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MAGAZINE

February 2023

North Palm Beach Edition - Monthly

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AND THE HAIR  
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GALLBLADDER CANCER**

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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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# GALLBLADDER CANCER

**G**allbladder cancer is a rare disease. The American Cancer Society estimates that in the United States, 6,570 women and 5,750 men will be diagnosed with cancer of the gallbladder or nearby large bile ducts in 2023. It occurs more frequently in women than in men, and the incidence is higher for Latinos, Mexican Americans and Native Americans. It is most often found in people over the age of 65; the average age at diagnosis is 72.

## A Closer Look

The gallbladder is a small, pear-shaped organ under the liver, located behind the right lower ribs. By adulthood, it is usually about three to four inches long and no wider than one inch. Its basic function is to store bile, a fluid produced by the liver that helps break down fatty foods as they pass through the small intestine.

Interestingly, while the gallbladder helps to digest food, we don't need the organ to live. Many people have their gallbladders removed due to chronic inflammation and go on to live normal lives.

Nearly all gallbladder cancers are adenocarcinomas that start when cells in the inner layer of the gallbladder grow out of control and spread through the outer layer. It is not usually found until it has become advanced and spread outside of the gallbladder and causes symptoms. In fact, only about one of five cases are found in the early stages.

## Chronic Inflammation: A Common Risk Factor

Many of the risk factors that make a person more likely to develop gallbladder cancer are related to chronic inflammation in the gallbladder.

The majority of people with gallbladder cancer have gallstones at the time of diagnoses. People with porcelain gallbladder, a condition in which the wall of the gallbladder becomes covered with calcium deposits after long-term inflammation often caused by gallstones, have a higher risk of developing gallbladder cancer.

Even though gallstones are very common, most people with gallstones never develop gallbladder cancer.

## Detecting & Diagnosing Gallbladder Cancer

Because there are no signs or symptoms in the early stages, gallbladder cancer is difficult to find and diagnose before it becomes advanced. Its location deep inside the body does not allow for early tumors to be seen or felt during routine physical exams, and there are no blood tests or other screenings that reliably detect early gallbladder cancers.

Symptoms of gallbladder cancer often become known when bile ducts become blocked, and the most common symptoms include:

- Pain in the stomach, often in the upper right part of the belly.
- Jaundice (yellowing of the skin and whites of the eyes).
- Nausea and/or vomiting.
- Lumps in the abdomen.
- Fever.

## Other less common symptoms can include:

- Weight loss and/or loss of appetite.
- Abdominal swelling.
- Dark urine.
- Light-colored or greasy stools.
- Itchy skin.

It's important to remember that gallbladder cancer is rare, and many of these symptoms can occur with other more common illnesses. Regardless, it is important to contact your health care provider if you experience any of these problems.

If your doctor suspects gallbladder cancer is present, a complete health history and medical exam will be among the first steps. Blood tests may be ordered to measure liver function and/or the presence of certain substances that can signal disease. A variety of imaging tests, such as CT scan, ultrasound or magnetic resonance imaging (MRI), may also be helpful to confirm a diagnosis.

## Treatment

When gallbladder cancer is confirmed and the stage is determined, it is placed into one of two treatment groups.

If cancer is localized, meaning it is found in the wall of the gallbladder, it may be treated with a cholecystectomy, a surgical procedure to remove the organ and some of the tissue around it. If the cancer has spread and cannot be removed, other surgical procedures may be used to drain bile and help relieve symptoms. Radiation therapy and chemotherapy can also be used to destroy cancer cells.

Treatment decisions are also dependent on the age, general health and personal preferences of each patient.

## New Treatment Options Through Clinical Trials

Researchers are constantly seeking new ways to treat and prevent cancer, and an important part of that research is informed by clinical trials. These studies, supervised by clinicians who are cancer experts, can offer patients access to safe and effective new treatments that may be better than the existing standard treatments and not available elsewhere. Doctors can guide patients to identify whether a clinical trial exists and may be recommended.

## An Ounce of Prevention

Many of the known risk factors for gallbladder cancer are things we cannot control, such as gender, age, ethnicity and bile duct conditions. However, lifestyle habits and choices can help minimize the risk for all forms of cancer:

- Stay physically active and maintain a healthy weight.
- Follow a healthy diet that includes plenty of vegetables, fruits and whole grains, and limits highly processed foods, sugar and red meat.
- If you drink alcohol, limit consumption.
- If you don't smoke, don't start, and if you do smoke, do your best to quit.



