

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

Health & Wellness[®] MAGAZINE

January 2023

North Palm Beach Edition - Monthly

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FREE



**HAPPY NEW HAIR!
OUT WITH THE BALD,
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**THE NEW YEAR
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**PROMISING TRENDS
IN CANCER CARE**

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TRUSTED LAW AMANDA ACHONG, ESQ

- Florida State University
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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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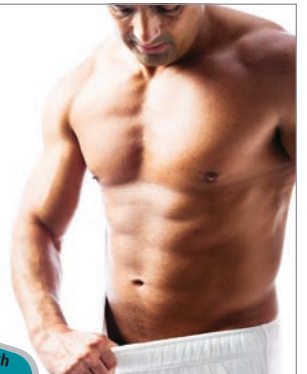
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PROMISING TRENDS IN CANCER CARE

The outlook for people diagnosed with cancer is becoming brighter all the time, thanks to a variety of ongoing advancements.

There are nearly 17 million cancer survivors living in the U.S. today, according to the American Cancer Society. Increasingly, many of the nearly 2 million Americans who will be diagnosed with cancer this year will experience cancer more like a chronic disease than a dim prognosis.

Screenings Save Lives

Screening tests that are effective at finding many types of cancer before signs or symptoms appear are now available. When detected early, certain cancers are much easier to treat, preventing thousands of additional cancer cases and deaths.

Recommendations can vary based on your age, family history and lifestyle. Talk to your doctor about cancer screening, and do not skip or delay your recommended screenings. It cannot be overstated: Early diagnosis and treatment is a substantial factor in surviving cancer.

The Power of Genetics

Genetic screening and testing are powerful tools that are enabling oncologists to diagnose cancers faster and more precisely and rapidly develop customized treatments based on each patient's unique genetic makeup and mutations.

Genetic mutations inherited from our parents can put us at increased risk of developing certain cancers. Knowing personal risk factors for hereditary cancers early can be lifesaving.

Genetic screening involves a review of personal and family cancer history, including type(s) of cancer and age(s) at diagnosis. Based on this information, specially trained genetics specialists can refer individuals for consultation and genetic testing or provide guidance to make lifestyle changes or explore other preventive options to reduce future risk.

Clinical testing known as Next Generation Sequencing (NGS) is an advanced form of genetic testing that can detect mutations in hundreds of different genes derived from tumor cells simultaneously. NGS testing provides a more precise understanding of each patient's individual diagnosis. When oncologists know the specific genetic alteration a patient has, they may be able to identify a therapy that actually targets that exact mutation. The results also help to identify clinical trials the patient would be eligible for based on their molecular profile.

Immunotherapies

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

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

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

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

Clinical Research Drives Cancer Treatment Advancements

Every drug or therapy that is in place today to treat cancer had its start in a clinical trial.

After promising results are seen in the laboratory, medical breakthroughs then require careful research through closely monitored studies conducted in humans, called clinical trials. These studies deserve credit for new treatments of cancers that were previously considered incurable.

Studies of new cancer drugs or medical procedures are not a last resort, but rather an opportunity to expand an individual's treatment to include early access to the most effective and promising options.

More Hope on the Horizon

Scientific researchers around the globe continue their work toward a cure at a very fast pace.

In particular, researchers are focusing on several major areas to improve immunotherapy. Even though immunotherapy can prevent or slow cancer growth, cancer cells do have ways to avoid destruction by the immune system. Increased understanding of how cancer cells get around the immune system could lead to the development of new drugs that block those processes and ways to reduce the side effects of treatment.

Cancer vaccines are actually a form of immunotherapy. While several vaccines are effective in preventing diseases caused by bacteria and viruses, the development of cancer vaccines is significantly more complicated due to several factors. Currently, four vaccines that can help prevent cancer and two vaccines that treat cancer have been approved by the U.S. Food & Drug Administration.

Increasingly, immunotherapy and other exciting new advancements are leading to the development of truly targeted therapies to achieve the best possible outcome. Hope is clearly on the horizon. Patients with cancer and their health care teams have more options to pick from than ever before, with more on the way.

