

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

Health & Wellness[®] MAGAZINE

February 2023

South Palm Beach Edition - Monthly

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FREE



**THE TOP 10 BENEFITS
OF DENTAL IMPLANTS**

**LOVE IS IN THE AIR
AND THE HAIR
AT BAUMAN MEDICAL**

**PAIN MANAGEMENT
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GALLBLADDER CANCER

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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.

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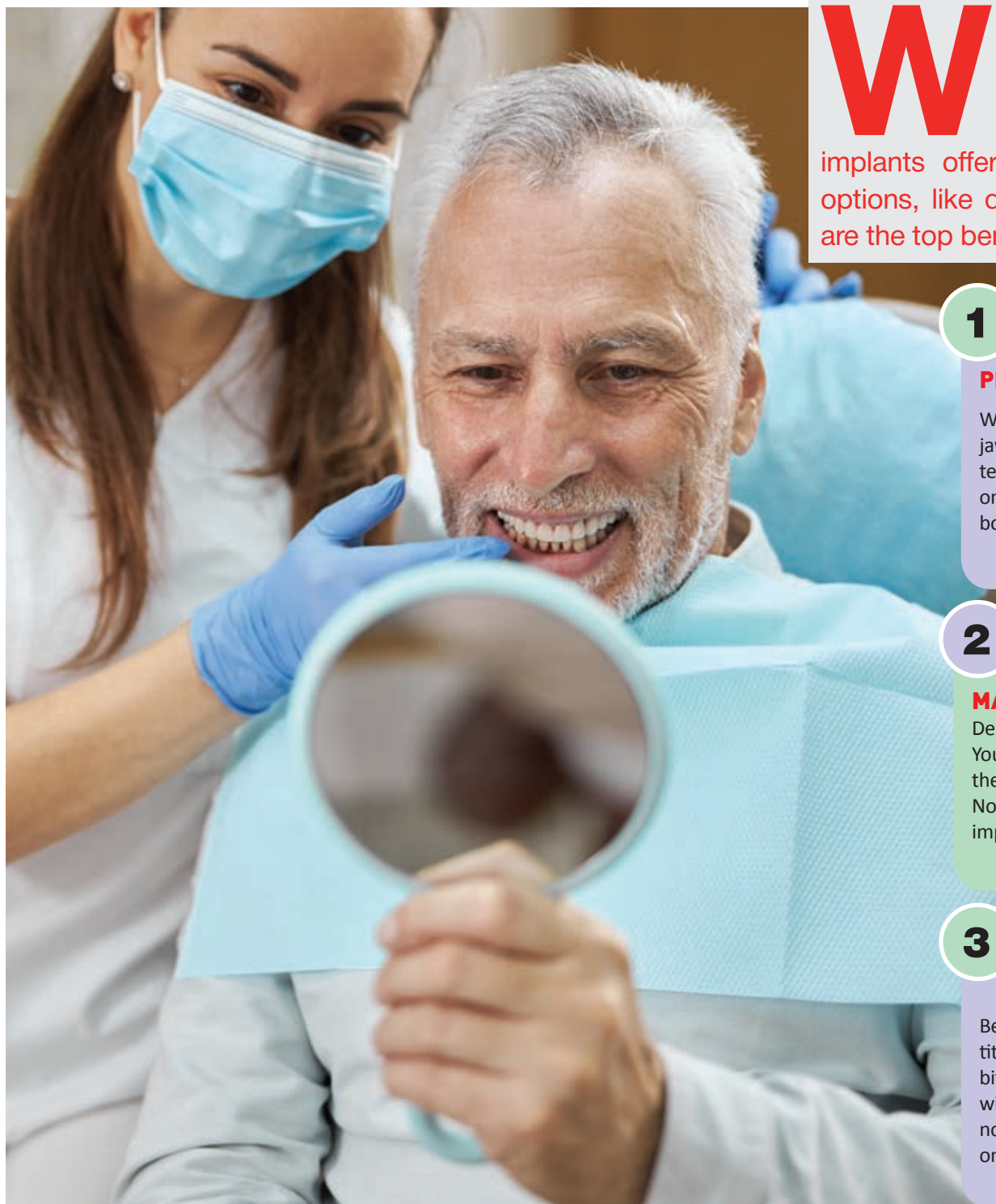
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The Top 10 Benefits of DENTAL IMPLANTS



When it comes to replacing teeth that are missing or damaged, you have several options. However, one option stands out above the rest is dental implants. Dental implants offer benefits that other tooth replacement options, like dentures or bridges, just can't offer. Here are the top benefits of this innovative option:

1

PREVENTS BONE LOSS

When you lose teeth, you also tend to lose bone mass in your jaw. Your jawbone needs the stimulation it gets when your teeth connect to maintain its mass. Dental implants are the only tooth replacement option that also replaces that jaw bone stimulation, helping to prevent bone loss.