Staying in tune with your body and regular checkups with your health care provider increase your chances of staying healthy and identifying cancer and other illnesses early, when treatment options are at their best.

## World-Class Cancer Treatment Close to Home About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

Florida Cancer Specialists & Research Institute 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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# LOVE IS IN THE AIR AND THE HAIR AT BAUMAN MEDICAL

by Alan J. Bauman, MD, ABHRS

**F**ebruary is the month of love, so it got me reflecting on some romantic comedies I've seen that I particularly enjoyed. Do you remember the 2005 film, "Hitch," starring Will Smith? It's about a "date doctor" who helped men, who didn't know how, get the women of their dreams – even ones they didn't think were get-able.

Well, I realized that I have something in common with Hitch. I'm a "hair doctor," and I can often help you get the *hair* of your dreams – even when you think that kind of hair isn't get-able (minus all the drama).

And then there was the 2000 movie, "What Women Want," starring Mel Gibson, and I thought about the fact that one of the things many women tell me they want is a man with hair!

OK. Enough of the silly romantic movie references. Let's get serious.

Losing your hair is no laughing matter, and in my practice there's no "one size fits all" approach to helping you restore it. That's why during my 25 years in practice, I've

researched, carefully chosen, and added numerous options to produce the best possible result for each individual's particular situation (for both men and women).

There are too many to include in this article, but here are several of my favorites (and patient favorites as well).

## TED

Patients tell me it's easy to fall in love with TED. TED (Trans-Epidermal Delivery) is a highly effective innovation that treats hair shedding, hair loss, and thinning hair.

It's ideal for people who've avoided getting medical treatment for thinning hair, like PRP, because they're averse to having their blood drawn.

*TED is needle-free, pain-free and requires no anesthesia.*

Your skin (including your scalp) is designed to keep out moisture and other substances we might come into contact with in our environment. That's good for our health but not ideal if we're trying to get beneficial substances past this barrier.

That's where TED comes in.

## How it works

First, we slowly move our FDA-cleared Class 1 medical device that looks like a small massage tool over your scalp. Gently it emits safe ultrasonic sound waves and air pressure. There is a little vibration, but no discomfort or pain whatsoever. (Many patients fall asleep at this point because it's so relaxing!)

Then, we apply a specialized topical hair growth serum on your scalp in the treatment zone and move the device over the area where we want the serum to be absorbed.

The 20-25-minute process enhances the penetration of the serum into your scalp by temporarily increasing scalp permeability and blood flow. It also stimulates hair follicles to produce thicker, stronger, healthier hair. And here's an amazing fact. TED has been clinically proven to start minimizing shedding and improve hair growth and scalp health within minutes. That's right. *Within minutes.*

## What does TED do best?

TED is ideal for patients wanting to improve their hair's overall thickness and appearance. It treats early male or female pattern hair loss, excessive shedding and enhances other hair growth therapies you may already be doing. It also addresses hair loss after COVID or other infections, patchy beards, and even weak eyebrows.



*TED: TransEpidermal Delivery for Hair Shedding and Hair Loss, is a Needle-Free, Pain-Free Hair Restoration Treatment with No Local Anesthesia needed and takes about 20-25 minutes.*



Before and After  
2 TED Treatments  
by Dr. Alan Bauman

### FUE (Follicular Unit Extraction)

FUE is an advanced, minimally invasive method of harvesting hair follicles from the sides and back of your scalp (those not affected by DHT, the

hormone that makes hair fall out), 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 had a longer, more uncomfortable recovery and leaves a telltale linear scar. FUE provides a permanent, natural-looking living and growing result, with no linear scar to hide.

### Getting Started

Interested in falling in love with your hair again? Make a date with me, your personal “Hair Doctor,” and I’ll tell you about your many options – and you don’t even have to give us a box of chocolates. Just 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*.



### PRP (Platelet-Rich Plasma)

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

### PDOgro™

Researched and developed here at Bauman Medical, we were the first U.S. hair restoration clinic to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material placed in the scalp to stimulate hair growth. The threads dissolve and are absorbed over time, safely stimulating collagen production and new blood vessel formation, and triggering the release of hair rejuvenating growth factors within the skin. Typically done with PRP, the results can last 12-18 months.

## TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A top hair restoration physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair regrowth, as well as the latest in hair transplantation procedures. A top hair restoration physician has typically been recognized by his peers and the industry as a pioneer, leader, expert, and educator in the field.
- Look for a full-time hair transplant surgeon certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Avoid part-time or “non-core” cosmetic physicians/plastic surgeons who may offer multiple types of cosmetic procedures on their “menu,” but lack specific expertise, training, credentials, and experience in hair restoration.
- Due to the limited number of full-time, experienced ABHRS-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and-or consult “virtually” via a simple video call, one-on-one with your doctor.
- Avoid the lure of coupons, discounts, or free consultations when seeking cosmetic treatments or procedures, especially hair transplants. Consider if a surgeon offering a “Free Consultation,” “Discount,” or “Rebate” truly has your best interest in mind.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures, and most importantly, ask questions about how to achieve your desired results and what should be done to maintain them.
- Ask for a referral from your primary care doctor or dermatologist to a full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

## 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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MD BEAUTY LABS IS EXCITED TO INTRODUCE **MOXIE BY SCITON**, A REVOLUTIONARY NEW LASER TREATMENT THAT OFFERS A RANGE OF BENEFITS FOR OUR CLIENTS. MOXIE IS A VERSATILE LASER THAT CAN ADDRESS A VARIETY OF SKIN CONCERNS, INCLUDING SUN DAMAGE, FINE LINES AND WRINKLES, UNEVEN SKIN TONE AND TEXTURE, AND EVEN ACNE SCARS.



One of the key features of Moxie is its ability to deliver precise, controlled energy to the skin. This allows our skilled practitioners to target specific areas of concern and deliver effective treatment without damaging surrounding tissue. The result is smoother, clearer, and more youthful-looking skin with minimal downtime.

In addition to its precision, Moxie is also a safe and effective treatment option for a wide range of skin types and tones. Its innovative technology allows for customizable treatment settings, ensuring that each client receives the right amount of energy for their unique skin concerns and goals.

One of the most popular uses of Moxie is for the treatment of sun damage and uneven skin tone. Sun exposure can cause hyperpigmentation, age spots, and uneven skin tone, which can make skin appear older and less radiant. Moxie's laser energy targets and destroys the excess pigment that causes these imperfections, leaving the skin looking smoother and more even.





Moxie is also highly effective for reducing the appearance of fine lines and wrinkles. As we age, our skin's natural collagen production decreases, leading to the development of wrinkles and sagging skin. Moxie's laser energy stimulates the production of collagen, which helps to tighten and firm the skin, resulting in a more youthful, rejuvenated appearance.

In addition to these cosmetic benefits, Moxie can also be used to treat acne scars and other scarring on the skin. Its laser energy targets the underlying tissue, stimulating the production of new collagen and elastin, which helps to smooth out and soften the appearance of scars.

Moxie is a quick and easy treatment, with most sessions lasting only 30 minutes or less. There is little to no downtime following treatment, so clients can return to their normal activities immediately. While some redness or swelling may occur, these side effects are typically minimal and resolve within a few days.

Overall, Moxie by Sciton is a safe and effective laser treatment that can address a variety of skin concerns and help clients achieve smoother, clearer, and more youthful-looking skin. If you're interested in learning more about Moxie and how it can benefit you, we encourage you to schedule a consultation with one of our skilled practitioners at MD Beauty Labs. We look forward to helping you achieve your skin goals!



**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.

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# Enjoy a Spontaneous Sex Life Again – Rekindle the Spark!

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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<sup>SM</sup>, 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 Shockwave<sup>SM</sup> 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 Shockwave<sup>SM</sup> ED treatment has over a 95% success rate curing ED and Peyronie's.

## WHAT ARE THE BENEFITS OF REJUVAWAVE MULTI WAVE SHOCKWAVE<sup>SM</sup>?

RejuvaWAVE Multi Wave Shockwave<sup>SM</sup> 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  
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No Down Time  
No Side Effects**



# ARE YOU STRUGGLING WITH HEARING LOSS?

**D**ebra Shadoff, Doctor of Audiology, has been practicing in Palm Beach County for over 25 years. Prior to opening Audiology with a Heart in 2004, she worked for the Deaf Service Center/Hearing Wellness Center in West Palm Beach.

Dr. Shadoff received her Bachelor of Science degree from the University of New Hampshire, her Master's degree from Gallaudet University and her Doctor of Audiology from A.T. Still University. She credits reading the life stories of Helen Keller and Laura Bridgman for her interest in hearing loss and American Sign Language. While in school, Audiology offered a unique way to bridge medicine, psychology and technology which appealed to her desire to help people.



Audiology with a Heart was established in 2004 to address the needs of the hearing impaired in a no-pressure, non-profit environment. Her goal is to help people navigate the confusing world of hearing loss, whether you are new to hearing aids or an experienced user. The agency attends health fairs and offers presentations to clubs and other groups: awareness about the effects of hearing loss is key to treating that hearing loss.

