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# Health & Wellness<sup>®</sup> MAGAZINE

June 2023

North Palm Beach Edition - Monthly

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**AMUSING FATHER'S DAY  
CARD MESSAGES ASIDE,  
HAIR LOSS ISN'T FUNNY**

**HEARING LOSS  
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## TRUSTED LAW AMANDA ACHONG, ESQ

- Florida State University
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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

# Revocable Living Trust

## ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
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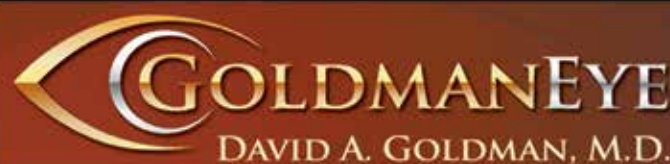
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# AS THE DAYS HEAT UP REMEMBERING TO GRAB ALL YOUR VALUABLES BEFORE LEAVING YOUR CAR BECOMES MORE AND MORE IMPORTANT!

## THE DON'T FORGET APP IS SAVING LIVES!

**According to Consumer Reports: "About 38 Children die each year from vehicular heatstroke. Heatstroke is the leading cause of death in vehicles (excluding crashes) for those 14 and younger."**

As it gets hotter and people become overwhelmed with all that they need to remember it becomes increasingly likely that a child or pet can get left behind. The Don't Forget App created by Burt Firtel is perfect for those parents who have a never-ending checklist of things to get when exiting the car. Burt urged his app engineers to create an easy-to-use and customizable app for all ages!

Burt says, "It's a simple idea but one that some people are saying why hasn't it been thought of before? I would park my car in the underground garage, take the elevator to my apartment, get undressed, turn on the tv, and reach for the phone. You dummy, I left it in the car and would do so a couple of times each week. So, I invented the "Don't Forget APP".

The Don't Forget App is life-saving and can stop a tragedy from occurring. It works with your car's Bluetooth so that when your car turns off it reminds you to take up to 15 items. Burt wants to try and prevent any more children and pets from becoming part of those tragic statistics.

Burt is now an 84-year-old retiree who just wants to help others.



# DON'T FORGET

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# Amusing Father's Day Card Messages Aside, Hair Loss Isn't Funny

by Alan J. Bauman, MD, ABHRS

**I** was looking at some Father's Day cards the other day in a gift shop when I found myself intrigued by several humorous (corny, really) ones that playfully addressed the topic of hair loss.

Here were a few of the messages (I snapped pictures of them, so I'd get this right):

Dad, remember that you're not losing hair; you're just gaining a bigger forehead.

Dad, you might be losing your hair, but you're acquiring a great hat collection!

Happy Father's Day, Dad! Remember, you may be losing hair on your head, but you're gaining it in your nose and your ears...and on your back.\*

I can assure you, I've never seen a Mother's Day card joking about a mom losing her hair. That's because it's culturally more acceptable for a man to have thinning hair, and because men are experts at using self-deprecating humor to cover up how they really feel. I know this because men make cracks all the time about going bald when I'm doing a consultation with them. But they also often confide in me how much it bothers them.

So, let's get real for a moment here.

If you're a man losing your hair, it's probably concerning you more than you care to admit. Am I right?

It's not unusual for my male patients to confess that their hair loss makes them feel embarrassed and self-conscious, that they worry (a lot) about how their appearance might be affecting their professional life and, especially, their love life.

Most male pattern hair loss (androgenic alopecia) is believed to be due to a combination of genetics and hormones called androgens that play a role in male traits. The biggest androgen culprit is DHT (dihydrotestosterone), a by-product of testosterone production.

In men with certain genetics, DHT causes hair follicles to progressively shrink and produce weaker, thinner, and shorter hair over time in a predictable pattern. The pattern starts as a receding hairline and thinning in the crown and can result in the loss of all hair up top, sparing the sides and back of the scalp.



This doesn't mean that a man with male pattern hair loss has more testosterone than those without hair loss (sorry guys). He's just inherited a sensitivity to DHT, causing his follicles to miniaturize in the typical pattern.

While you can't undo the genetics causing your hair loss, we offer several powerful ways to encourage your hair to grow back, to thicken, or to stop or slow down hair loss. Here are a few of our most popular ones:

## **TED (TransEpidermal Delivery)**

TED is ideal for people averse to surgery or having their blood drawn. It's *needle-free, pain-free, requires no anesthesia of any kind*, and is highly effective, especially for people with early androgenic alopecia.