2

MATCHES YOUR NATURAL TEETH

Dental implants come in a wide variety of shapes and sizes. Your dentist will work with you to design implants that match the color of your surrounding teeth and fit perfectly in the gap. No one but you and your dentist will know which teeth are implants.

3

RESTORES BITE FORCE

Because dental implants are anchored into your jaw with a titanium post that replaces the tooth root, they allow you to bite with more or less the same amount of force you could use with your natural teeth. Other tooth replacement options do not restore nearly as much of your bite force because they sit on top of the gums and aren't anchored in place.



4
**PREVENTS CHANGES
IN THE SHAPE OF YOUR FACE**

Your teeth help support your facial structure. When you lose teeth, you lose that support, which eventually causes your face to change shape, making you appear older. Dental implants provide similar support for your face as your natural teeth, preventing it from changing shape.

5
ENABLES NATURAL SPEECH

Some tooth replacement options, like dentures, can impact your ability to pronounce words correctly. Missing teeth can also alter your speech. Because dental implants feel and function just like natural teeth, they enable you to speak easily and naturally.

6
WON'T GET CAVITIES

Artificial teeth still need to be cared for to prevent bacteria from building up in your mouth and causing infections, but the material that dental implants are made of can't decay. You'll never have to worry about getting cavities in your dental implants!

7
EASY TO CARE FOR

Taking care of dental implants is easy! Just brush and floss like you normally would. Dental implants don't require you to buy any special products to clean or care for them. There's no need for cups, cleansing tablets, adhesive, or special flossers. You just brush and floss, just the way you would with your natural teeth.

8
NO EMBARRASSING SLIPPAGE

Patients with dentures sometimes feel self-conscious about speaking, laughing, or eating in public, as dentures can visibly shift or slip inside your mouth. Dental implants are firmly anchored in place and will never embarrass you.

9
SUPPORTS ADJACENT TEETH

A gap in your mouth caused by a missing tooth can cause the teeth on either side of the gap to shift positions, leading to misalignment. Dental implants fill the gap, allowing you to maintain a straight, even smile.

10
PREVENTS BONE LOSS

Other tooth replacement options will need to be repaired or replaced periodically, but dental implants are designed to last for the rest of your life.

If you're in need of a tooth replacement option, you should definitely consider dental implants. To find out if you're a good candidate for dental implants, you can schedule a complimentary consultation and 3D CT scan with our specialist team. Please call **(561) 205-5000** to reserve your visit! We look forward to meeting you.



Dr. Forrest is the Clinical Director of **5th Avenue DENTAL**. For 20 years, Dr. Forrest has been one of Florida's leading dentists treating some of the most challenging cases. Using a multi-specialist approach, his team is composed of four advanced trained dentists who focus on general, cosmetic, orthodontic, and implant dentistry. His team, 5th Avenue DENTAL is located here in Boca Raton in the 5th Avenue Plaza on Federal Highway. They are located next to Living Green and CVS.



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LOVE IS IN THE AIR AND THE HAIR AT BAUMAN MEDICAL

by Alan J. Bauman, MD, ABHRS

February 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
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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*.



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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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

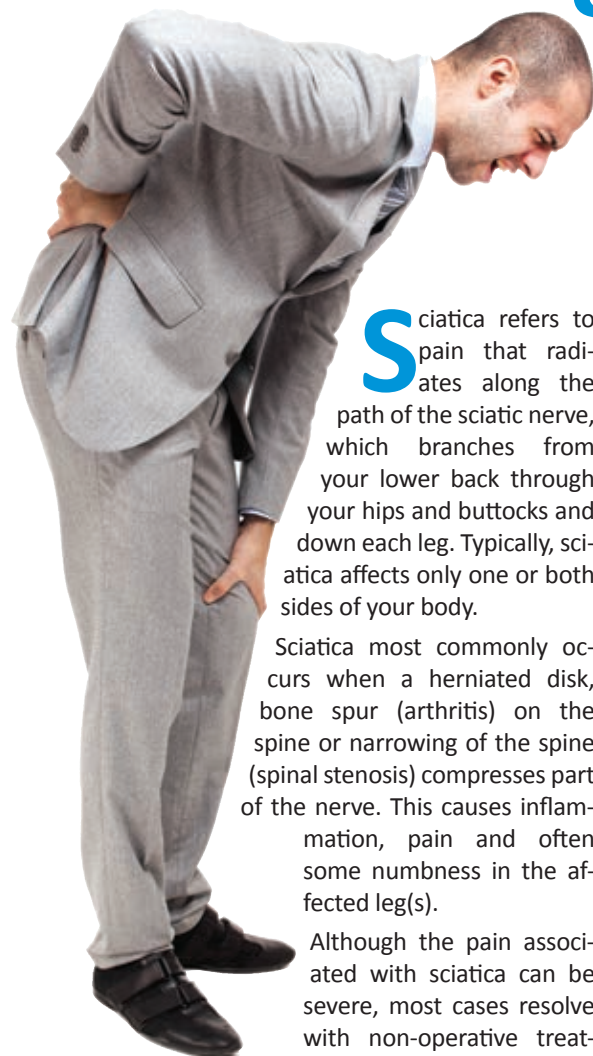
- A top hair restoration physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair regrowth, as well as the latest in hair transplantation procedures. A top hair restoration physician has typically been recognized by his peers and the industry 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 consults 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.

