

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

Health & Wellness[®] MAGAZINE

May 2023

North Palm Beach Edition - Monthly

www.sflhealthandwellness.com

FREE



**FROM TEARS TO TERRIFIC
INNOVATIVE HAIR RESTORATION TOOLS
THAT TRANSFORM WOMEN'S HAIR LOSS**

BLADDER CANCER

WHAT IS THAT NOISE???

REAL DEAL DENTAL IMPLANTS

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



TRUSTED HOMECARE SERVICES

Our mission is to assess the needs of each client to help them maintain their independence while living in their own homes and communities.

Services



- Healthcare Staffing Services
- Licensed RNs and LPNs
- Companion/Homemaker
- Assisted Living
- Respite Care
- Live-in Care
- Personal Care
- End of Life/Hospice Care
- Chronic Illness/Disability Care
- Meal Preparation
- Housekeeping
- Shopping & Errands
- Transportation to Doctor Visits



561.314.3976
WWW.TRUSTEDHCS.COM

TRUSTED LAW AMANDA ACHONG, ESQ

- Florida State University
- Western Michigan University
Cooley Law School

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

The Cost of a Revocable Living Trust

Single Person
\$500⁰⁰*

Married Couple
\$650⁰⁰*


(plus incidental costs)

**VA/MEDICAID
BENEFITS
YOU MAY
QUALIFY**



Regardless of your assets

Offices located in
Boca Raton and Fruitland Park, The Villages

Call Today! 1.800.731.8784
www.trustedlawoffice.com



GOLDMAN EYE
DAVID A. GOLDMAN, M.D.
561-630-7120
www.goldmaneye.com



- CATARACT SURGERY
- FULL EYE EXAMINATIONS
- CORNEAL TRANSPLANTATION
- DRY EYE MANAGEMENT
- LASER VISION CORRECTION
- REPAIR OF CATARACT SURGERY COMPLICATIONS

3502 Kyoto Gardens Dr. Suite B, Palm Beach Gardens, FL 33410



Simply Men's Health
Reclaim Your Vitality
SimplyMensHealth.com



Simply Men's Health, the leader in Men's sexual health, REVOLUTIONIZED the treatment of ED with the introduction of RejuvaWAVE® in 2015; now introducing **RejuvaMAX™** non-surgical penile enhancement

100% safe in office procedure
The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discount fee, or reduced fee service, examination or treatment.

INCREASE YOUR GIRTH IMMEDIATELY
• No Surgery • No Incisions • No Scars
Call 561-459-5356
East Boca 3301, NW 2nd Ave #100, Boca Raton, FL 33431



- KNEE PAIN RELIEF/OSTEOARTHRITIS
- MLS LASER THERAPY
- PHYSICAL REHABILITATION

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



Palm Beach Center
for PERIODONTICS & IMPLANT DENTISTRY

561-691-0020

PBCPerio.com

Dental Implants LANAP Gum Restoration Pinhole Technique



NO TIME FOR HAIR TRANSPLANT DOWNTIME?

BREAKTHROUGH NO-SHAVE VIP|FUE™ DELIVERS DISCREET RESULTS!

BENEFITS OF VIP|FUE™

- No shave – Only FUE transplant procedure available requiring no trimming or shaving of the donor area
- Preview your results immediately
- Shorter, less restricted, more comfortable downtime
- No stitches or staples • No linear scar
- Natural results



VIP|FUE™ transplant by Dr. Alan J. Bauman | BEFORE AND ONE DAY AFTER



BAUMAN
MEDICAL

ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Alan J Bauman, MD, ABHRS, IAHR

#1 Top
Hair Restoration
Surgeon

AESTHETIC
EVERYTHING®

To book your VIP|FUE™ procedure or
Virtual Consultation, visit **BaumanMedical.com**
or call **561-220-3480** for more information.

