

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2023

North Palm Beach Edition - Monthly

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**ESOPHAGEAL
CANCER**

**STOP FOOLING AROUND
WITH HAIR LOSS
WE CAN HELP, AND THAT'S NO JOKE**

**IMAGINE FAT REDUCTION
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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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ESOPHAGEAL CANCER

Esophageal cancer is rare, but for several reasons, it deserves our attention.

Because it is usually diagnosed at later stages when it is more difficult to treat, about 20% of patients diagnosed with the disease will survive five years or more. Treatment and survival rates have improved in recent years.

The chance of developing esophageal cancer increases with age; the average age at diagnosis is 68. The lifetime risk in the United States is about 1 in 125 in men and about 1 in 417 in women, according to the American Cancer Society. Men are about three times more likely than women to have esophageal cancer, and white men develop the disease at higher rates than black men.

The number of people diagnosed with the disease has been on the rise in recent years. Between 2012 and 2019, the rate of esophageal cancer among adults age 45 to 64 nearly doubled in the U.S. Soaring rates of unhealthy eating, obesity and heartburn, in addition to smoking and alcohol use, appear to be contributing factors.

Understanding the Esophagus

The esophagus, commonly referred to as the food pipe, is a hollow, muscular tube about 10" – 13" long that connects the throat to the stomach. It is located in the center of the chest, behind the trachea (windpipe) and in front of the spine, and it functions as part of the digestive system, carrying food and liquid from the throat to the stomach.

At its upper opening is a ring-shaped muscle known as the upper esophageal sphincter. It opens to allow food to enter. Once inside, the food is pushed downward through a series of muscular contractions (called peristalsis) through the diaphragm, into the lower esophageal sphincter and through to the stomach.

Several conditions can occur when the sphincter muscles do not work properly. The most common is acid reflux, when stomach acid and digestive juices flow back into the esophagus and cause heartburn or inflammation.

Gastroesophageal reflux disease, or GERD, is a more severe form of acid reflux that can cause serious damage over time. Long-standing GERD can trigger a change in the cells that line the lower esophagus, causing Barrett's esophagus, which is associated with an increased risk of developing esophageal cancer.

Warning Signs of Esophageal Cancer

Cancer occurs when cells develop changes in their DNA and form a mass, called a tumor. Esophageal cancer starts in the inner layer of the esophagus wall and grows outward. Cancerous cells can also divide and spread to other parts of the body.



The exact causes of esophageal cancer are not clear. However, researchers believe that chronic acid reflux or GERD may be contributing factors. Other risk factors include smoking, drinking alcohol, obesity, improper nutrition, or undergoing radiation treatment to the chest or upper abdomen.

The Esophageal Cancer Action Network recommends talking with your doctor if you experience any of the following:

- More than occasional heartburn symptoms
- Worsening heartburn symptoms
- Pain or difficulty swallowing
- A persistent, unexplained cough or sore throat
- Coughing or choking when lying down
- Speaking with a hoarse voice over several weeks
- A family history of esophageal cancer or Barrett's esophagus

These symptoms can signal other health problems. Taking proactive steps is vital to diagnosing problems early when prevention or treatment can be more effective.

There is no screening test for esophageal cancer. If your health care provider suspects cancer may be present, a variety of exams, tests and biopsies can help to confirm a diagnosis.

Treatment Options for Esophageal Cancer

There are two main types of esophageal cancer, in addition to a few very rare types. Squamous cell carcinoma, which usually develops in the upper and middle part of the organ, is the most common worldwide. Adenocarcinoma, which begins in the lower part of the esophagus where it meets the stomach, is the most common in the U.S. and primarily affects white men.

Treatment options depend on a number of factors, including the specific type and stage of cancer, possible side effects, and the patient's overall health and personal preference. Esophageal cancer treatment can include surgery, chemotherapy, radiation, endoscopic therapy or a combination of these.