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. Over the past five years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with FCS participation.* Trained in such prestigious medical schools and research institutes as Duke, Stanford, Harvard, Emory, MD Anderson and Memorial Sloan Kettering, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

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 values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



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Happy New Hair!

OUT WITH THE BALD, IN WITH THE NEW

by Alan J. Bauman, MD, ABHRS



*Did you know...
More than half of the people
who make New Year's
resolutions have dropped
them by the end of January,
and almost everyone has
put them in their rearview
mirror by the end of March?*

Why is that? Well, sometimes the goals are unrealistic (lose 30 pounds by March; stop smoking cold turkey), there's no concrete plan, or there's no one partnering with them to help keep them on track.

At Bauman Medical we formulate an individualized treatment plan for every patient, promising only hair goals we know are realistic. And we encourage and support you throughout whatever type of hair restoration or hair growth solution we determine is best for you.

Below are some (but not all) of the exceptional products and services Bauman Medical offers that address just about any hair goal you might have, with something for every budget.

HOME USE

Low-Level Laser Light Caps

A popular option for people with thinning hair are our low-level laser light caps (we have five models). Bauman's LaserCaps™ are drug-free, chemical-free, non-invasive, FDA-cleared, and can be used at home on your schedule. Proper and consistent use of medical-grade low-level laser light therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promoting hair regrowth.

Our newest and most high-tech LaserCap, the TURBO LaserCap™, is especially popular. Here's why:

- Usage requires just five minutes per day.
- Its 300 high-quality laser diodes deliver more energy and power to 25% more area of the scalp than any other portable hands-free laser hair regrowth device on the market.
- It's easy to travel with. Its flexible spine lets you fold it flat.
- It has a long battery life, requiring fewer recharges.
- It's adjustable for a perfect fit for you and someone else you'd like to share it with.
- It has a lifetime warranty.

IN-OFFICE PROCEDURES

Some situations require in-person visits to get your hair follicles in tip-top shape. (It's not unusual for patients to fly in from long distances specifically to see us). Below are some of our most popular procedures.

PRP (Platelet-Rich Plasma)

PRP is comfortable and takes only about an hour. It requires no recovery or downtime.

Platelets and plasma are separated from other components of a small sample of your blood, then concentrated and painlessly applied into your scalp under local anesthesia where weak hair follicles exist. When performed using the appropriate concentration of platelets and proper application techniques, you can expect hair growth improvements that last a year or more from a single treatment.

PDOgro™

Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic, absorbable FDA-cleared material.

PDO threads placed into the scalp have been shown to stimulate hair regrowth. Typically performed in combination with PRP in a no-downtime "lunch-break" procedure, the threads are comfortably applied into the scalp. They dissolve and are absorbed over time. They safely stimulate collagen production, new blood vessel formation, and the release of powerful rejuvenating growth factors.

The PDOgro™ procedure may help prevent or reduce the need for future hair transplantation by stopping, slowing, or reversing hair loss.

FUE (Follicular Unit Extraction)

FUE is an advanced, minimally invasive method of harvesting DHT-resistant hair follicles directly from the sides and back of the scalp, as little as one follicle at a time without a scalpel incision or the need for sutures or staples.

FUE replaces the older invasive method of "strip" or linear harvesting known as FUT (Follicular Unit Transplantation), which leaves a telltale linear scar. FUE requires a shorter, more comfortable, and less restricted recovery than the strip-harvest FUT procedure. Skillfully and artistically performed with the help of sophisticated robotic or mechanical/manual devices, FUE hair transplantation provides a permanent, natural-looking result.

VIP|FUE™ No-Shave Long-Hair Preview

VIP|FUE™ is the most discreet hair transplant available. It has all the advantages of traditional FUE but requires



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



Before and after FUE Hair Transplant by Dr. Alan Bauman

no trimming or shaving of the donor area and therefore produces no dramatic change in your hairstyle. It's called a "preview" because it allows you to see the results of your transplant immediately after your procedure. VIP|FUE™ is a highly advanced, technical procedure that requires special skill and instrumentation, and is only available here at Bauman Medical.

TED

TED (TransEpidermal Delivery) is ideal for people who want to improve the overall thickness and appearance

of their hair but have avoided getting medical treatment because they're averse to needles or having their blood drawn. TED is needle-free, pain-free, requires no anesthesia of any kind, and is highly effective.