1450 S. DIXIE HWY, BOCA RATON, FL 33432



A LUXURY MEDSPA FEATURING THE LATEST IN FUNCTIONAL AESTHETIC MEDICINE

- Juvederm /RHA filler
- Botox/Daxxify/Xeomin
- Halo/BBL/Moxi
- Bodytite/Facetite/Laser Lipo
- Sofwave Skin Tightening
- Trusculpt ID/Trusculpt Flex
- Morpheus8
- Exclusive Skincare Line
- Venus Legacy
- Emface
- Weight Loss
- Laser Hair Removal
- Pellet Hormone Therapy
- VI Peel
- IV Vitamin Therapy
- Silhouette Instalift
- Medical Grade Cosmetic Facials
- Cellulite Reduction
- Skin Resurfacing

The specialty recognition identified has been received from a private organization not affiliated with or recognized by the Florida Board of Medicine.

320 S. Quadrille Blvd.
West Palm Beach, FL 33401

340 Royal Poinciana Way
Suite 330-M, Palm Beach, FL

561-655-6325
www.mdbeautylabs.com



Daniela Dadurian, M.D.
Medical Director

Board Certified Anti-Aging and Regenerative Medicine
Board certified Laser Surgery

Bring in this ad to receive **\$100 off***
your first medical service.

* Valid on purchases
of \$300 or more

contents

May 2023

- 5 Bladder Cancer
- 6 From Tears to Terrific
Innovative Hair Restoration Tools
that Transform Women's Hair Loss
- 8 Moxie: Your Answer to Skin Concerns
- 10 Enjoy a Spontaneous Sex Life Again – Rekindle the Spark!
- 11 What Is That Noise???
- 12 Real Deal Dental Implants
- 13 Non Surgical Spinal Care
Do You Suffer From Herniated or Bulging Discs?
- 14 Cataract Surgery in 2023: What Should You Expect?
- 15 Spiritual Wellness: Don't Give Up!

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

South Florida's Health & Wellness Magazine can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2023. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



AUDIOLOGY

With A Heart

**Hearing
Healthcare
That You
Can Trust**



- **NONPROFIT ORGANIZATION**
- AFFORDABLE OPTIONS
- **HEARING AID REPAIRS**
- CUSTOM EAR MOLDS
- **TINNITUS TREATMENT**
- ANNUAL HEARING EXAMS
- **60 DAY TRIAL PERIOD**
- FULL RETURN POLICY
- **FREE AMPLIFIED TELEPHONE FOR FLORIDA RESIDENTS**

(561) 366-7219
audiologywithaheart.com

Request an appointment today
and start your journey
to better hearing health.

2324 S. Congress Ave.
Suite 2G Palm Springs
FL 33406



JEWISH NATIONAL CREMATION SOCIETY



**Purchase Our Cremation Plans
and Receive Our National Travel
Protection Program and Urn
With Star of David FREE**

★ **STARTING AT \$2,495** ★

CREMATION WITH TRADITION

**SHIVA PACKAGE, CANDLE, ISRAELI EARTH,
KADDISH CARDS INCLUDED**
JEWISH FAMILY OWNED AND OPERATED FOR 25 YEARS

CALL NOW

561-865-1746

JewishDirectCremation.com



BLADDER CANCER

Bladder cancer typically affects older adults and is very rare in children. About 90 percent of all bladder cancer is diagnosed in people over 55; the average age at diagnosis is 73.

There are some definite gender differences as well. In the U.S., bladder cancer is among the most common cancers in men, according to the American Cancer Society. Overall, the chance men will develop bladder cancer during their lifetime is about 1 in 28. For women, the chance is about 1 in 91.

The Basics of Bladder Cancer

The bladder is part of the body's urinary tract. The main job of the bladder, a hollow organ located in the lower pelvis, is to store urine. When we urinate, the muscles in the walls of the bladder contract, forcing urine out of the bladder through a tube called the urethra.

