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Health & Wellness[®] MAGAZINE

March 2023

North Palm Beach Edition - Monthly

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TRUSTED LAW AMANDA ACHONG, ESQ

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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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KIDNEY CANCER

Kidney cancer is one of the 10 most common cancers. It occurs two times more often in men than in women. According to the American Cancer Society (ACS), the lifetime risk for developing kidney cancer is 1 in 46 for men and 1 in 80 for women. It is also more common in African Americans, American Indians and Alaskan Natives. The average age at diagnosis is 64, and kidney cancer is very uncommon in people younger than 45.

A Closer Look

The kidneys are located below the ribs, behind the abdominal wall and on each side of the spine. These powerful bean-shaped organs work constantly to keep blood clean and to help balance electrolytes and hormones. While their main job is to filter and remove waste products in the form of urine, the kidneys also secrete many hormones, which help keep blood pressure normal and increase the production of red blood cells. Most people are born with two; however, it is possible to live a healthy and active life with only one functioning kidney.

Signs & Symptoms of Kidney Cancer

Nearly 82,000 Americans will be diagnosed with kidney cancer in 2023, according to ACS estimates. The rate of new kidney cancers has been on the rise since the 1990s (although it has leveled out in recent years). Some researchers suggest the rise is due to improvements in the imaging and computed tomography (CT) scans used to diagnose the disease, as well as an increase in the use of these tests.

Kidney cancer begins when cells develop changes in their DNA (known as mutations) and begin to grow and divide rapidly. These abnormal cells can form a tumor that can grow within the kidney or spread to other parts of the body.

Renal cell carcinoma is the most common type of kidney cancer, making up more than 90% of all cases. Other less common types of kidney cancer include transitional cell carcinoma, renal sarcoma and Wilms' tumor (in children).

In the earliest stages, kidney cancers don't typically cause noticeable symptoms. Some possible indicators are:

- Blood in the urine
- Persistent pain or a lump on one side of the lower back, below the ribs
- Fatigue (feeling tired)
- Anemia (low red blood cell count)
- Loss of appetite or weight loss not due to dieting
- Fever, chills or night sweats that won't go away

These symptoms can signal other health problems as well, so it is important to report any concerning signs to your health care provider. Taking proactive steps is vital to diagnosing problems early, when treatment can be more effective.



Currently, there are no routine screening tests available to detect kidney cancer. While urine tests do not diagnose kidney cancer, they can detect whether there is blood, infection or proteins in the urine, which can be signs of kidney disease. Blood tests can determine whether the kidneys are working properly. If these test results indicate cancer or that a mass may be present, your doctor may order a specialized imaging test. CT scans and/or magnetic resonance imaging (MRI) scans produce highly detailed, 3-D images and can help to make an accurate diagnosis.

Treatment Options

The earlier kidney cancer is found, the better the chances are for a more positive outcome. Treatment can involve surgery, radiation therapy, chemotherapy or immunotherapy. Decisions about treatment are made based on the stage of the cancer, as well as the patient's age, general health and personal preferences.

Risk Factors

People with a family history of kidney cancer have a higher risk of developing the disease, as do those who receive long-term dialysis to treat chronic kidney failure. The risk of kidney cancer also increases with age. Other known risk factors include:

- Smoking
- High blood pressure
- Obesity

Making healthy lifestyle changes in diet, staying active and quitting smoking (or never starting) are among the best-known measures for preventing cancer and other diseases. Getting regular physicals and staying on track with recommended screenings and vaccines also contribute to healthier outcomes.

New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all forms of cancer continue at a rapid pace, thanks to ongoing clinical research. One of the most promising and successful new treatment areas for cancer is immunotherapy, which uses the body's own immune system to find, target and fight many forms of the disease, even at advanced stages.

Clinical trials have played an important role in these advancements, which are now saving more lives. Patients who participate in these safe and carefully supervised groundbreaking research studies are receiving the latest treatments available, which can have positive impacts on their outcomes.

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

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

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



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For more information, visit FLCancer.com



In the 1960s DC Comics introduced a comic called *Bizarro World*, featuring a square planet, where everything was opposite. What would be up on Planet Earth was down. A compliment was an insult. Marilyn Monroe was ugly, and people bought investments guaranteed to lose money.

Well, your favorite hair restoration doctor (me) has found himself doing something that would be a perfect fit for a hair restoration practice on Bizarro’s Planet htraE (Earth spelled backwards).