Increasingly, immunotherapies that strengthen and use the body's own immune system to attack cancer are yielding positive outcomes. New types of immunotherapy drugs have been approved in recent years to treat the most common types of esophageal cancer.

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. 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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Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute 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

Stop Fooling Around with Hair Loss

We Can Help, and That's No Joke

by Alan J. Bauman, MD, ABHRS



Have you ever fallen for an April Fool's joke?

Last year on April 1, 7-Eleven introduced its Tiny Gulp (7-ounce) drink for just 7 cents. It was touted as being better for your health, and the cup could be used as a water dish for pets afterwards. People actually went into the store and asked for it.

In 2021 eHarmony told the world on April 1 that it was debuting a doggie dating service. Dog pix flooded in.

And in 2018 Google announced on April 1 that it was releasing its "bad joke detector" app which used artificial intelligence (AI) to identify bad jokes that were sent to users by friends and family, and delete them (I could use that one!)

Millions of people fall for these pranks every year, so we've decided to get in on the fun, but with a twist.

We know how to help you get more hair in a way that's so clever it will fool everyone.

They'll never catch on unless you tell them.

What is it?

VIP|FUE™

VIP|FUE™ is the ultimate hair transplant procedure, so discreet that people you come into contact with will have no idea you've had a transplant. Ever. No fooling.

How is that possible?

The VIP|FUE™ hair transplant procedure offers patients all the advantages of traditional minimally invasive FUE (follicular unit extraction), and often with the VIP (Very Impressive Preview) bonus.

As the only transplant procedure that doesn't require the donor area to be trimmed or shaved, hair taken from the donor area remains the same length it was when you came in, after harvesting and implantation of other hairs from that area. It's the ultimate in discretion because your hairstyle doesn't change.

And the bonus? By not trimming or shaving your hair, you can often see the results right away, before you leave our clinic—a preview of exactly how your transplant will look.

The FUE part of the procedure involves removing individual follicles along with their uncut hairs from one area of your scalp and transplanting them to a part

of your scalp where they're needed. Unlike older hair transplant procedures that used "strip harvesting," FUE does not create a "pluggy" look nor leave a telltale linear scar. It employs no staples or stitches.

The result: VIP|FUE™ is a perfect combination of discretion and satisfaction for both men and women. But wait...there's more.

Just like Google's April Fool's prank, we say we use AI, too, but our AI tools are real.

HAIRMETRIX®

Recently Bauman Medical became one of the first hair restoration practices in the world to offer AI-powered HairMetrix®, a major advance in evaluating your hair and tracking your restoration progress.

For many years we've used the HairCheck™ device to measure hair loss and hair restoration results. HairCheck™ continues to be an informative tool, but HairMetrix® gives us even more valuable information.

HairMetrix® uses AI to take a snapshot of your scalp, without trimming any hair, and applies an algorithm to get a readout of your precise hair quantity and quality (and other metrics). And we can track this over time. This information helps us make diagnosis and treatment decisions and to monitor *better than ever before* how well you're responding to your treatment.

TRICHOTEST™

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

All it requires is a saliva sample and some details about your lifestyle. The AI then analyzes the characteristics of your metabolism contributing to your particular hair loss situation. Then, an algorithm identifies treatment options likely to be the most successful for you.

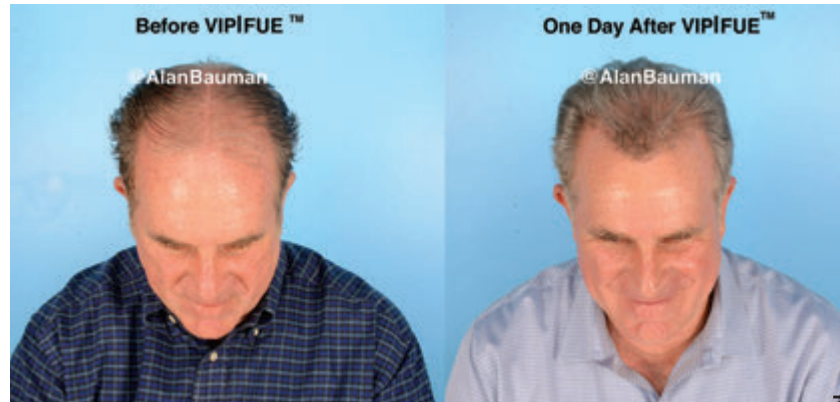
The Trichotest™, which can be performed at home or in the office, is for anyone who wants to understand how genetics affects their hair loss and treatment options. It's useful for men and women with a family history of hair loss and for those who've tried different treatments with minimal or no success. It gives you and your doctor a deeper understanding of your genetic characteristics,