The wall of the bladder has several layers made up of different kinds of cells. When the DNA in these cells changes, the cells can grow out of control and form a tumor. These abnormal cells can break away and spread.

Most bladder cancers, about 90 percent, start in the cells on the surface of the innermost lining of the bladder. The most common form of bladder cancer is called urothelial carcinoma, a non-muscle invasive cancer in which the tumor stays within the bladder's inner lining.

Invasive bladder cancers grow into deeper layers of the bladder wall and may spread to nearby lymph nodes or other organs and parts of the body, such as the bones, lungs or liver.

Warning Signs & Symptoms

The symptoms of early-stage bladder cancer are often obvious, which can lead to early detection and more effective treatment.

The early stages can cause bleeding but no pain. Blood in the urine can appear pinkish, brown or bright red. Blood in the urine does not always mean bladder cancer is present, but it should be reported to your doctor promptly.

Sometimes no blood is visible in urine but can be detected through a lab test. Other signs and symptoms can include frequent or painful urination, difficulty urinating, a weak urine stream or back pain.

More advanced bladder cancer can cause other symptoms, including being unable to urinate, lower back pain on one side, swelling in the feet or bone pain, fatigue, loss of appetite and weight loss.

There is no screening test for bladder cancer. If your health-care provider suspects cancer may be present, various tests can help confirm a diagnosis.

Bladder Cancer Treatment

When found in early stages, bladder cancer is highly treatable.

Treatment depends on the type, stage and grade of the tumor, as well as the patient's overall health, and may include more than one type. Early-stage tumors are usually removed during a procedure called cystoscopy and transurethral resection of bladder tumor (TURBT). Surgery to remove the entire bladder and nearby lymph nodes may be recommended for patients with muscle-invasive bladder cancer.

Even after successful treatment, bladder cancers can come back. Follow-up tests may continue for years after treatment to detect any recurrence.

What's Your Risk?

Research has shown that smoking causes about half of all bladder cancers in both men and women. Smokers are at least three times as likely to get bladder cancer as non-smokers due to the harmful chemicals that can accumulate in the urine and damage the bladder's lining.

Certain industrial chemicals have been linked to bladder cancer, and exposure to these chemicals can place people at higher risk. The industries where chemical exposures are more likely include:

- Manufacturing of dyes, rubber, leather and textiles
- Painting and printing
- Photography, if using film-developing chemicals
- Hairdressers (through exposure to hair dyes)
- Truck drivers (through exposure to diesel fumes)

Previous cancer treatment can increase the risk as well. Patients who received radiation treatment aimed at the pelvis or treatment with certain anti-cancer drugs have a higher risk of developing bladder cancer.

Chronic inflammation of the urinary tract or repeated urinary infections may also increase risk.

As with many forms of cancer, family history can play a role.

We cannot control some common risk factors for bladder cancer, such as age and gender. However, we can take steps to reduce risk:

- Don't smoke.
- Be careful around chemicals. If you must work with chemicals, know and follow all safety instructions.
- Eat healthy foods. A diet rich in fruits and vegetables may help reduce your risk for many types of cancer.

Talk with your doctor or other healthcare provider for helpful tips and resources to make healthy lifestyle choices and changes.

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 a significant role in these advancements, now saving more lives. Patients participating

in these safe and carefully supervised groundbreaking research studies receive the latest treatments available, which can positively impact their outcomes.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com) Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute (FCS) offers patients access to more clinical trials than any private oncology practice in Florida. The majority of new cancer drugs recently 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, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment, and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



Lake Worth Cancer Center
4801 S. Congress Ave., Suite 400
Lake Worth, FL 33461

Delray Beach
5130 Linton Blvd., Suite B-4
Delray Beach, FL 33484

Palm Beach Gardens
3401 PGA Blvd., Suite 200
Palm Beach Gardens, FL 33410

Wellington North
1037 S. State Road 7, Suite 303
Wellington, FL 33414

West Palm Beach
1309 N. Flagler Drive
West Palm Beach, FL 33401

For more information, visit FLCancer.com

From Tears to Terrific Innovative Hair Restoration Tools that Transform Women's Hair Loss

by Alan J. Bauman, MD, ABHRS

Women's hair has long been the subject of numerous poems written by lovesick admirers who've, well, waxed poetic about the beauty of a woman's hair. Let's face it. Nothing conveys good health more than thick, shiny tresses.