I’m helping folks get rid of hair. Permanently.

Yes, you read that right.

I recently added Laser Hair Removal to my practice because many of my patients—both men and women—got such great results from their hair restoration treatments that they were getting thicker hair in UNWANTED places. This is especially true for certain prescription medications. Many also asked if there was any modern hair removal process that wasn’t fleeting or downright barbaric.

Documented hair removal tools date to at least 3000 BCE, when the first razors were made from seashells. Egyptians are credited with developing sugar-based waxes similar to what’s used today. And all these centuries later we’re still using archaic practices: tweezing, plucking, waxing (all “ouchies”), and gooey, stinky chemicals. Now, those are some practices that would be blockbusters on htraE!

A Hair Restoration Practice Helping Patients Get Rid of Hair? How Bizarre!

by Alan J. Bauman, MD, ABHRS

The good news is that we aren’t living on htraE, and Bauman Medical offers a truly modern technology for hair removal. It’s called Clarity by Lutronic, the most powerful, multi-purpose laser on the market. The Clarity laser employs a unique, state-of-the-art system that provides real-time feedback during the treatment. This feedback allows us to customize your treatment, providing quick, comfortable, and very effective hair removal. Here are some of the reasons I love it:

- It’s twice as fast as any other laser hair removal system on the market.
- Results are permanent because it targets the melanin in the hair follicles, destroying their roots and preventing regrowth
- It can be used on people of all skin types
- It’s virtually pain-free. (Patients most commonly report feeling a warm or tingling sensation.)

Clarity can remove unwanted hair, including vellus hair, the fine “peach fuzz” that some women experience on their face, from virtually anywhere on your body.

What are your “trouble spots”?

For women, they’re typically the upper lip, cheeks, bikini area, legs, arms, underarms, and stomach. For men, common spots include the back, chest, neck, and ears.

So if you’ve got some problem hair and you’re tired of tweezing, shaving, waxing, messy creams, or just “living with it”, then I invite you to try laser hair removal with Clarity here at Bauman Medical.

GROWING MORE OF THE HAIR YOU DO WANT

Now that you know about getting rid of hair, let’s return to Earth and discuss giving you more hair in the place where most people *do* want it (the head).

It starts with improving your scalp health.

Scalp health is one of the most important factors in growing a beautiful, healthy head of hair, yet it’s something most people never think about—you know, *out of sight, out of mind*.

Most people only pay attention to their scalp when a problem crops up that they can’t ignore: dry or oily hair, itchiness, flaking (dandruff) or even sensitivity when you comb or brush.

But even if you don’t have those issues, optimizing your scalp health will benefit your hair going forward, because *healthy hair starts with a good foundation*.

That’s why I created SalonB for both men and women. SalonB is where your scalp takes center stage with the following services.

TRICHOLOGICAL EVALUATION

This 60-minute service consists of an in-depth evaluation of your scalp. It addresses every possible aspect of scalp health including:

- Determining the acid mantle (pH) balance of your scalp
- Sebum production and hydration status (is it too oily, blocking the hydration element? Is it too hydrated, impeding the secretion of oil?)



Before and after Laser Hair Removal by Clarity

- Measuring your scalp's elasticity
- Microscopic photos to see what's happening on your scalp (looking for inflammation, dandruff, and other abnormalities like evidence of microorganism overgrowth)
- Asking questions about your lifestyle, health and your stress levels

Your evaluation is followed by an analysis used for formulating a treatment plan and perhaps recommending a Scientific Scalp Makeover™ (see below). You might also receive recommendations of some high-quality hair products that we've carefully chosen for you that will help, not hinder, the health of your particular scalp.

Note: Everyone's scalp is as unique as a thumbprint and can change over time. These recommendations take the guesswork out for you. You won't encounter this type of hair product customization by speculating on what your scalp issues are and reading labels on over-the-counter products that end up being exactly what you *shouldn't* be using.