It involves applying a specialized topical hair growth serum on your scalp in the treatment zone. A handpiece that looks like a small massage gun is moved slowly over the scalp, emitting safe ultrasonic sound waves and air pressure for 20-25 minutes. This process gently enhances the penetration of the serum into the scalp by temporarily increasing scalp permeability and stimulating the hair follicles. TED is clinically proven to help minimize shedding and improve hair growth and scalp health within minutes.

LEARN MORE

OK. I know. It's hard to make that first contact. I feel that way sometimes when contemplating

doing something I've never done before. But I can assure you, from your first contact with us, you'll feel like you're our most important patient. Why wait another day? Let's talk to see what treatment regimen is right for you.

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 at **www.baumanmedical.com**.



Genetics and Hair Loss

- There are now over 200 known DNA locations (genes and 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 gene, hair loss can skip generations, skip siblings, etc.
- Consumer DNA tests (e.g. TrichoTest™) include a prediction of whether you are likely to experience hereditary hair loss and what treatments will work best for you based on your unique DNA.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHR 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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EmFace uses advanced radio frequency technology to lift and tighten the skin, reducing the appearance of fine lines, wrinkles, and sagging skin. The treatment is quick, painless, and requires no downtime, making it the perfect solution for busy individuals looking to maintain a youthful appearance without the need for surgery or injections.

But don't just take our word for it – the results speak for themselves. Clinical studies have shown that EmFace can significantly improve skin elasticity and tighten sagging skin, resulting in a more youthful and rejuvenated appearance. And with regular treatments, the results only get better over time.

EmFace is suitable for all skin types and can be used to treat a variety of concerns, including wrinkles, fine lines, sagging skin, uneven skin tone, and more. It is a safe and effective alternative to invasive procedures, such as facelifts and dermal fillers, and can be customized to meet the specific needs and goals of each individual client.



Medical Director, Daniela Dadurian M.D.
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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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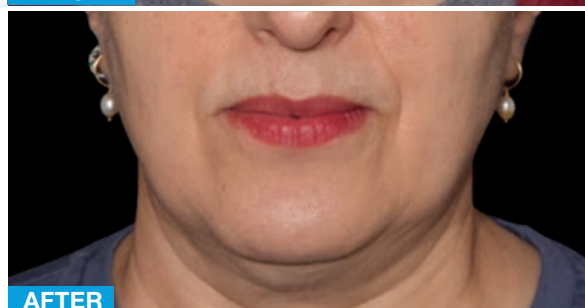
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BEFORE

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At MD Beauty Labs, we are dedicated to providing our clients with the latest and most effective skincare treatments on the market. That's why we are proud to offer EmFace by BTL as part of our extensive range of services. Our experienced and knowledgeable staff will work with you to create a personalized treatment plan that addresses your specific skincare concerns and goals.

We understand that choosing the right skincare treatment can be overwhelming, which is why we offer complimentary consultations to help you make an informed decision. Our team will take the time to listen to your concerns, assess your skin, and provide you with all the information you need to make an informed decision.

So why wait? Visit MD Beauty Labs today and discover the transformative power of EmFace by BTL. Your skin will thank you! With our commitment to excellence and dedication to delivering the best possible results, you can trust that you are in the best hands at MD Beauty Labs. We look forward to helping you achieve the radiant, youthful skin you deserve.

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NEW 1st-of-it's-kind potential cure for Erectile Dysfunction and Peyronie's over 95% Success



SIMPLY MEN'S HEALTH IS QUICKLY GRABBING ATTENTION AS BOCA RATON'S #1 MEN'S SEXUAL HEALTH CLINIC & LEADER IN THE FIELD.

In 2015, Dr. Joan Katz, a Harvard-trained physician and owner of Simply Men's Health was the first to introduce ED shockwave and revolutionized the treatment of ED with RejuvaWAVE®.

And now again in 2022, Dr. Katz introduces the game-changing RejuvaWAVE Multi-Wave Shockwave™, the first-of-its-kind therapy, boosting the success rate to over 95% curing ED and Peyronie's Disease and reversing the inevitable aging process.