Women's hair has long been the subject of numerous poems written by lovesick admirers who've, well, waxed poetic about the beauty of a woman's hair. Let's face it. Nothing conveys good health more than thick, shiny tresses.

To commemorate National Women's Health Month in May, I asked the artificial intelligence ChatGPT robot to write a poem about a woman who comes to see me because she's concerned about hair loss. Here's what it created:

She looked in the mirror with tears in her eyes.
Her once luscious locks were thinning in size.
Gloom filled her heart, and she felt much despair.
The hair she so cherished was no longer there.

She searched for solutions and finally found,
The good Dr. Bauman, who turned it around.
He knew what to do and just what she needed.
In no time at all, he'd superbly succeeded.

Slowly but surely, her hair grew and shone.
Her follicles sprouting as fast as a clone.
Now, she stands in the mirror, her heart full of glee.
Her hair full and vibrant, as it once used to be.

OK, it's a far cry from the words of Lord Byron extolling the loveliness of a woman's hair in his poem *She Walks in Beauty*, published in 1815. However, it was a fun way to share what I hope is the experience of every woman I see when *She Walks in Our Doors* seeking a solution for her hair loss.



It's not uncommon for women to experience hair loss. Did you know that between 40-50 million American women have it, but it's often less obvious than it is to men. Most women have lost at least 50 percent of their hair before they realize it!

Factors contributing to hair loss include stress, hormones, heredity, certain medications, nutritional issues, and age.

Women will consult with their hairdressers about their hair loss, but there's not much most hairdressers can do but adjust the style or recommend products to help their hair look thicker.

What many women don't realize (and sometimes their hairdressers don't either) is that there's a **multitude of truly astonishing options** today to help women **restore** the hair they once had.

And Bauman Medical has them all.

In fact, **Bauman Medical is at the forefront** of the latest in hair restoration technology and medicine. And just as important to know...

...Hair restoration isn't a sideline for us. It's all we do.

Below is a mere fraction of the vast banquet of services we offer, ranging from products to procedures to services. Once we've had a consultation with you, we can help you choose the specific route that we know will give you the best results possible.

HOME USE

82M Minoxidil

Our proprietary Formula 82M prescription minoxidil is designed for hair loss patients who experienced scalp and hair side effects from over-the-counter products or want a more powerful topical hair growth treatment they can use at home. If you've tried over-the-counter minoxidil 2% or 5% solutions, foam, a generic-brand (e.g., Kirkland) or Rogaine and found them greasy or goopy, try 82M!.

Low-Level Laser Light Therapy

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

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

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

IN-OFFICE PROCEDURES

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

PRP (Platelet-Rich Plasma)

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

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



Before and 12 months after starting Low-Level Laser Light Therapy

PDOgro™

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

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

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

IN-OFFICE SERVICES

Scientific Scalp Makeover* (AKA: Hair Grows While You Doze treatment)

The Scientific Scalp Makeover is a patient favorite – an ultimate pampering experience with a bonus for your hair and scalp.

I created our SalonB Trichology Lab to help patients maximize their scalp health and to offer them a relaxing spa experience aimed at reducing stress. It’s so relaxing, in fact, that many people fall asleep!