SCIENTIFIC SCALP MAKEOVER™

Scientific Scalp Makeovers are for everyone, not just for people who had a trichological evaluation. Lots of our patients come just for the chance to relax and rewind with a therapeutic, 90-minute-to-three-hour session in our "head-spa" room.* We dim the lights and provide a variety of soothing treatments including:

- Aromatherapy treatment
 - A customized scalp mask treatment for optimum scalp health and hair beauty
 - A deep scalp massage to stimulate and purify the scalp, and increase circulation
 - Deep cleansing shampoo
 - A customized conditioner or hair mask
- *(Warning: these sessions are so relaxing you may fall asleep).**

A scalp makeover is beneficial whether you've had a hair transplant, are using our other services, are concerned about your hair quality, or simply enjoy an occasional indulgence.



A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles.

These sessions are more than an indulgence. They are necessity for people whose hair isn't responding like it used to. Your scalp is skin, too, so treat it like skin.

Want out-of-this-world results that will make you the opposite of unhappy with your hair?

No need to travel to htraE. We have everything you need right here on our own planet.

Pick up the phone and call us at **561-220-3480** or point your camera at the QR code below. We'll be glad to tell you about the many options we offer, including a private *one-on-one in-person or virtual consultation*.



GIVE THE GIFT OF A BAUMAN MEDICAL E-GIFT CARD

- With so many options at Bauman Medical, maybe too many for you to choose, you might want to consider one of our e-gift cards instead. These can be applied to any product or service, in-person, remotely, or for purchases in our eStore.
- Here are a few ways of the many ways your e-gift card recipient might want to use it (in addition to what you read about above):
- **Consultations** with Dr. Bauman or Trina Arce, our nurse practitioner
- **Hair transplantation**
- **Trichotest™** (identifies the exact hair loss treatments that will perform best for you based on your genetics)
- **High-density Platelet Rich Plasma (PRP)** "Vampire" hair regrowth therapy
- **Compounded Formula 82F Topical Finasteride + Minoxidil** (designed to reduce the risk of side effects from oral finasteride/Propecia)
- **TED** (TransEpidermal Delivery) Non-invasive technology that uses ultrasonic sound waves and air pressure to enhance the penetration of a specialized topical hair growth serum into the scalp
- **Laser hair removal**
- **Non-surgical 3D-printed hair systems or cranial prostheses**

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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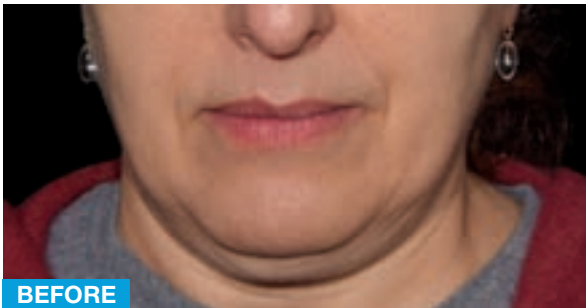


ARE YOU TIRED OF TRYING COUNTLESS SKINCARE PRODUCTS THAT PROMISE THE WORLD BUT FAIL TO DELIVER THE RESULTS YOU DESIRE? IT'S TIME TO TRY EMFACE BY BTL, THE CUTTING-EDGE NON-INVASIVE TREATMENT THAT IS TAKING THE BEAUTY INDUSTRY BY STORM.

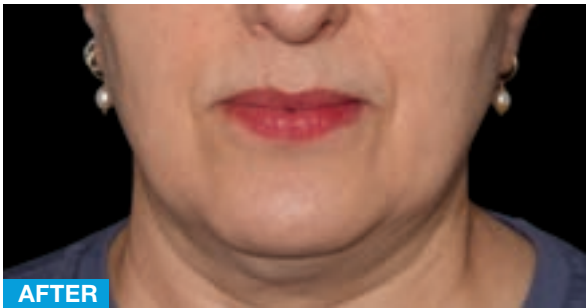
EmFace uses advanced radio frequency technology to lift and tighten the skin, reducing the appearance of fine lines, wrinkles, and sagging skin. The treatment is quick, painless, and requires no downtime, making it the perfect solution for busy individuals looking to maintain a youthful appearance without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

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

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



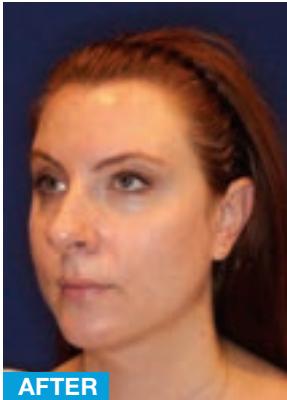
BEFORE



AFTER



BEFORE



AFTER

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

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

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



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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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 ShockwaveSM, 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.**



**3301 NW 2nd Ave, Suite 100
Boca Raton, FL 33431**

561-459-5356
SimplyMensHealth.com

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



MY HUSBAND/WIFE CAN'T HEAR ME!