how they relate to your hair loss and personalized actionable steps for hair restoration treatment based on your unique genetic makeup.

Going beyond evaluation, here are two of the most discreet options we offer for improving your hair, guaranteed to fool anyone you know:

PRP (PLATELET-RICH PLASMA):

This comfortable in-office procedure takes about an hour with no recovery time, downtime, or significant risk. Derived from a small blood sample, your platelets are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist. When performed using the appropriate concentration of platelets and proper application techniques, you can expect hair growth improvements that last a year or more from just a single PRP treatment.



Before and one day after No-shave VIP|FUE™ Hair Transplant by Dr. Alan Bauman



Dr. Alan Bauman uses HairMetrix® and its AI technology to gather key metrics and vital information to help him make diagnosis and treatment decisions for his patients, and accurately tracks treatment results over time.

PDOGRO™:

Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery, PDO threads placed into the scalp have been shown to stimulate hair regrowth. Typically performed in combination with PRP in a no-downtime “lunch-break” procedure, the threads are comfortably applied into the scalp. They dissolve and are absorbed over time, safely stimulating collagen production, new blood vessel formation, and a release of powerful rejuvenating growth factors.

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

LEARN MORE

Ready to stop fooling around and doing something about your hair loss?

Call **561-220-3480** with questions or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

A hair restoration physician specializes in the medical diagnosis, treatment, and tracking of hair loss and regrowth, as well as the latest hair transplantation procedures.

- 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 but lack specific expertise, training, credentials, and experience in hair restoration.
- Avoid the lure of coupons, discounts, or free consultations. Consider if a surgeon offering a free consultation or rebate has your best interest in mind.
- Before deciding on a surgeon, visit the clinic, read reviews, request before-and-after pictures, and ask about options to achieve your desired results.
- Request 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 realize your hair restoration goals.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRS Hair Loss Expert

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 33,000 patients, has performed more than 12,000 hair transplant procedures and over 12,000 PRP's since starting his medical hair loss practice, Bauman Medical in 1997.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS). Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive FUE Follicular Unit Extraction, VIPIFUE™, 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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Imagine **Fat Reduction** and **Muscle Toning** in One:

Check Out **truBody** by **Cutera**

For so long we have been told that a proper diet and consistent exercise was the only way to meet our lifestyle goals or create a perfect body. In some ways, like valuing a healthy lifestyle in terms of diet and exercise, this still holds true; however, there is a protocol developed recently to not only blast away fat but tone and build muscle definition at the same time. For the first time in the aesthetics arena, two technologies, truSculpt iD and truSculpt Flex by Cutera were combined to create truBody, a protocol that targets fat and muscle in the same treatment plan. truBody is a solution for those hoping to achieve a specific appearance when dieting and exercise is simply not enough. This protocol is ideal for those who are already in shape or are enthusiastic in their workout routines and dedicated to a healthy diet and lifestyle; hoping to address those pesky areas that they continue to struggle with.

For so long we have been told that a proper diet and consistent exercise was the only way to meet our lifestyle goals or create a perfect body. In some ways, like valuing a healthy lifestyle in terms of diet and exercise, this still holds true; however, there is a protocol developed recently to not only blast away fat but tone and build muscle definition at the same time. For the first time in the aesthetics arena, two technologies, truSculpt iD and truSculpt Flex by Cutera were combined to create truBody, a protocol that targets fat and muscle in the same treatment plan. truBody is a solution for those hoping to achieve a specific appearance when dieting and exercise is simply not enough. This protocol is ideal for those who are already in shape or are enthusiastic in their workout routines and dedicated to a healthy diet and lifestyle; hoping to address those pesky areas that they continue to struggle with.