SalonB is equipped with low lighting and soft music, just like a regular spa. It’s your chance to relax, rewind, get pampered, get treated and indulge yourself. It consists of a 90-minute-to-three-hour session during



Before and 12 months after PRP by Dr. Alan Bauman)

which you’re treated to a variety of soothing services, including:

- Aromatherapy
- 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
- Hydrodermabrasion/Exfoliation Treatment
- A customized conditioner or hair mask

While the makeover is particularly geared toward helping reverse hair loss in people with stress-related conditions, many people without scalp issues come regularly to enjoy some self-indulgence and shut out the rest of the world for a while.

*(One of many too numerous to list here).

Learn more

OK. I know. It’s hard to make that first contact, but keep in mind, we understand the special concerns of women. In fact, 90 percent of my staff is comprised of remarkable women who enjoy being part of our mission to help other women look their best.

I can assure you, from your first contact with us, you’ll feel like you’re our most important patient. Why wait another day? Let’s talk to see what treatment regimen is right for you.

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



If you know a woman who would love to benefit from our services, consider giving her a Bauman gift certificate. It 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 me 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 7th 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.”



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Hair Restoration
for Men and Women

www.BaumanMedical.com
561-220-3480

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.



**Complimentary Consultation / Gift Cards
Financing Available**

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discount fee, or reduced fee service, examination or treatment.

320 S. Quadrille Blvd., WPB
West Palm Beach, FL
561-655-6325

340 Royal Poinciana Way, Suite 330-M
Palm Beach, FL
561-797-9090
mdbeautylabs.com

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 2023, Dr. Katz collaborates with Michael Lada PA-C, the co-inventor of the Gainswave and introduces the game-changing RejuvaWAVE Multi-Wave ShockwaveSM. This shockwave treatment is the first-of-its-kind therapy combining both Radial and Focused waves to boost the success rate to over 95% curing ED and Peyronie's. In addition to treating ED and Peyronie's, it enhances performance and reverses 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 distinguishes itself from all others by our proprietary multi-modality protocol, the RejuvaWAVE® application technique combining both Radial and Focused waves using the state-of-the art Storz medical device. As a result, RejuvaWAVE Multi-Wave ShockwaveSM treats the root cause of the problem, not just the symptoms. This multi-wave shock-wave 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 PROTOCOL?

This state state-of-the-art, scientifically proven technology combines a proprietary acoustic pressure wave application technique combining Radial and Focused waves stimulates 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 101
Boca Raton, FL 33431

561-459-5356

SimplyMensHealth.com

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

WHAT IS THAT NOISE???

According to research, thirty-two percent of individuals described tinnitus as constant whooshing, buzzing, or ringing in the ears. Tinnitus is a condition that can lead to real problems. People who experience these sounds have trouble sleeping and concentrating, and sometimes can even be connected to hearing loss.

Although tinnitus has no cure, its effects can be minimized by recognizing what triggers and worsens it. One of the most prevalent things that worsen tinnitus is loud noise. Some medications, such as anti-inflammatory drugs, antibiotics, and even high doses of aspirin, can aggravate the ringing. Alcohol, smoking, artificial sweeteners and caffeine are also triggers. To determine if any of these triggers affects your tinnitus, try switching to decaf and see what happens. If your tinnitus is triggered by a glass of red wine, try switching to white wine and see what happens. If you drink, diet soda, try ones that use the more “natural” sweeteners rather than they heavy-duty aspartame.

The effects of stress on the body are very real and very substantial. An increase in tinnitus symptoms can be caused by spikes in breathing, heart rate, and blood pressure. Stress, therefore, can activate, exacerbate, and lengthen bouts of tinnitus. If your tinnitus is caused by stress, you should determine ways of unwinding. Reducing your life’s stress (whenever possible) will also help. Turning the TV or radio on at low levels to mask your tinnitus can be helpful, as can noise machines that generate ocean sounds are also beneficial.