A conversation that happens on an almost daily basis in my office centers around communication between spouses; parents and adult children; caretakers and friends. This may sound like a cliché, but communication goes both ways. What do I mean by this? When a person decides to get hearing aids, they are getting them to improve their communication with their loved one; however, hearing aids do not cure the hearing loss. The reality is that a person with hearing loss has a brain with hearing loss and it no longer functions the same as someone with normal hearing. **This is a simple but profound statement.**

A frustration I hear daily is: "My husband/wife still can't hear me from the other room" or "My husband/wife talks to me with their back turned and won't listen when I ask them to turn around." If this sounds familiar, please understand that the person with hearing loss is not doing this on purpose and some small changes can have a big impact.

We have a brochure that we hand out that has communication tips for both the person with the hearing loss and the person living/caring for that person.

FOR PERSONS WITH HEARING LOSS:

- Be open with people about the hearing loss
- Ask people to speak clearly and naturally: shouting and over-emphasizing just causes confusion
- If you didn't understand, it is helpful to ask the person to use different words
- Don't be too hard on yourself; even people with normal hearing mis-hears once in a while
- Look at people when they speak to you (masks make this difficult)
- Be patient
- Have a sense of humor
- Wear the hearing aids as much as possible – even when home alone, your brain needs the stimulation.

FOR PEOPLE COMMUNICATING WITH A PERSON WITH HEARING LOSS:

- Get the person's attention before speaking: call their name, make a noise or tap on their shoulder
- Don't shout or over-emphasize: that just distorts speech
- Use different words if the person misunderstands
- Be aware of the environment: don't converse from room to room or with your head in the refrigerator
- Understand that hearing aids help, but they do not restore normal hearing; there will be times when your loved one doesn't hear you or understand something you said
- Try not to say "Never mind" if you've been asked to repeat yourself– it just makes your loved one feel both ignored and left out
- Be patient
- Have a sense of humor

Communicating with a person with hearing loss is not rocket science, it just takes some small behavioral changes. The reward will be a more harmonious home and fewer hard feelings on both sides.

If you would like more information or would like to make an appointment for a hearing evaluation, please call **561-366-7219**.

AUDIOLOGY
With A Heart

(561) 366-7219

audiologywithaheart.com

2324 S. Congress Ave.

Suite 2G Palm Springs, FL 33406



Hearing Healthcare That You Can Trust

Goodbye Gum Grafts

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

Hello Pinhole

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

The benefits of the Pinhole Technique are many:

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

How Pinhole Works

Gum recession is a common dental problem that requires care.

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

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



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Dental Implants

website: www.pbcperio.com

location: 4520 Donald Ross Road, Suite 110
Palm Beach Gardens, FL 33418

Pinhole Technique

Better for Your Teeth

Gum recession can lead to tooth loss. When you reverse gum recession with the Pinhole Technique, you're reducing your risk for tooth loss. All while giving your pearly whites a beautiful frame.

Trained Specialist

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

Karen, 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 care circle up to date, 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