It involves massaging a specialized topical hair growth serum into your scalp, assisted by ultrasonic sound waves and air pressure. The process gently enhances the penetration of the serum into the scalp by temporarily increasing scalp permeability. At the same time, increased blood flow optimizes scalp health and stimulates hair follicles to produce thicker, stronger, healthier hair. This FDA-cleared Class 1 medical device is clinically proven to quickly start minimizing shedding and improve hair growth and scalp health.

## **Low-Level LaserCaps**

Bauman's low-level LaserCaps – we offer five of them – are drug-free, chemical-free, non-invasive, FDA-cleared, and scientifically proven to improve the appearance of hair quality, strength, and thickness of thinning hair and to stimulate measurable and visible hair growth.

Our newest and most high-tech LaserCap, the TURBO LaserCap™ is especially popular because using it takes just five minutes per day.

## **PDOgro™**

Bauman Medical was 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, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp stimulate hair regrowth. This procedure is typically performed in combination with PRP. Hidden under the skin, the threads dissolve and are absorbed over time, stimulating collagen production, new blood vessel formation, and a release of powerful rejuvenating growth factors.



Before and 6 months after PDOgro™ by Dr. Alan Bauman



Before and After 3 TED Treatments by Dr. Alan Bauman

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

#### PRP (Platelet Rich Plasma)

PRP is a comfortable in-office procedure requiring no recovery, downtime, or significant risk. Derived from a small sample of your blood, platelets and plasma are separated from other components of the blood, concentrated, then applied into the scalp under local anesthesia to invigorate weak hair follicles. With

our methods, which use 10-12 Billion platelets per treatment, you can expect hair growth improvements from a single treatment to last a year or more.

#### VIP|FUE™ hair transplant procedure

VIP|FUE™ offers patients all the advantages of traditional minimally invasive FUE (follicular unit extraction) – no linear scar and a quicker, more comfortable recovery. (FUE involves extracting individual hair follicles from a donor area and transplanting them to the balding area.)

However, VIP|FUE™ is the only transplant procedure that doesn't require the donor area to be trimmed or shaved. Hair left in the donor area remains the same length through the procedure and recovery. It's the ultimate in discretion because your hairstyle does not change through the process.

\*And....ah, hem...about that back hair...

Bauman Medical does **hair removal** too! Ask us about Clarity, our state-of-the-art laser hair removal tool. It's so good you may come back some day, but not for your back.

#### Learn more

I realize it's impossible to know from reading everything above which option is best for you. The best way to find out is to schedule your private one-on-one in-person or virtual consultation. So take a minute to call us at **561-220-3480**, point your camera at the QR code below, or visit us at **www.BaumanMedical.com**.



### 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.”



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## Genetics and Hair Loss

- There are now over 200 known DNA locations (genes and SNPs) that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two.
- Hair loss can start as soon as puberty ends, depending on your hereditary sensitivity to DHT.
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding – all of those put together will determine how quickly you see loss occur, how quickly it progresses, and how long it will occur later in life.
- Because it is a recessive gene, hair loss can skip generations, skip siblings, etc.
- Consumer DNA tests (e.g. HairDX and TrichoTest™) include a prediction of whether you are likely to experience hereditary hair loss and what treatments will work best for you based on your unique DNA.



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

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



**Medical Director, Daniela Dadurian M.D.**  
 \* Board Certified Anti- Aging Medicine  
 \* Board Certified Laser Surgery

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

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



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# Enjoy a Spontaneous Sex Life Again – Heal at the speed of LIGHT & SOUND Rekindle the Spark!

**NEW 1st-of-it's-kind potential cure for  
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over 95% Success**

**SIMPLY MEN'S HEALTH IS QUICKLY GRABBING ATTENTION AS BOCA RATON'S #1  
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In 2015, Dr. Joan Katz, a Harvard-trained physician and owner of Simply Men's Health was the first to introduce ED shockwave and revolutionized the treatment of ED with RejuvaWAVE®.