It’s normal and healthy to produce earwax. However, excessive earwax can aggravate your eardrum and begin to cause buzzing or ringing in your ears. If the patient’s earwax cannot be washed out in a typical way due to accumulating too much, the resulting tinnitus can worsen. The easiest way to reduce the ringing in your ears caused by too much earwax is to make sure the ears are clean! (Don’t use cotton swabs to clean your ears.) Some people produce more earwax than others; professional cleaning may be in order if this is the case.

Many health conditions, such as tinnitus, can be caused by hypertension and high blood pressure. High blood pressure can amplify the ringing or buzzing already



being experienced, making it hard to ignore. High blood pressure has treatment options that decrease tinnitus symptoms in related circumstances. Avoid foods with high fat or salt content and get more exercise. Stress can also increase blood pressure, practicing relaxation techniques or lifestyle changes can also improve hypertension (and, thus, tinnitus caused by hypertension). Constant ringing, buzzing, or whooshing in the ears is reported. It may be a warning sign that hearing loss may also be present or that a medical problem needs to be dealt with before it worsens. Taking steps to safeguard ears from loud noises and getting in touch with a hearing specialist before what began as a nagging concern leads to more significant issues.

Hearing aids are the first line of defense when trying to minimize the tinnitus. 80% of people with tinnitus achieve relief when wearing hearing aids. Since you don’t wear your hearing aids when you sleep, we recommend two devices:

1. SLEEPPHONES www.sleepphones.com this device is a headband with speakers embedded in it. It is very comfortable and you can stream music from your cell phone to the headband which masks your tinnitus and allow you to fall asleep more easily. There are also many tinnitus apps you can download and stream to the headphones.

2. Sound pillow www.soundpillow.com was developed with the VA to provide relief for Veterans that suffer with tinnitus. It is a pillow with speakers embedded in it that elicits sounds that have been determined to be the most beneficial for tinnitus sufferers. If you are a Veteran, ask your Audiologist about getting a sound pillow. If you are not a Veteran, they are available for sale through their website.

Tinnitus can cause serious disruptions of a person’s life so if you are suffering and are looking for some help, please call Audiology with a Heart at **561-366-7219** to see how we can help you.

For more information, please visit the American Tinnitus Association at www.ata.org or you can call them **1-800-634-8978**.