Pain Management for Sciatica

SCIATICA TREATMENT



By Aaron Rosenblatt, MD



Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one or both sides of your body.

Sciatica most commonly occurs when a herniated disk, bone spur (arthritis) on the spine or narrowing of the spine (spinal stenosis) compresses part of the nerve. This causes inflammation, pain and often some numbness in the affected leg(s).

Although the pain associated with sciatica can be severe, most cases resolve with non-operative treatments in a few weeks with

treatment that Dr. Rosenblatt can easily perform.

Pain that radiates from your lower (lumbar) spine to your buttock and down the back of your leg is the hallmark of sciatica. You might feel the discomfort almost anywhere along the nerve pathway, but it's especially likely to follow a path from your low back to your buttock and the back of your thigh and calf.

The pain can vary widely, from a mild ache to a sharp, burning sensation or excruciating pain. Sometimes it can feel like a jolt or electric shock. It can be worse when you cough or sneeze, and prolonged sitting or walking can aggravate symptoms. Some people also have numbness, tingling or muscle weakness in the affected leg or foot. You might have pain in one part of your leg and numbness in another part. You do not have to have low back pain to have sciatic pain.

Please call Dr. Rosenblatt when self-care measures fail to ease your symptoms or if your pain lasts longer than a week, is severe or becomes progressively worse. **Get immediate medical care if:**

- *You have sudden, severe pain in your low back or leg and numbness or muscle weakness in your leg*
- *The pain follows a violent injury, such as a traffic accident*
- *You have trouble controlling your bowels or bladder*

Sciatica occurs when the sciatic nerve becomes pinched, usually by a herniated disk in your spine or by an overgrowth of bone (bone spur) on your vertebrae. More rarely, the nerve can be compressed other tissue or damaged by a disease such as diabetes. Shingles is another common cause that would require treatment.

During the physical exam, Dr. Rosenblatt will check your muscle strength and reflexes. For example, you may be asked to walk on your toes or heels, rise from a squatting position and, while lying on your back, lift your legs one at a time. Pain that results from sciatica will usually worsen during these activities.

any people have herniated disks or bone spurs that will show up on X-rays and other imaging tests but have no

symptoms. So doctors don't typically order these tests unless your pain is severe, or it doesn't improve within a few weeks.

- **X-RAY.** An X-ray of your spine may reveal an overgrowth of bone (bone spur) that may be pressing on a nerve.
- **MRI.** This procedure uses a powerful magnet and radio waves to produce cross-sectional images of your back. An MRI produces detailed images of bone and soft tissues such as herniated disks. During the test, you lie on a table that moves into the MRI machine.
- **CT SCAN.** Can also be used for a faster imaging result or when an MRI is not allowed.

After evaluation, Dr. Rosenblatt might recommend injection of a medication into the area around the involved nerve root(s). This can help reduce and or eliminate pain by suppressing inflammation around the irritated nerve. This can greatly improve the pain and discomfort from the multiple causes of sciatica and help improve an individuals overall function. There are several different types of nerve root treatments to consider based on the location and severity of the impingement of the nerve. Usually treatment takes no longer than 5-6 minutes and can provide immediate relief!