Audiology with a Heart is partnered with the State of Florida amplified phone program where the state provides an amplified telephone at no cost to any Florida resident that has a hearing loss. Visit [www.ftri.org](http://www.ftri.org) for more information.

In 2022, Audiology with a Heart was awarded the "Best Place in Palm Beach County to get Hearing Aids" through the Best of Palm Beach contest through the Palm Beach Post. The office is a finalist for

the 2023 award and Debra herself is in the finals for Best Audiologist in Palm Beach County.

Dr. Shadoff is an avid reader and loves to spend time with her family and dogs. Weekends will find her wandering the West Palm Beach Greenmarket and watching football (go Pats!). She likes to bake and will often bring baked goods into the office to share with her patients.

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*With A Heart*

**(561) 366-7219**

**[audiologywithaheart.com](http://audiologywithaheart.com)**

2324 S. Congress Ave.

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**Hearing Healthcare That You Can Trust**



# Laser Treatment Replaces Gum Surgery

If you've been diagnosed with periodontal (gum) disease, you're not alone. Nearly 80 percent of us have periodontal disease in our lifetime. Sometimes surgery is recommended to save teeth and restore oral health. Now, there's an easier option.

## Introducing LANAP

For decades patients with periodontal disease endured gum pocket reduction surgery. While results are typically good with this surgery, it can be painful, and recovery takes weeks.

Today, there is Laser Assisted New Attachment Procedure or LANAP. LANAP's results mimic gum pocket reduction surgery but without the scalpels and sutures. LANAP patients experience little to no pain. Downtime is a few hours, not days or weeks.

## How LANAP Works

The LANAP treatment is a two-step process. During your LANAP visit you rest comfortably. You won't feel a thing.

To begin, we measure the depth your gum pockets. This helps us create a precise treatment protocol, designed specifically for you. Then, we use LANAP technology.

The first pass with the LANAP laser removes harmful bacteria from the pockets of your gums. It's a gentle, yet effective approach with a high success rate for eliminating gum disease.

Second, we change the LANAP laser setting to stimulate healing. On this setting, LANAP speeds gum tissue regeneration for improved oral health.

## Does LANAP Cost More?

The cost for the LANAP procedure is comparable to gum pocket reduction surgery. Most dental benefits providers cover LANAP treatment. It's a good idea to check your policy before care.

## We Care About You

Every visit to our specialty practice begins with a conversation about you. Your health needs, concerns, and desires for a great-looking outcome matter here.

- We talk and learn about you.
- Review your health history and desired outcome.
- Together we build a treatment plan for your health and appearance.

Dr. Cohen's gentle touch, friendly chairside manner, and consistent follow up get rave reviews.



Valerie, actual patient

## We Care a Lot

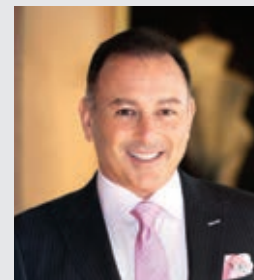
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- Together we review your health history.
- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

We care for you like you are part of our family. Our team keeps everyone in your circle of care about your care, and we check in to make sure you feel good once treatment is complete.

## Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills. Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner 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; Management
- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