AUDIOLOGY
With A Heart

(561) 366-7219

audiologywithaheart.com

2324 S. Congress Ave.

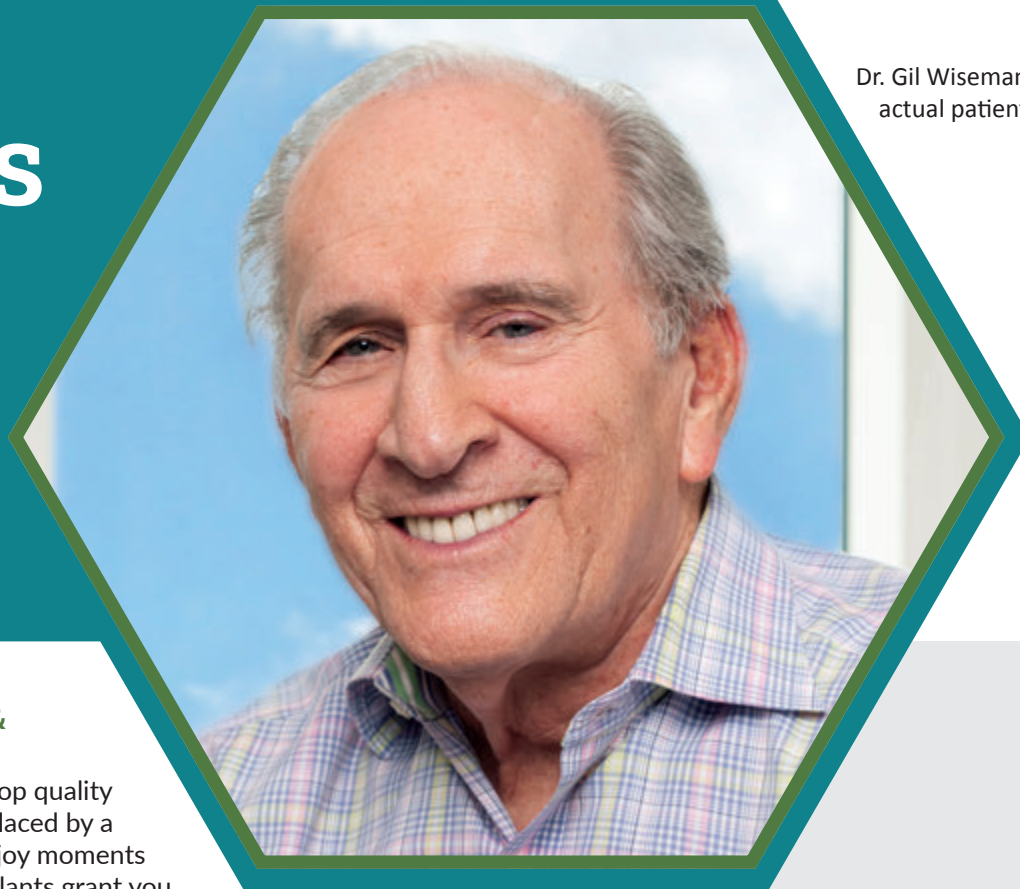
Suite 2G Palm Springs, FL 33406

Hearing Healthcare That You Can Trust

Real Deal Dental Implants

Dental implants are a hot topic. By age 45 most of us are missing at least one tooth. If you need one or more dental implants, you know there is a lot of information to sift through.

Looking online you might see offers, even bargains for dental implants. Don't be fooled. Dental implants come with risk. To ensure your dental implants last a lifetime, you need an experienced dental implant surgeon who uses only top-quality materials.



Dr. Gil Wiseman
actual patient

Buyer Beware: Low Quality Dental Implants on Market

In recent years, the U.S. market has seen infiltration of clone implants from China, Eastern European and South American countries. Clone implants pose risks because:

- Clone implants are not specifically designed for your mouth.
- Some contain mixed metals that can cause adverse reactions.
- Higher rates of failure which can be painful and costly.

Dental Implants Done Right

Dental implants are an investment in your health and appearance.

Dental Implant Specialist Dr. Lee R. Cohen uses surgical-grade, titanium dental implants made by leading manufacturers. It's one reason why his patients have a 97% success rate.

- Look and feel totally natural.
- Precision placed with guided surgery.
- Biocompatible to bond with your body.

Big Benefits & Better Living

When you have top quality dental implants placed by a specialist, you enjoy moments more. Dental implants grant you the freedom to eat what you like, share conversations without worry, and smile for photos again.

Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills.

Every visit begins with a conversation about you. 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.