Dr. Rosenblatt explains, "This procedure is simple and helps people of all ages to help feel less pain and function at a higher level. It is great for neck and lumbar spine pain. It will also help to avoid unnecessary spine surgery."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 17 years with great success. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

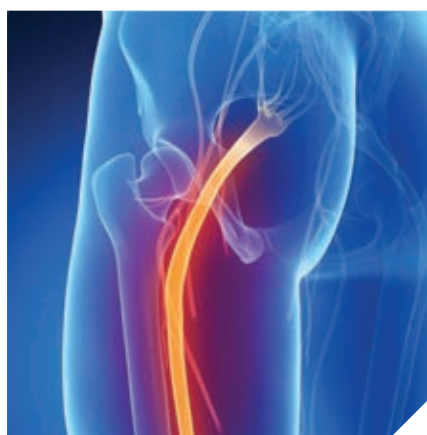
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GALLBLADDER CANCER

Gallbladder 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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MOXIE: YOUR ANSWER TO SKIN CONCERNS

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.

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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PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



Many families are not aware that once a disabled child (minor or adult), who is receiving government benefits, receives an inheritance all their government benefits will be stopped until the inheritance is spent down.

All parents worry about what will happen to their children after they die. Parents of adult children with a chronic disability have an additional concern: whether the child will have financial security.

Additionally, many families are not aware that with proper planning through a Third-Party Special Needs Trust the loss of government benefits can be avoided.

The disabled child can utilize their inheritance to provide for their health, maintenance, education and support. The Trusted Law Office welcomes you to contact us at (561) 998-6039 to schedule a free consultation with us to discuss your specific planning needs.

How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?

Do you have a disabled child who will be inheriting from your estate?

Does this disabled child receive government benefits?



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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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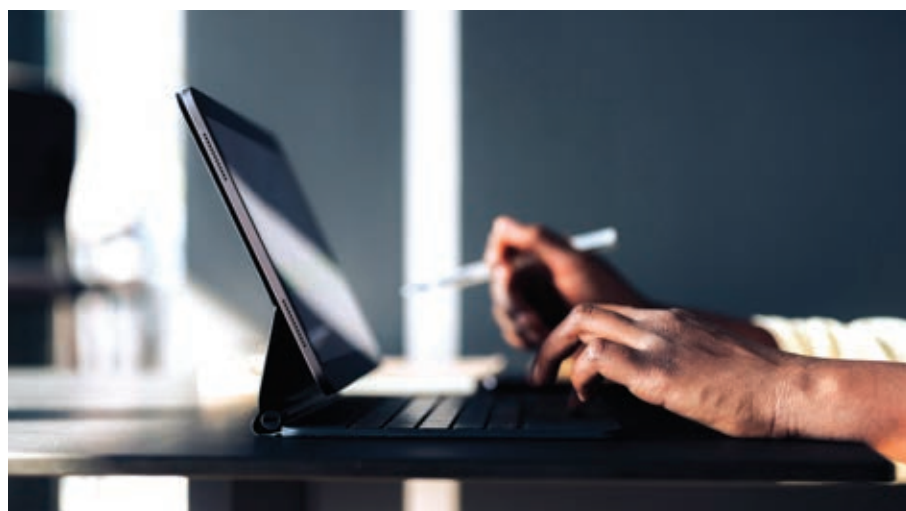
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VA APPROVED

The Play for 2023? International Stocks!

By Chris Rowe



I sent a special briefing to our flagship *Sector Focus* members.

In it, I give them everything they'll need to know to stay well ahead of other investors at least for the first half of this year.

And while I can't reveal all of that here, I think that the main points are so important that you deserve to know them.

So here are some of them.

Climbing the wall of worry, U.S. stocks seem to be stumbling up the stairs. (At least they're stumbling up and not down.)

International stocks, however, are running up the stairs like children who just ate a sugar-filled dessert. While everyone you know is debating the strength of the U.S. markets, you'll be cranking out profits using stocks and ETFs they've never heard of.

Here's some context...

The current global bull market in stocks is in its early stages, although International stocks got a major head start right under the noses of many investors.

Expect to continue to hear bad economic news but don't let that sway you from buying stocks. Especially International stocks. The economy is not the stock market.

The stock market behaves based on what investors believe the economy will be doing in 6-9 months. In fact, today's stock market strength suggests the economy will be doing pretty well in 6-9 months.

Unlike a *mature* bull market, where stock prices advance due to clear economic skies ahead with the world partying like it's 1999, an *early-stage* bull market happens when life is scary. In this type of bull market, stocks advance as they "climb the wall of worry".

The "wall of worry" is when there's clearly bad news but as the bad news is removed, the stock market moves higher.

Inflation subsidies so stocks climb...

China's economy comes back online after being hampered by harsh covid restrictions so stocks climb...

You get the idea.

The Play Is in International Stocks.

Don't take this as just another article in a sea of stock market jargon you see each week that's quickly forgotten about before the week ends.