And now again in 2023, Dr. Katz collaborates with Michael Lada PA-C, the co-inventor of the Gainswave and introduces the game-changing RejuvaWAVE Multi-Wave Shockwave™. This shockwave treatment is the first-of-its-kind therapy combining both Radial and Focused waves along with Photobiomodulation LASER to boost the success rate to over 95% curing ED and Peyronie's Disease. In addition to treating ED and Peyronies, it enhances performance and reverses the inevitable aging process. Turn back the clock and 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, Simply Men's Health wants you to experience for yourself the genuine RejuvaWAVE® DIFFERENCE performed by our highly trained and certified technicians: Call Simply Men's Health and get one FREE session – absolutely NO obligation – No fee – No purchase! Judge for yourself as Jeff, one of many of our happy patients states:

*"I've come to Simply Men's Health. I had gone to a previous place... this one is the REAL deal. Absolutely a completely different procedure. Everything is much better. The procedure working the first time. Completely satisfied."*

## HOW DOES REJUVAWAVE MULTI-WAVE SHOCKWAVE DIFFER FROM OTHER SHOCKWAVE THERAPIES?

The NEW RejuvaWAVE Multi-Wave Shockwave™ 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 Shockwave™ 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 SHOCKWAVE™?

RejuvaWAVE Multi Wave ShockwaveSM NATURALLY restores spontaneous sexual function, gives you harder and longer lasting erections, and increases penile sensation

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- **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?

both Focused and Radial waves stimulates cellular metabolism, enhances blood circulation, and stimulates the growth of new blood vessels and nerves in the treated areas. In addition, Cold Laser accelerates healing and potentiates the effects of RejuvaWAVE®. shockwave treatment.



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

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# HEARING LOSS AND COGNITION

**M**y staff and I recently attended a conference sponsored by Alzheimer's Community Care. We were fortunate enough to sit in on a presentation by Dr. David Watson talking about the mechanics of Alzheimer's, past treatments and the current research investigating ways to both slow down Alzheimer's and possible preventative medications. Unsurprisingly, Palm Beach County is the foremost research location in the entire country. Dr. Watson has been involved in over 400 research studies and is on the cutting edge of current and future treatments. He established the Alzheimer's Research and Treatment Center in 2012.

Another featured speaker was Dr. Lyndsey Bride, an Audiologist out of Sarasota, FL. She spoke about the link between hearing loss and Alzheimer's or dementia. She presented some updated statistics:

- Over 50 million Americans have some degree of hearing loss
- From 2000 to 2015, the number of Americans with hearing loss has doubled
- 1/3 of Americans between ages 65 and 74 have hearing loss
- Half of people over age 75 have hearing loss
- Hearing loss is the 2nd most prevalent chronic health condition globally

We know that hearing loss and early dementia symptoms can mimic each other. Often, when we remedy the hearing loss with hearing aids, the dementia "goes away" - this does not mean the person was cured, it means that there was no real cognitive decline but the problem was untreated hearing loss.

An old saying is "we hear with our brains, not our ears" and recent research reinforces that concept. Dr. Bride discussed a recent study of people with untreated hearing loss and cognitive performance. During the study, one of the participants experienced a sudden hearing loss which worsened the existing hearing loss. They had already conducted functional MRI's and EEG's on this patient so they had a baseline. After only 3 months of this sudden, severe hearing loss, the patient's brain showed rewiring of the brain to compensate for the hearing loss. The same person was then fit with hearing aids and only 30 days later the brain had re-organized again so that only the part of the brain needed for hearing was being stimulated; thus, the cognitive load was lessened and the patient had to put out less effort to hear well.

Dr. Bride summarized much of the recent research:

- Loss of brain activity = loss of brain tissue: people with hearing loss lost an additional cubic centimeter of brain tissue every year as compared to those with normal hearing

- As the brain shrinks, the person has more difficulty processing sounds and speech
- Untreated hearing loss definitively causes brain shrinkage, even for those people with mild hearing loss

There's some good news!

- After 18 months of wearing properly fit hearing aids, patients reported improved speech perception in quiet and perceived quality of life was also improved
- Cognitive test batteries showed no significant decline and overall, executive function of the brain were significantly improved
- Clinically and statistically significant improvements in cognition were seen
- While hearing aids do not "cure" Alzheimer's or dementia, they should be considered on the frontline of defense against worsening of the disease

Dr. Jonathan Peelie, PhD, Department of Neurology, University of Pennsylvania School of Medicine said:

"As hearing ability declines with age, interventions such as hearing aids **should be considered not only to improve hearing but to preserve the brain,**"

The takeaway from the research to date is not to scare people into buying hearing aids but to show that there is a connection between cognitive performance and hearing loss. We now have the research to back up what we've known anecdotally: hearing aids are good for your brain.

If you are concerned about Alzheimer's, one of your first steps should be to have a hearing test. Your memory issues might not be Alzheimer's or dementia, it might be hearing loss.