Recently, many body sculpting technologies have been introduced to the medical aesthetic industry. However, no treatment has shown results such as those of truSculpt iD. truSculpt iD provides a hands-free and customizable fat-reducing treatment through non-invasive, Monopolar radio frequency platforms that use Real-Time Temperature Control. Real-Time Temperature Control works to treat an entire fat layer, which has been clinically proven to safely and permanently reduce an average of 24% of fat in an area, with no downtime. Because truSculpt iD has no downtime or required recovery, it makes the perfect first step in the truBody protocol. Additionally, truSculpt iD uses this industry disrupting radio frequency instrument to tailor each treatment to the patient's long-term body aesthetic goals. The radio frequency works to break apart and destroy fat through Apoptosis, which is a medical system that literally kills fat cells. Over the next 12 weeks,

patients' bodies will naturally remove these dead cells from the area and of the body. Another benefit of this treatment is that depending on which area the patient wants to address, it can be performed quickly; sometimes receiving the treatment in less than 15 minutes. truSculpt iD is tailorable but also incredibly versatile as the design of the technology allows for treatments on small areas and large areas of stubborn fat. Unlike competing body sculpting technologies like CoolSculpting, the applicators and devices used with truSculpt iD allow even more specific or rounded areas to be targeted, in combination with larger or flatter areas, all at once. truSculpt iD is almost completely pain free, with little discomfort ever disclosed by patients. While it is not a system for weight loss, truSculpt iD provides an option to patients hoping to truly meet their body sculpting needs, before proceeding with the next step in the protocol, truSculpt Flex.

truSculpt Flex is the second technology used to create a lean and defined appearance that is typically hard to achieve. A muscle defining and sculpting device, truSculpt Flex has the ability to perform personalized treatments on patients following their truSculpt iD experience, customizing the second treatment in the protocol based on the patient's fitness levels, goals, and current physique. Using Multi-Directional Stimulation (MDS),

truSculpt Flex produces a method of electrical stimulation of the muscles using three treatment modes, which replicate intensified crunch, squat, and twisting actions. Only truSculpt Flex has been able to achieve fast results and treat multiple areas of the body at the same time; unlike its competitor, Emsculpt. This technology can treat up to three areas of the body at once, making it more convenient for patients who want to sculpt more than one part of the body. Over a 45-minute treatment session and using two to sixteen applicators, the treatment is completed. As previously noted, there are three unique modes used during these 45 minute treatments: Prep, Tone, and Sculpt. Patients will have a customized experience based on their specific needs, but mainly, their current fitness levels. Prep Mode is the recommended and best choice for starting this treatment cycle, as it works to elongate and stretch muscles, preparing them for toning and sculpting in the following sessions. It is

important to note however, that Prep Mode may only be used in a cycle once for someone who is already lean and defined versus an individual who needs a muscle memory refresher. Regardless of the timeline of each patients' protocol, the results over the next few weeks will be successful, as the technology is multifaceted.

As a standalone treatment, truSculpt Flex is the only technology available that can perform a non-surgical buttlift by strengthening the gluteus muscles.

Initially, two treatments per week are performed. There is a recommended amount of six treatments in the protocol in order to establish the type of results patients hope to see. Therefore, it is recommended that patients receive 4 treatments in a time frame of 2 weeks, no closer together than two days and no further apart than seven. Following the consecutive weeks of treatment, a maintenance program will be designed by Dr. Dadurian for each patient and their individual goals and needs.

Together, these truSculpt iD and truFlex iD have the ability to burn fat and define muscle in even the most stubborn places, with quick results and no downtime. Spend less time in the gym and call MD Beauty Labs today to book a complimentary consultation.