Turn back the clock with Simply Men's Health most advanced, cutting-edge treatments. Men of all ages can once again enjoy the spontaneous, active sex life they enjoyed in their youth.

ATTENTION MEN!

NOT ALL ED SHOCKWAVE IS THE SAME

Since Simply Men's Health pioneered the new standard of care with RejuvaWAVE®, many clinics have popped up offering different versions of shockwave. However, not all ED shockwave treatments are the same. Unfortunately, many men have sought treatment at franchise operations gone, often not owned by physicians, and have been disappointed. Some have even paid thousands of dollars to franchises touting 1000's of procedures performed and got little to no results. We know the genuine RejuvaWAVE® protocol works and we want you to experience the difference RISK FREE!



If you have tried shockwave treatment at another clinic or at our previous Glades Road location which was shared with another clinic, Simply Men's Health wants you to experience for yourself the genuine RejuvaWAVE® DIFFERENCE performed by our highly trained and certified technicians: Call Simply Men's Health and get one FREE session – absolutely NO obligation – No fee – No purchase! Judge for yourself as Jeff, one of many of our happy patients states:

"I've come to Simply Men's Health. I had gone to a previous place... this one is the REAL deal. Absolutely a completely different procedure. Everything is much better. The procedure working the first time. Completely satisfied."

HOW DOES REJUVAWAVE MULTI WAVE SHOCKWAVE DIFFER FROM OTHER SHOCKWAVE THERAPIES?

The NEW RejuvaWAVE Multi-Wave ShockwaveSM protocol is the first-of-its-kind ED treatment combining acoustic pressure waves and state-of-the-art photobiomodulation technology to synergistically treat the root cause of the problem, not just the symptoms. This multi-wave shockwave treatment distinguishes itself from all others by our proprietary multi-modality protocol, the RejuvaWAVE® application technique combined with low-level red and near infra-red laser technology, we use the state-of-the-art Storz medical device and lasers. As a result, RejuvaWAVE Multi-Wave ShockwaveSM ED treatment has over a 95% success rate curing ED and Peyronie's.

WHAT ARE THE BENEFITS OF REJUVAWAVE MULTI WAVE SHOCKWAVESM?

RejuvaWAVE Multi Wave ShockwaveSM NATURALLY restores spontaneous sexual function, gives you harder and longer lasting erections, and increases penile sensation

- **100% SAFE and Non-invasive**
- **Drug Free, Needle Free, Pain Free**
- **No downtime, No side effects**
- **Activates your body's own stem cells and healing power**
- **Stimulates cellular metabolism and ATP production**
- **Promotes tissue regeneration**
- **Dissolves micro-plaque in blood vessels restoring blood flow**
- **Stimulates growth of new blood vessels increasing blood flow**
- **Breaks up scar tissue decreasing the curvature of Peyronie's Disease**
- **Stimulates regeneration of nerve tissue improving sensation and pleasure**
- **Promotes natural growth in penis size and girth**
- **Improves sexual performance**
- **Over 95% patient satisfaction**



WHAT IS REJUVAWAVE® MULTI-WAVE SHOCKWAVE LASER PROTOCOL?

This state state-of-the-art, scientifically proven technology combines a proprietary acoustic pressure wave application technique along with photobiomodulation. Photobiomodulation employs a combination of cold, low-level red and near-infrared laser therapy which reduces oxidative stress and stimulates mitochondrial ATP production. Photobiomodulation works synergistically with shockwave to stimulate cellular metabolism, enhance blood circulation, promote tissue regeneration, and stimulate the growth of new blood vessels and nerves in the treated areas.

Unlike pills which lose effectiveness over time, our treatment heals damaged tissue and reverses the hands of time, helping men return to their younger, healthier selves and enabling men to enjoy a spontaneous sex life again. The results have been nothing short of amazing!

"I haven't been able to get an erection in 5 years... After several visits I noticed improvements. After a couple of months, I was able to have a spontaneous sex life again. You gave me my life back." - Bob M.

HOW TO EXPERIENCE THE REJUVAWAVE® DIFFERENCE

Pick up the phone ONE CALL can change your life!