For more information about the Alzheimer's Community Care, [www.alzcare.org](http://www.alzcare.org) or call 561-683-2700. They also have a (non-medical) 24-hour crisis hotline at 800-394-1771. As always, for a medical emergency, call 911.

For more information, please visit their website: <https://www.alzheimers-risk-test.com/alzheimers-risk-test?loc=about> or call 1 908 460 8443

**Below is a graphic published by genoScore's Alzheimer's Risk Test:**



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**Hearing Healthcare That You Can Trust**

# Goodbye Gum Grafts

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

## Hello Pinhole

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

The benefits of the Pinhole Technique are many:

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

### How Pinhole Works

Gum recession is a common dental problem that requires care.

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

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



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**Dental Implants**

**Pinhole Technique**

**LANAP Gum Rejuvenation**



Karen, actual patient

### Better for Your Teeth

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

### Trained Specialist

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

### We Care a Lot

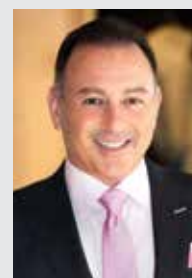
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

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

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

### Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills. Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.



#### About Dr. Lee R. Cohen

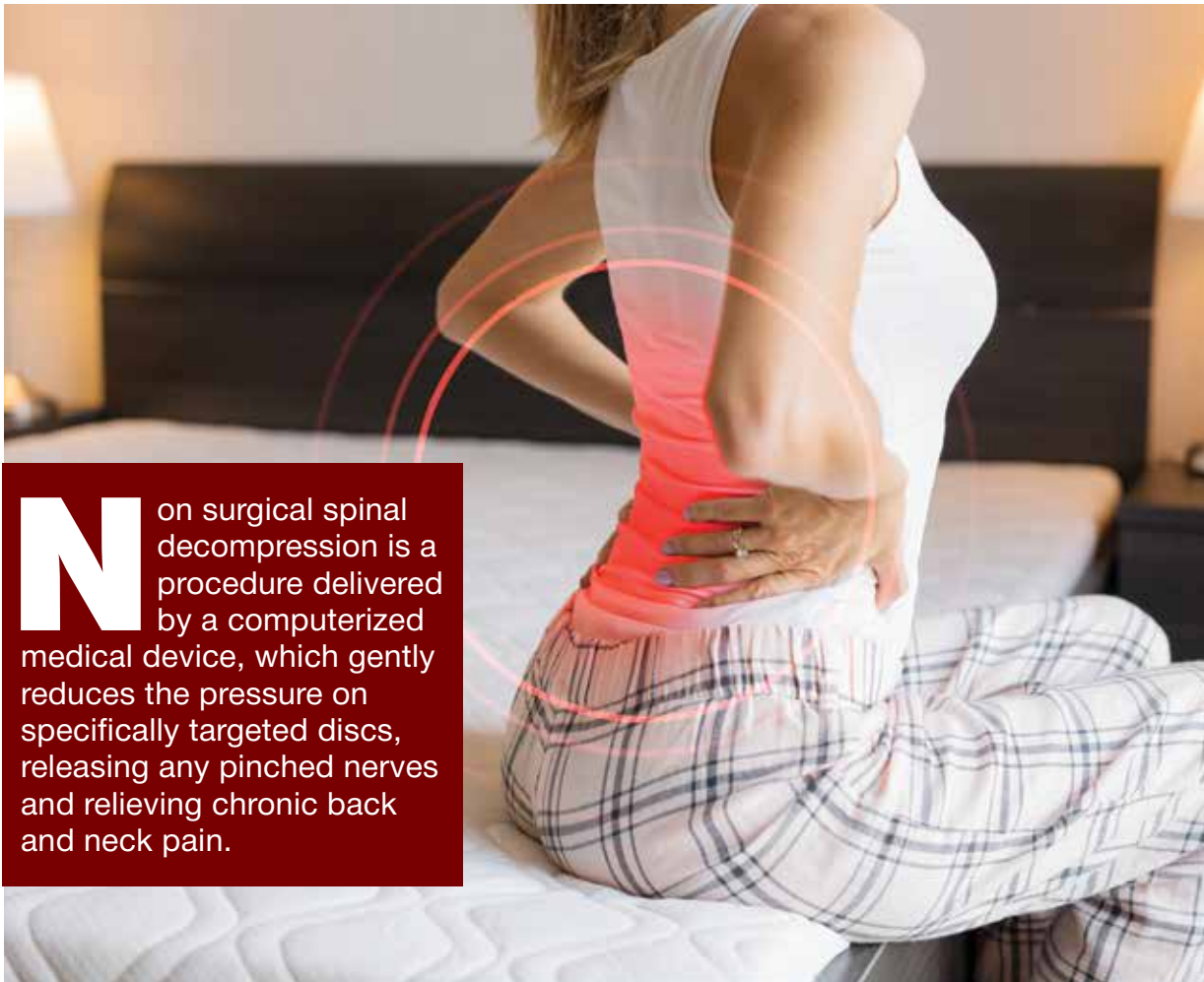
Dr. Lee R. Cohen, D.D.S., M.S., M.S. is a dual-board certified periodontal and dental implant surgeon.