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

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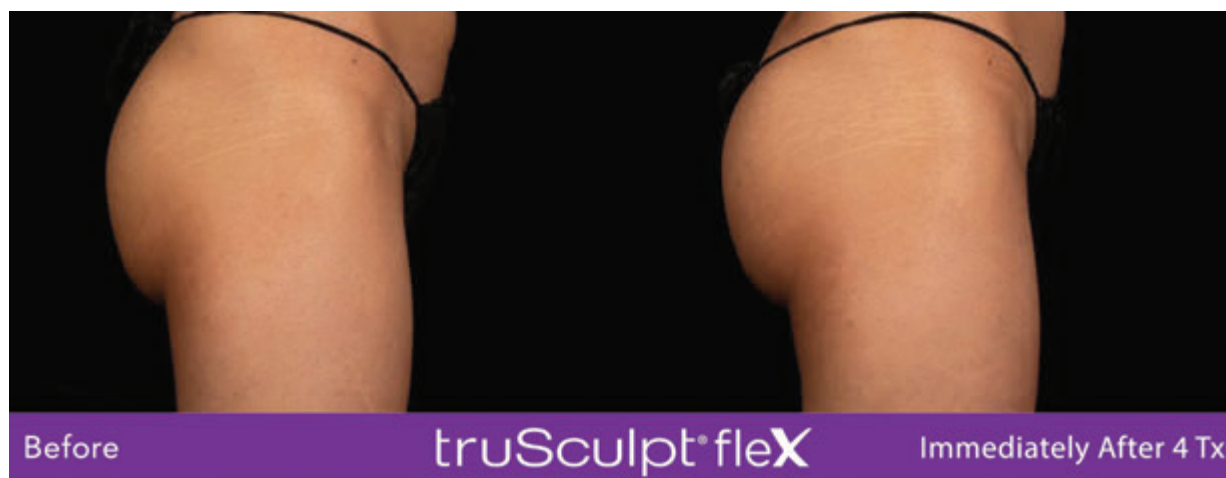


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IN THE FIELD.

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 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**

SHOULD I BUY A HEARING AID OVER-THE-COUNTER?

Maybe yes, but probably no. Clear as mud, right? Unless you've lived under a rock over the past few years, you now know that basic hearing aids can be purchased over-the-counter (OTC). This is a question I get almost every day. The answer is not a simple yes or no answer.

The purpose of the OTC law was to make hearing aids more affordable which is an admirable goal but let's look at the questions you need to ask:

- To purchase any of this equipment, a hearing test is not required. On the face of it, this is a part of the law that severely missed the ball. If you don't have a hearing test, how are you supposed to know what you need? If you have a severe hearing loss, you will under-amplify your loss; if you have a mild loss, you could be over-amplifying. What if it is just wax? What if you need surgery? What if it is an infection? Or a tumor?
- If you do purchase an OTC hearing aid, who is going to teach you how to use it? What happens when they stop working? Will the clerk at Best Buy or CVS be able to clean them for you? What happens when they need to be repaired? What is the warranty and what does the warranty cover? Remember, just because they are bought in a drugstore, doesn't mean they are \$25.00. I saw an ad in a Walgreens flyer advertising them for \$800.00. That's a lot of money for something that you may not be able to get serviced.
- How long has the company been in business? Most of the main hearing aid manufacturers have been in the business for over 75 years. They have years' worth of research to back-up their products. Hearing is very complex which is why there are so many different options. It is confusing and overwhelming which is why we often refer to hearing loss as a "journey" and many people need guides to be successful.