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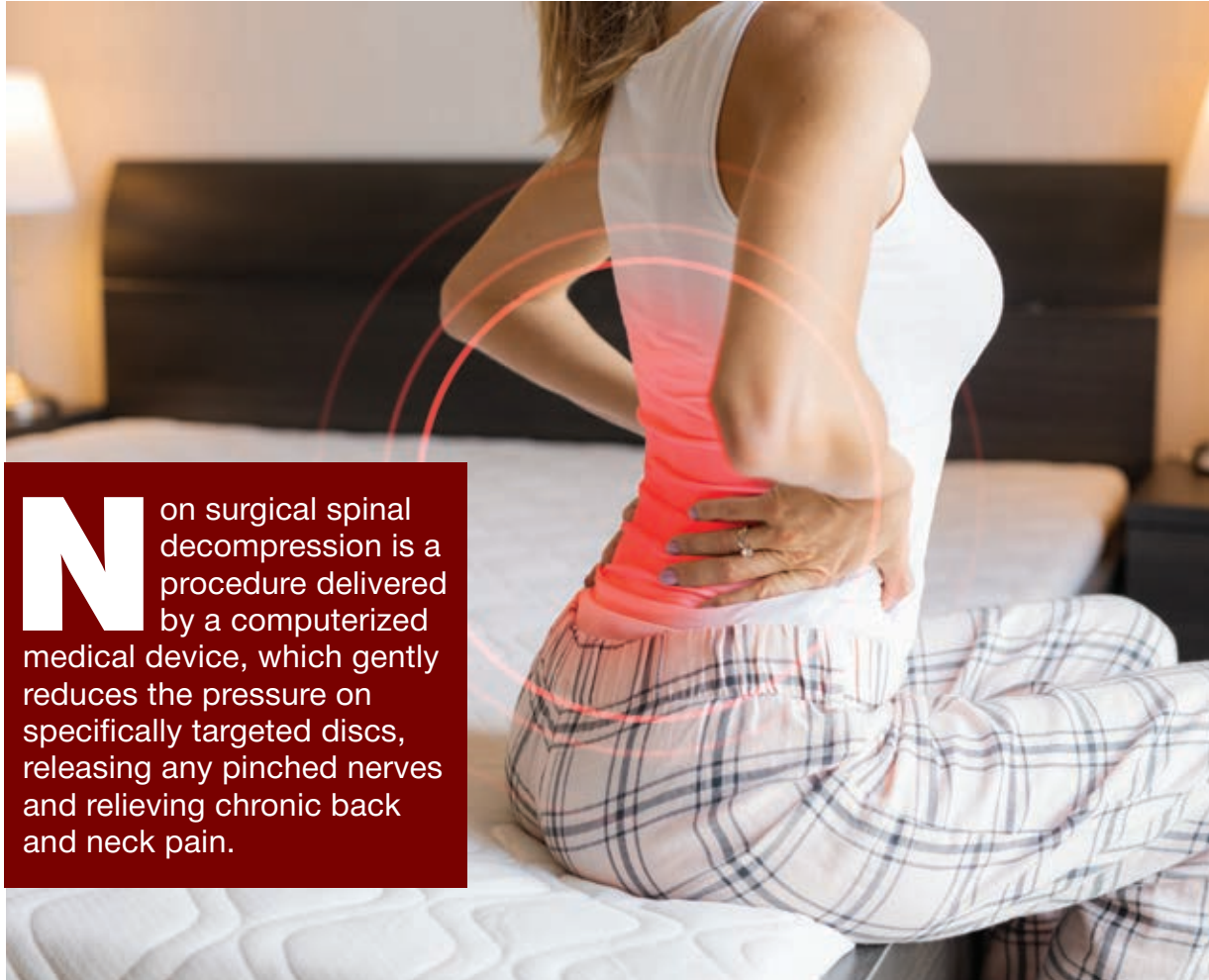
**Pinhole Technique**

**LANAP Gum Rejuvenation**



## NON SURGICAL SPINAL CARE

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



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

If you're looking for relief from chronic lower back pain, neck pain, sciatica, bulging or herniated discs, non surgical spinal decompression treatments could be the solution you've been looking for.

#### SPINAL DECOMPRESSION THEORY

Reversing the axial load, through decompression, relieves the pressure on the disc(s) and entrapped nerves. This promotes enhanced circulation to the affected area, which in turn aids the healing process, reducing inflammation and resulting in regained mobility and pain relief.

#### WHAT DOES A TREATMENT INVOLVE?

Once comfortably positioned, the unique program will be set to deliver the exact gentle force required during the 20 minute treatment. This is a painless process where the patient is comfortable and relaxed during the process.

#### IS IT A PAINFUL PROCESS?

No. Some patients may experience temporary soreness, a sign that muscles have been worked in a new way, but once total relaxation is achieved this is alleviated.

#### WHY SPINAL DECOMPRESSION THERAPY?

- To assist in the relief of chronic pain
- As an alternative to surgery
- When other treatments are not working
- To reduce a dependency on painkillers
- To achieve long-term pain relief
- To assist with a return to normal activities

#### LIVE YOUR LIFE TO ITS FULLEST

Don't miss out on the daily activities you used to enjoy. With proper nutrition, consistent therapy, and regular exercise, there's no need to be defined by an ailment. Spinal decompression might be the non-invasive treatment you need to help you live the lifestyle you want. Set an appointment at Cobblestone Spine & Joint today by calling us at **561-753-2225**.

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

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

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

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

### OUR NON SURGICAL TREATMENT IS:



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



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



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



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



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**561-753-2225**



# A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit [www.goldmaneye.com](http://www.goldmaneye.com) or call Dr. Goldman’s office at (561) 630-7120.







**I**n 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest

commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

*Brent Myers*



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