We respect your time and privacy.

Each client receives individualized care from our experienced staff of physicians.

We pinpoint the exact cause of your Sexual health challenge and create a customized Treatment protocol.

**Call today and enjoy
a Spontaneous and Active Sex life again.**



*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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25-50% OFF ALL SERVICES**

SimplyMensHealth.com

100% SAFE • Non-invasive • No Down Time • No Side Effects

Goodbye Gum Grafts

Gum recession treatment is easier than ever thanks to the Chao Pinhole Technique®. The Pinhole Technique replaces gum grafts with a quick, simple, and non-invasive procedure that works just as well.

Hello Pinhole

The Pinhole Technique is performed without grafting. Scalpels and sutures are unnecessary. You can expect little to no downtime.

The benefits of the Pinhole Technique are many:

- Less discomfort after treatment
- Fast recovery
- No need for uncomfortable sutures
- No need for scalpels or invasive surgical tools
- No need to take tissue from your palate
- Excellent, natural-looking, long-lasting results

How Pinhole Works

Gum recession is a common dental problem that requires care.

The Pinhole Technique involves replacing your lost gum tissue with tissue from the immediate vicinity. It's a natural and conservative approach with little risk of complication.

With the Pinhole Technique, a pin-size hole is made in your existing gum tissue, just above or below your tooth. Then, small periodontal instruments are used to gently loosen your gum tissue. The gum tissue is moved into place to cover the exposed root structure of your tooth and restore the appearance of your gumline. Your body simply adjusts to the slight movement in gum tissue and periodontal health is restored.



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Pinhole Technique

LANAP Gum Rejuvenation

Karen, actual patient



Does Pinhole Cost More?

Costs associated with the Pinhole Technique procedure are about the same as a gum graft procedure. As with gum grafts, most dental benefits providers cover the Pinhole Technique, though individual policies can vary.

Trained Specialist

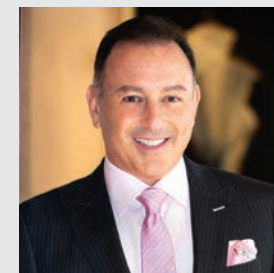
Palm Beach Gardens Periodontist Dr. Lee R. Cohen completed postdoctoral training and Pinhole Technique Certification with the doctor who pioneered the procedure. Dr. Cohen sought the training because he wanted his patients to have faster results and less pain. He was one of the first gum surgery specialists in the country to offer the Pinhole Technique.

We Care A Lot

Everything in our periodontal care practice begins with a conversation about you.

- We talk and learn about you
- Review your needs
- Make a plan to prioritize health and appearance

Treatment begins when you're ready. Dr. Cohen's gentle touch, friendly chairside manner, and consistent follow up get rave reviews.