The pivot to International Equities is the most important shift you can make in 2023. So far it looks like, although U.S. stocks look good, we should focus even more on non-U.S. stocks.

Notice how strong the **Vanguard Total International Stock Index Fund (VXUS)** (Diversified Global Stocks, all Except U.S. Stocks) looks. It has broken well above both trend lines and confirmed that the old resistance level is a new support level.



And if you think that's impressive, wait until we narrow down to the strongest International stock markets, long-term and short-term.

Subtle Brag: As far as I can tell, I am **the** top dog in the industry when it comes to calling market direction and specifically the areas of the market liable to be strongest or weakest. I’ve had a knack for it since the 90s.

The stock markets of Emerging Europe and Latin America are the strongest with confirmed long-term market strength. But Asia-Pacific is the strongest in the short-term.

Even though the Asia-Pacific stock markets haven’t yet shown enough confirmation to be considered strong in the long-term, for sure they are **the strongest markets in the short-term**.

One very easy and great way to quickly gain exposure to a stock market with huge upside potential and confirmed strength is to own the **iShares MSCI All Country Asia ex-Japan ETF (Symbol: AAXJ)**.



It has a quick 21% - 33% upside in it just in the next 6 months or sooner. This is based on a 100% or 161% Fibonacci extension of the recent move off of the low.

Look at how much higher Fibonacci studies say these Asia-Pacific markets are likely to go this year. First, look at the strongest China Market ETFs.

- China Internet (KWEB) – Fibonacci ext. 45% higher
- China Consumer Cyclical (CHIQ) – Fibonacci ext. 45% higher
- “Chindia” (FNI) – Fibonacci ext. 33% higher
- Hang Seng Tech (KTEC) – Fibonacci ext. 47% higher
- China Tech (CQQQ) – Fibonacci ext. 35% higher
- China 50 Large-Cap (FXI) – Fibonacci ext. 37% higher

Here are some other indexes based on **Asia Pacific excluding Japan**.

- iShares MSCI Pacific ex-Japan (EPP)
- The above has a “total return” index that reinvests its dividends (EPP.TR)
- Australia (EWA)
- The above has a “total return” index that reinvests its dividends (EWA.TR)
- BetaBuilders Developed Asia (BBAX)
- All Country Asia ex-Japan (AAXJ)

U.S. stocks may be going up but their strength, relative to International, is declining. It’s not even that they’re accelerating at a slower pace than International. It’s that the strength of U.S. stocks is slightly decelerating.



Again, we are talking about relative direction and relative speed. And relative strength tells us much more about the likely future than absolute direction or strength.

Now is the time to erase your old stock market stance and quickly get with the program if you haven’t yet done so.

The global markets’ price behavior reveals it currently makes sense to also have exposure to the U.S. stock market, but definitely direct your attention to International markets. That’s the real play.

Thanks for reading, and I’ll have a LOT more to say about International Equities in the coming weeks and months.



Chris Rowe
Founder and CEO, True Market Insiders

See you soon,
Chris Rowe
Founder, True Market Insiders



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“You see it in the price before you see it in the news.”

Enjoy a Spontaneous Sex Life Again – Rekindle the Spark!

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.**



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



MUSHROOMS

AND THEIR ABILITY TO HELP WITH THE IMMUNE SYSTEM

Consumption of mushrooms is known to come with a lot of health benefits ranging from boosting immune function, promoting gut health, maintaining blood pressure, and lowering cholesterol. However, not all mushrooms that are edible. In fact, some of these fungi are highly poisonous. As such, it is recommended that you get your mushrooms from reputable grocery stores only.

My Balance's **Super Mushrooms** offers one of the best ingredients with up to 10 different mushrooms that are proven to possess numerous health benefits. With a single capsule from this supplement, you are taking a blend that contains beneficial mushrooms like Cordyceps sinensis, reishi, maitake, lion's mane, shiitake, turkey tail, chaga, royal sun agaricus, white button, and black fungus.

CORDYCEPS SINENSIS

Cordyceps sinensis mushroom has a long history of use in traditional Chinese and Indian medicine, where it has been used to treat conditions like erectile dysfunction, infertility, general weakness, and arthritis. Recent scientific evidences have shown that it could increase energy levels, protect against cancer, benefit the heart, reduce aging, and fight inflammation.



LION'S MANE MUSHROOM

Also known as yamabushitake, this mushroom is quite popular for its protective effects against neurological problems. There is evidence that it contains some naturally occurring bioactive compounds, such as erinacines and hericenones, which are known to possess cognitive health benefits. Other beneficial effects may include the ability to protect against ulcers of the digestive tract, reduce the risk of heart disease, and help manage diabetes symptoms.