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

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



Palm Beach Center
for PERIODONTICS & IMPLANT DENTISTRY

Accepting New Patients

561-691-0020

Dental Implants

website: www.pbcperio.com

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

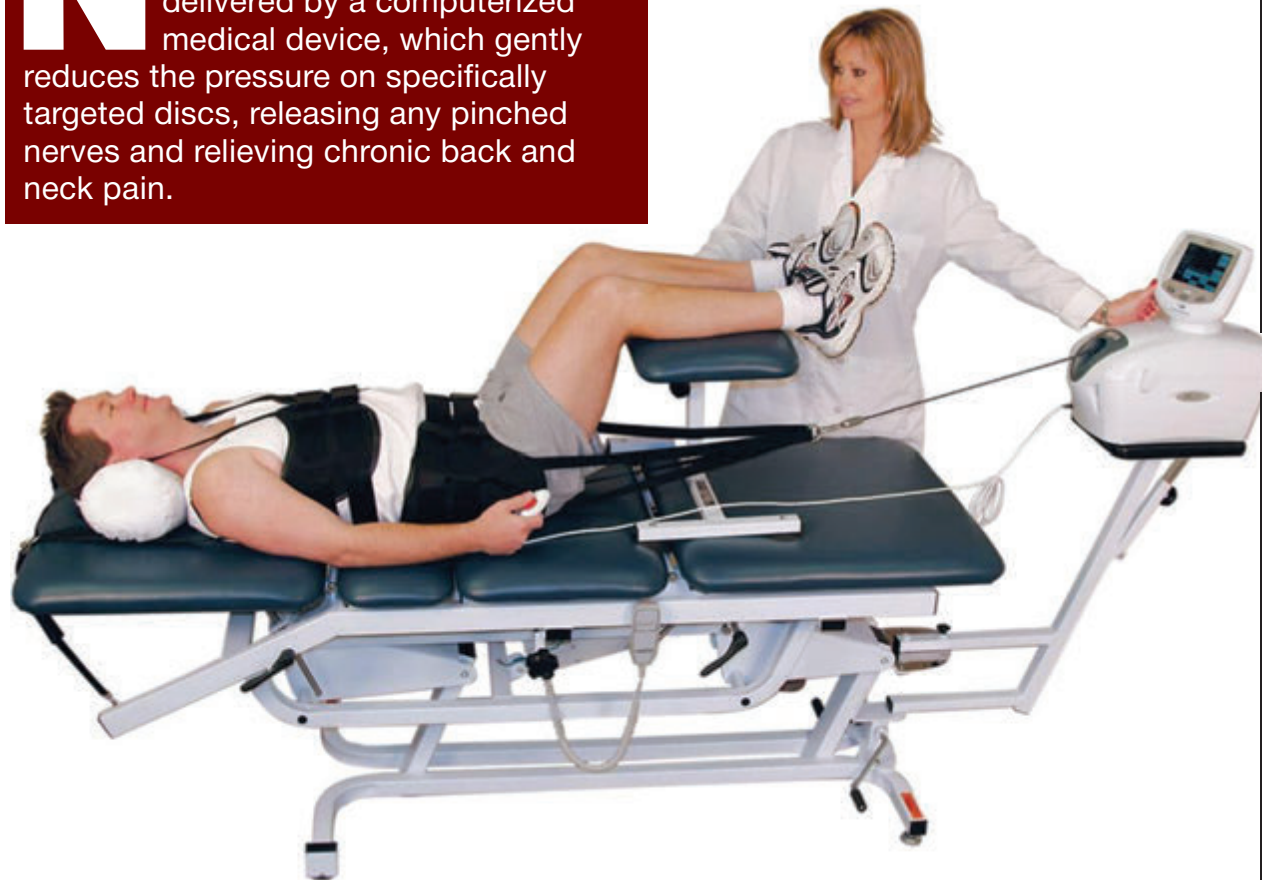
Pinhole Technique

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.



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

SPINAL DECOMPRESSION THEORY

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

WHAT DOES A TREATMENT INVOLVE?

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

IS IT A PAINFUL PROCESS?

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

WHY SPINAL DECOMPRESSION THERAPY?

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

LIVE YOUR LIFE TO ITS FULLEST

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

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

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

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

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

OUR NON SURGICAL TREATMENT IS:



NON INVASIVE
Therefore there is no risk of infection.



NO RECOVERY TIME
No down time from normal activities.



ALL NATURAL
Completely natural process for peace of mind.



DRUG FREE
No drugs used at all through the process.



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

Cataract Surgery in 2023: What should you expect?



By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The 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

Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.



Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!



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



Advanced treatments personalized to you.

Through next-generation sequencing, we take a deep look into your genes to create treatment plans personalized to you.

This provides a road map for immunotherapies that strengthen the way your cells fight cancer. Our patients also have access to the latest clinical trials delivering quality treatment and expertise in communities across Florida. We take care of the big things in cancer care, so you can make the most of the little moments—every step of the way.



FLCancer.com/LittleThings