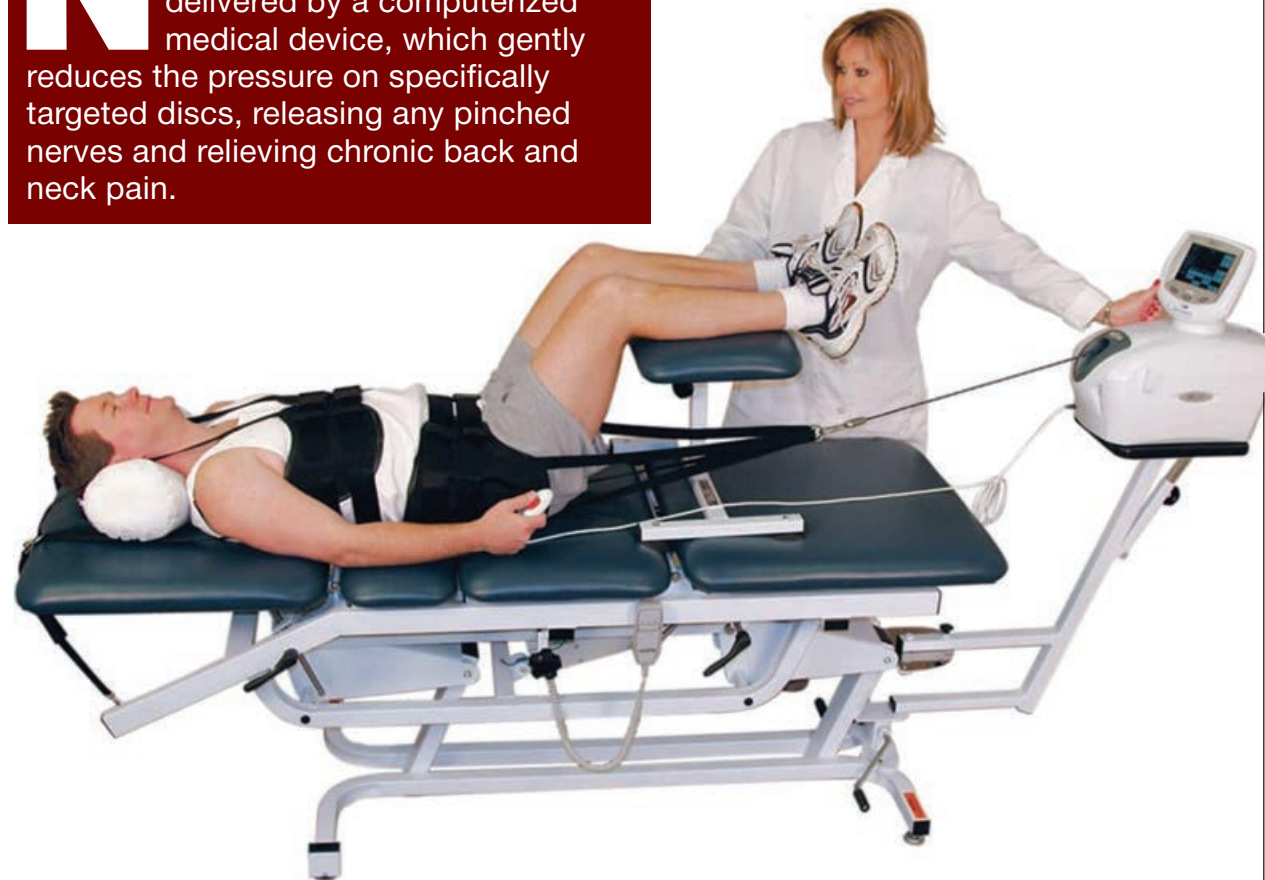
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NON SURGICAL SPINAL CARE

DO YOU SUFFER FROM HERNIATED OR BULGING DISCS?

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



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**.

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

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

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

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

OUR NON SURGICAL TREATMENT IS:



NON INVASIVE
Therefore there is no risk of infection.



NO RECOVERY TIME
No down time from normal activities.



ALL NATURAL
Completely natural process for peace of mind.



DRUG FREE
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UNDERSTANDING DRY EYE AND BLEPHARITIS

Dry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women ≥ 50 years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having "dry eye", experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, microincisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

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selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to

understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, *“Let us make human beings in our image, to be like us... So God created human beings in his own image.* In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece...*” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers

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