REISHI MUSHROOM

Also known as lingzhi, the reishi mushroom is an oriental fungus that has a long history of use in Asian traditional medicine, where it has been used in tonification, improving cardiac health, enhancing energy levels and reducing aging. It contains numerous bioactive components such as certain polysaccharides, peptidoglycans, and triterpenes. The polysaccharides have been linked to reduced blood sugar levels, anti-ulcer and anti-inflammatory effects, while a certain peptidoglycan, proteoglycan, has been found to possess anti-viral properties. Triterpenes on the other hand, have great lipid-lowering and antioxidant effects.

MAITAKE MUSHROOM

Maitake mushrooms are rich in antioxidants, beta-glucans, vitamins, and minerals. The beta-glucans in these fungi can help reduce cholesterol levels, improve cardiovascular health, and lower the risk for heart disease. Research, although in laboratory animals, showed that maitake consumption may be able to help with type 2 diabetes. Another research found that maitake could have a role to play in prevention and treatment of breast cancer.

SHIITAKE MUSHROOM

Clinical based trials have shown that regular consumption of the shiitake mushroom can help improve the body's immune system. This was manifested through increased cell activation and proliferation, and increased production of secretory immunoglobulin in the saliva. Other potential benefits from shiitake consumption may include the ability to improve heart health, protect against cancer, and boost oral health.

TURKEY TAIL MUSHROOM

The turkey tail is well known for its impressive medicinal properties. It is packed with immune-boosting polysaccharides and antioxidants like phenols and flavonoids, which possess tons of protective properties, especially against the likes of cancer, cardiovascular diseases, and nervous system-related problems.

CHAGA MUSHROOM

This antioxidant-rich fungus contains many nutrients that can boost one's health, such as vitamin D, B-group vitamins, calcium, potassium, zinc, and many other trace minerals. Some potential health benefits that may be derived from its consumption includes protection against cancer, maintaining blood pressure, and fighting arthritis.

ROYAL SUN AGARICUS

This mushroom is well known to possess antioxidant and immunomodulatory properties. Its intake has been found to be useful in managing conditions like diabetes, high cholesterol, cancer, and chronic hepatitis.