About Dr. Lee R. Cohen

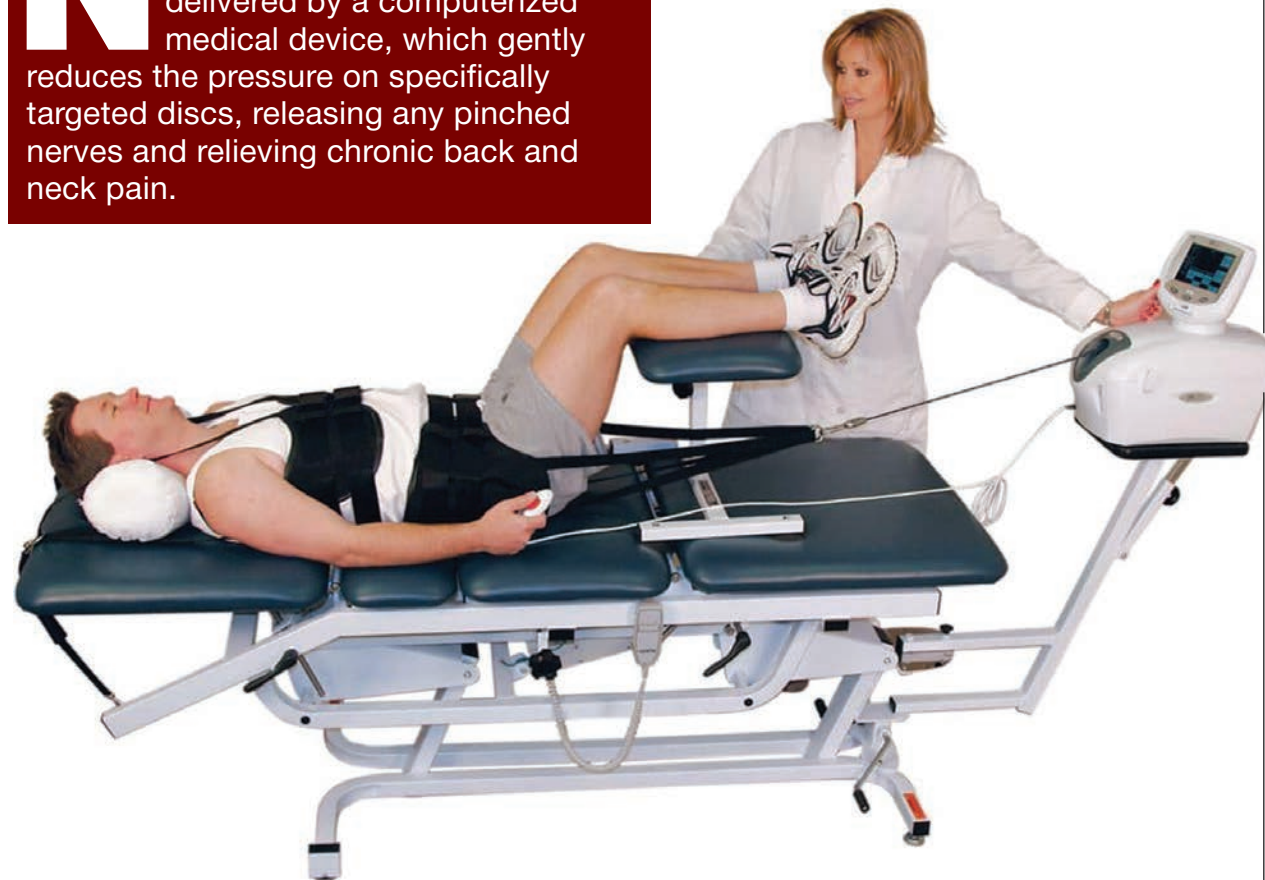
Dr. Lee R. Cohen, D.D.S., M.S., M.S. is a dual-board certified periodontal and dental implant surgeon.

- NYU, Doctor of Dental Surgery; Master's in Health Policy & Management
- University of Florida, Master's of Science in Periodontology, served as chief resident
- Emory University, Bachelor's in Biology

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
No drugs used at all through the process.



Cobblestone Spine & Joint Institute
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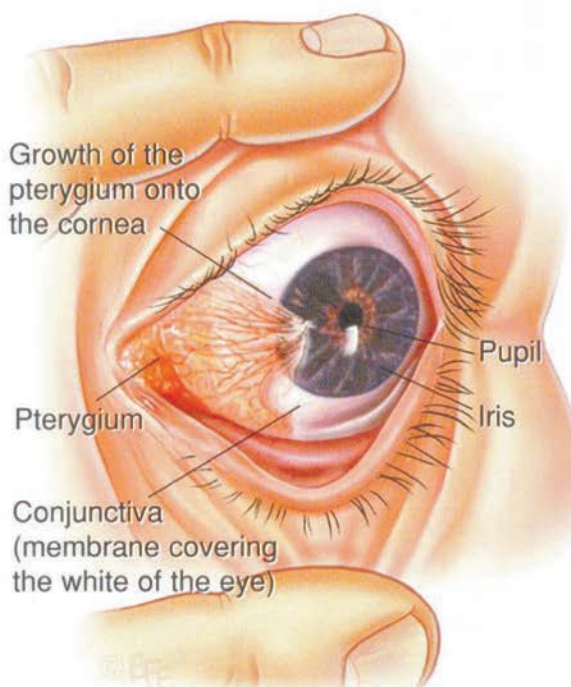
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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.

561-630-7120 | www.goldmaneye.com

SELFIES



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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