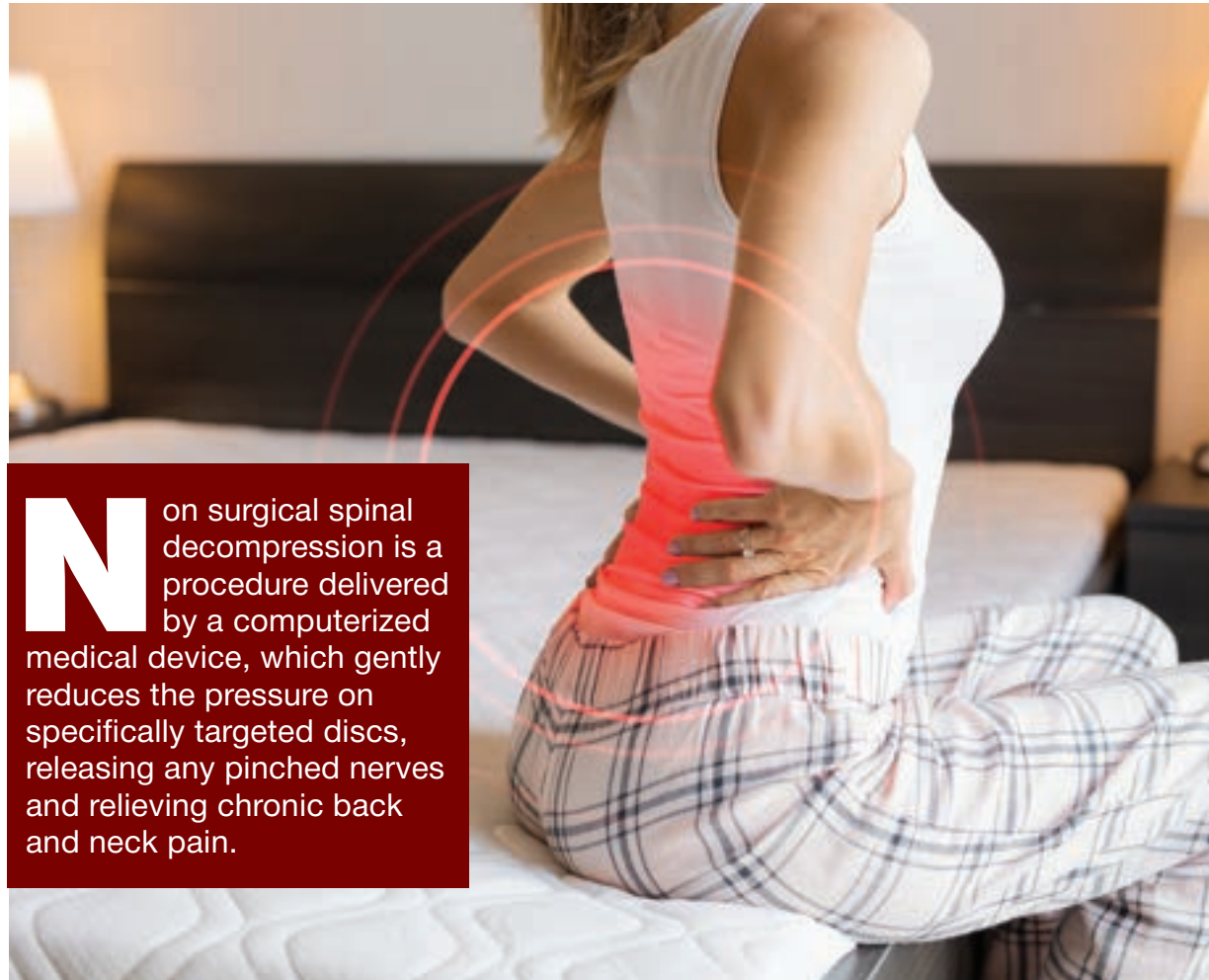
Dr. Lee R. Cohen, D.D.S., M.S., M.S. is a dual-board certified periodontal and dental implant surgeon.

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

LANAP Gum Rejuvenation

NON SURGICAL SPINAL CARE

DO YOU SUFFER FROM HERNIATED OR BULGING DISCS?



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

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

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

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

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

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**.

OUR NON SURGICAL TREATMENT IS:



NON INVASIVE
Therefore there is no risk of infection.



NO RECOVERY TIME
No down time from normal activities.



ALL NATURAL
Completely natural process for peace of mind.



DRUG FREE
No drugs used at all through the process.



Cobblestone Spine & Joint Institute
10233 Okeechobee Blvd. Suite B6
Royal Palm Beach, FL 33411
561-753-2225
cobblestonespineandjoint.com

Laser Cataract Surgery: What you should know

By David A. Goldman MD

With every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femto-second laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes than Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



Does this mean there are no advantages to laser cataract surgery? Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”* (Romans 12:2)

Note what Paul says:

Act differently. *“...don’t copy the behavior and customs of this world...”* Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. *“...a new person by changing the way you think...”* There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. *“...let God transform you into a new person...”* Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*



A church that wants to help you live
the life you were created for.
www.christfellowship.church



Close to cancer experts. Closer to what you love.

Florida Cancer Specialists' top-ranked cancer experts provide the most advanced treatments in our local community.

From genetic screening to immunotherapies, our quality care brings effective, targeted treatment to you so you can stay close to home.

We take care of all the big things in cancer care, so you can focus on all the little moments that matter—every step of the way.



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