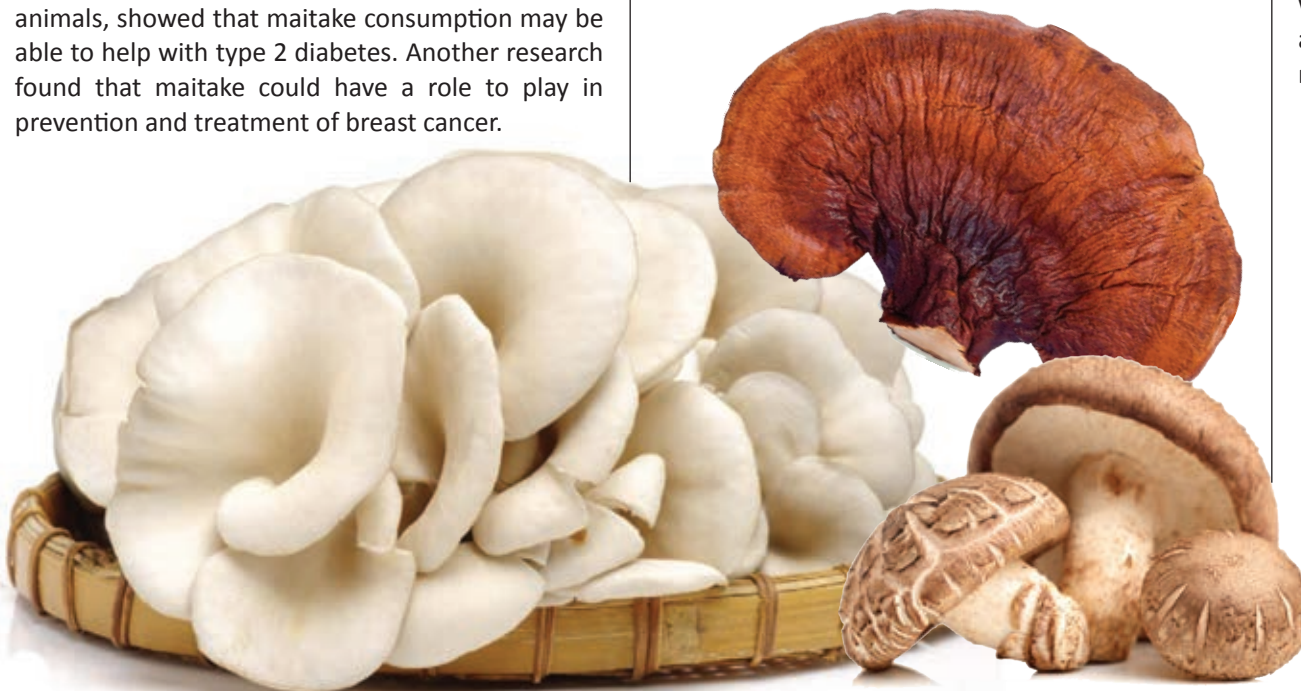
WHITE BUTTON MUSHROOM

As the most cultivated type of mushroom, the white button has a lot of health promoting properties. Research has shown that it could be helpful in fighting cancer, improving heart health, promoting gut health, and managing blood sugar levels.

BLACK FUNGUS

In traditional Chinese medicine, the black fungus has been used to treat conditions like sore throat and jaundice. These therapeutic properties might be as a result of its immune-boosting, anti-inflammatory, antiviral and anti-tumor properties.

My Balance's **Super Mushrooms** is without doubt one of the richest and carefully formulated mushroom supplement in the market. With the intake of just a single capsule, you stand to gain numerous health benefits, most of which have been mentioned above. If you are on the lookout for ways to strengthen your body, prevent infectious and degenerative diseases, then **Super Mushrooms** might be just what you have been looking for.



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WHAT DOES NEUROFEEDBACK DO? And Can It Help Me?

By Renee Chillcott, LMHC

IS IT BIOFEEDBACK?

Biofeedback is a very broad term that is used to describe a technique that allows you to learn information about your body. With Neurofeedback, we zero in on the neuron firing in the brain. So, Neurofeedback is a technique that allows you to learn information about your brain. Or more specifically, the neuron patterns in your brain. At times, Neurofeedback can be referred to as EEG Biofeedback or Brain Training.

Brain Training can teach your brain to be more balanced and more regulated. When this improved balance and regulation happens, you feel better and function better. Training your brain can help clients of all ages, as everyone can benefit from balancing and regulating their brain better.

Do you suffer from any of these?

- Anxiety
- Sleep Disorders
- Depression
- ADD/ADHD
- Sensory Processing Disorder
- Bipolar Disorder
- Seizure Disorders
- Auditory/Visual Processing
- Chronic pain/Fibromyalgia
- Migraines/Headaches
- Traumatic Brain Injuries
- Stroke
- Cognitive Decline
- Peak Performance
- Oppositional Defiant Disorder
- Rages/Mood Swings
- Attention/Focus/Concentration
- Reactive Attachment Disorder
- Autism/Asperger's
- Learning Disabilities
- Obsessive Compulsive Disorder

If you do suffer from any of the above, or anything not listed that is brain related, Neurofeedback can help. But what is it?

WHAT IS NEUROFEEDBACK?

Neurofeedback has been studied and practiced since the late 60's. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through an auditory reinforcement of "beeps" and sometimes through visual reinforcement of changes on the screen.

It is important to understand that the neurofeedback approach does not "cure" or "fix" your brain. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle "challenges" and encouragement in a user-

friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time.

HOW DOES A "BEEP" OR SOUND TRAIN MY BRAIN TO WORK BETTER?

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave activity is able to affect the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

WHY TRAIN YOUR BRAIN?

Mental clarity improves when you operate a calmer, more efficient brain. As you learn to slow down "inner chatter" or activate a "sleepy" brain, you become more effective at responding to stress and adapt more readily to different situations, both psychologically and physically. Parenting becomes less exhausting, appointments are more easily kept, decision-making improves, and mood swings and depression often lift.

Neurofeedback has also been shown to be of remarkable value with school-age children who experience

focus and learning problems. Through brain training, children can learn to better concentrate on school-work, increase their frustration tolerance level, and are less prone to be overwhelmed with sensory overload while seated in a noisy classroom. With their thoughts more organized, they can focus more clearly on what others say to them and can begin to develop friendships and learn effectively.

HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?

As the brain learns, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to see changes and we can discuss what to expect during the intake appointment. For adults changes are usually noticed within 10 sessions. Total treatment is an average of 40 sessions; however we individualize treatment – some people need more and some less.

NEUROFEEDBACK AND MEDICATION

As your brain begins to work more efficiently, medications also work better. For those who cannot take or are only marginally responsive to medication, neurofeedback can offer an alternative or supportive role to drug therapy by stimulating or inhibiting brain activity at the same basic neurological level as medication. Eventually with training, many people find they can reduce the dosages or cease taking some prescription drugs, but only after careful consultation and planning with the prescribing physician. For this reason, neurofeedback practitioners advocate consistent communication between clients and their physicians during training and encourage discussion of their neurofeedback experience with therapists and doctors so accommodations can be made as training progresses.