- Most hearing aid technology has built-in Bluetooth technology but it seems that many of the OTC brands are not including Bluetooth, nor are they rechargeable. They are also clunky looking; today's prescription hearing aids are much better looking and can be customized for you.
- The OTC class of hearing aids is geared for people with mild hearing loss, but without a hearing test, how do you know what you need?
- I recently had two people come see me after buying OTC aids. One brought in the Bose hearing aid. This person had a severe hearing loss and the Bose aid was not providing any usable amplification at all. Thankfully, the person was within the return period and was able to get a refund. The other person came in with an brand I haven't heard of; it was rechargeable but had stopped charging after 3 months and when they tried calling customer service, the aids ended up in the drawer because customer service was not able to help and the person was past the return period and so lost about \$1000.00.

The bottom line here is: Buyer Beware and at the very least, have a hearing test prior to buying anything. Be an educated consumer. Research the brand. Make sure that you can get help when you need it, because just like all electronic devices, hearing aids need repair periodically. Pay attention to the refund policy and the warranty.

At Audiology with a Heart, we are committed to walking this journey with you. We are here to help you choose the best solution available. Hearing tests are always no charge with no obligation to continue working with us. We will give you all the information you need to make an informed decision about your best way forward.

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With A Heart

(561) 366-7219

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2324 S. Congress Ave.

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Hearing Healthcare That You Can Trust

Laser Treatment Replaces Gum Surgery

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

Introducing LANAP

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

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

How LANAP Works

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

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

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

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

Better for Your Health

Treating gum is beneficial to your whole body. This is because untreated gum disease increases your risk for a heart attack and heart disease, hypertension, and complications from diabetes.

We Care About You

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

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

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

Valerie, actual patient



We Care a Lot

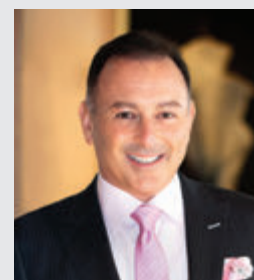
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

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

We care for you like you are part of our family. Our team keeps everyone in your 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; Management
- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



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Dental Implants

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LANAP Gum Rejuvenation



ACCIDENTS HAPPEN, LONG-TERM EFFECTS DON'T HAVE TO

Chiropractic care, massage and physical therapy has, for decades, been the optimal course of treatment for soft-tissue injuries most commonly related to auto accidents. Cervical sprain/strain injuries, known also as whiplash, are effectively and non-surgically addressed by chiropractic care. Mid and low back pain, which often surfaces several weeks after an accident, can be alleviated with adjustment and realignment of the spine. Resolving spine and neck injuries through a comprehensive treatment plan can also help prevent serious long-term structural issues like post traumatic osteoarthritis.

What's troubling about soft tissue injuries is that patients frequently do not immediately realize the

extent to which they are injured. First thoughts are usually about how to get the car repaired and how to get to work tomorrow morning. Headaches, tingling, increasing tightness, stiff neck, reduced range of motion and neck or back pain are put on the to-do list after the "important" things are handled. Indeed, many who have discovered the chiropractic lifestyle have done so as a result of lingering pain and unresolved issues from car crash.

Today, getting your body checked out must be on the top of the list after an accident. We all pay our auto insurance premiums. Now to protect the coverage that you have paid for, be aware that you must take action within 14 days of the loss date. **In other words, in order to take advantage of the coverage you have paid for**

through your insurance, you must be assessed within 14 days of the accident.

Even minor fender benders can create trauma to the neck, spine and/or connective tissues. These effects may not be felt or understood for weeks or months after the accident. Seeking immediate assessment after an accident and treatment, if necessary, will greatly reduce the likelihood of long-term and/or deteriorating back, neck and spine problems.

In the unfortunate instance that you or a friend or family member has been in an automobile accident, don't delay and have a full spinal exam and check up at Cobblestone Spine & Joint immediately. We can help walk you through recovery.

OUR NONSURGICAL TREATMENT IS:



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NO RECOVERY TIME
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ALL NATURAL
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DRUG FREE
No drugs used at all through the process.



Cobblestone Spine & Joint Institute
10233 Okeechobee Blvd. Suite B6
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561-753-2225

www.cobblestonespineandjoint.com



SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

Throughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



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

I Have A Wait Problem

Brent Myers

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows

we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



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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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