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP AND DO I NEED ONE?

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record

the brain waves with his eyes open for 5 minutes and with his eyes closed for 10 minutes. This recording is then sent to Advanced Psychological Services in North Carolina to be read and analyzed. They are able to not only give us a summary of significant findings, but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating, and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

We don't always need this data to make an improvement in symptoms, but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

DOES NEUROFEEDBACK HURT?

Neurofeedback is a non-invasive, non-medication, and most importantly a non-painful approach. Your experience will be very relaxing and positive. We gently teach your brain how to regulate more efficiently and do not force your brain into a brain state that is not comfortable.

IS THERE ENOUGH RESEARCH?

Neurofeedback has been researched since the 60's. Here are some resources for research. We have several journal articles, studies, and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

Look up the work of:

Dr. Joe Kamiya and Dr. Barry Sterman
(Credited for earliest development of Neurofeedback).

Look for specific researched conditions:

<https://www.eeginfo.com>
<https://www.isnr.org>
<http://www.eegspectrum.com>

Print Resources:

Journal of Neurotherapy
NeuroRegulation Journal
Applied Psychophysiology and Biofeedback

Books:

A Symphony in the Brain by Jim Robbins
Healing Young Brains by Robert Hill & Eduardo Castro
The Healing Power of Neurofeedback by Stephen Larsen
Neurofeedback in the Treatment of Developmental Trauma by Sebern Fisher
Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication) by Michael P. Cohen

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake or in a FREE scheduled telephone consultation. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. (561) 206-2706, e-mail us at info@bocabraincenter.com, or text us at (561) 206-2706 or visit our website at www.BocaBrainCenter.com.



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University

of Central Florida and a Master's Degree in Psychology/Mental Health Counseling from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At the Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.



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About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

If we were to walk across the fields in summertime to some undisturbed spot and mark off a piece of ground say four feet square then examine this little area minutely, we would find an astonishing variety of life. There would be many species of plants; possibly a mouse's nest, and other small creatures. Then resorting to a microscope, we would observe an incredible host of microorganisms functioning in association with the larger life forms.

In that little square of ground we would have seen an interdependent community of life in which

birth and death were continuously taking place and in which diverse life forms were sheltering and nourishing one another. Written in the rocks beneath was a story of a similar process going back through eons of time.

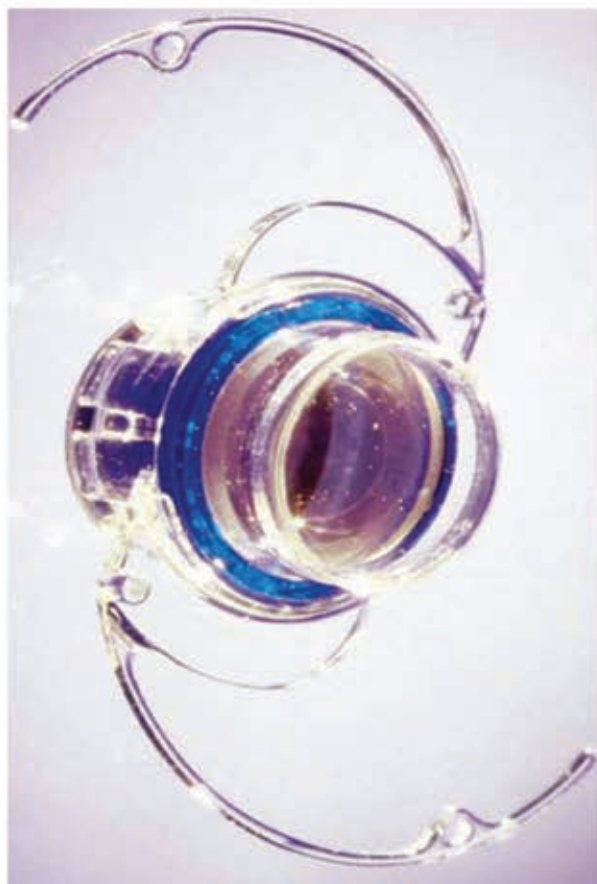
Humankind is part of the ongoing community of nature, on a world scale, subject to the same cycle of birth and death which governs all other creatures and, like them, totally dependent on other life. Sometimes we tend to forget this. Birth and death are as natural for us as for the myriad of creatures in that little square of ground.



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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 or call Dr. Goldman’s office at (561) 630-7120.





In 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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