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



# NON SURGICAL SPINAL CARE

## DO YOU SUFFER FROM HERNIATED OR BULGING DISCS?



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

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

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

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

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

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

### SPINAL DECOMPRESSION THEORY

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

### WHAT DOES A TREATMENT INVOLVE?

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

### IS IT A PAINFUL PROCESS?

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

### WHY SPINAL DECOMPRESSION THERAPY?

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

### LIVE YOUR LIFE TO ITS FULLEST

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

## OUR NON SURGICAL TREATMENT IS:



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



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



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



**DRUG FREE**  
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# How Doctors Choose Surgeons

By David A. Goldman MD

**W**hen it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a “renowned” surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



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](http://www.goldmaneye.com)





Brent Myers

## You Deserve a BREAK TODAY...

**I** know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

**PHYSICALLY.** Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

**EMOTIONALLY.** Sleep and stress have similar affects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

**MENTALLY.** Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

### *His Model*

“By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from

all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

### *His Command*

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).



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# Blue Light IT

**P**icture a dear family member, friend, or grandparent getting a disturbing phone call from someone pretending to be you, asking for help. Or imagine them receiving a call from a stern voice, intimidating them with threats of jail, deportation, or the loss of their essential Social Security benefits if they don't respond to immediate payment demands. Trusted institutions like the Social Security Administration, Medicare, or the IRS are transformed into weapons by heartless fraudsters.

**T**his horrifying scenario is the stark reality for Florida's elderly community. It only takes one unsuspecting phone call or an innocuous-looking QR code scan to cause serious harm. The fallout is more than just financial ruin, as these seniors are left dealing with physical and emotional trauma.

Scammers, thanks to emerging AI technologies, can now convincingly mimic the voice and appearance of a loved one. This makes seniors, who are already susceptible due to a lack of technological knowledge, easy victims. Scammers use complex tricks, such as playing on emotions and creating an immediate need, which can be harder for older folks to detect.

When emerging technologies are used by malicious actors, they bring more than financial risk. They cause significant psychological and physical distress among the elderly. Successful scams can leave victims grappling with emotional turmoil, declining physical health, tarnished reputations, and altered behaviors. The emotional trauma from being deceived can lead to new health problems or worsen existing ones in seniors, who often already have health issues. As a result, those over 65 are more susceptible to adverse physical effects resulting from scams.

In-depth research has also shown a worrying link between particular brain functions in healthy older adults and their susceptibility to financial exploitation. Even without neurological disorders, seniors' cognitive functions, decision-making abilities, and awareness of exploitation can be impaired. These findings underscore the urgent need for protective regulations to shield the elderly from the devastating impact of financial abuse and the profound influence of age-related brain changes on crucial cognitive abilities.

Prevention strategies and interventions are critical in combating elder fraud. Cybersecurity expert and best-selling author Amir Sachs knows how important it is to act fast in this rapidly evolving environment. Even though AI technology is still developing, Amir and his team at Blue Light IT in Boca Raton, Florida, are diligently exploring the best immediate actions people and organizations can take to protect their loved ones.



Blue Light IT offers complete IT administration, strategic technology advice, and specialized Cyber Security services. Amir has deep knowledge of the internet's early years and has a unique understanding of the mindset and tactics used by hackers. Currently, at the cutting edge of AI, he is committed to finding solutions to combat the rise in QR codes scam and AI fraud while assisting businesses in utilizing the advantages of this technology.

Amir and his team at Blue Light IT, are instrumental in building a more secure environment for all companies by sharing their vital expertise and services. Armed with a deep understanding of cybersecurity, strategic technology advice, and IT administration, Amir and his team are devoted to increasing awareness, educating the general public, and encouraging collaboration to protect everyone, including seniors, from the disastrous effects of fraud.

**Amir Sachs**, Founder and CEO of Blue Light IT in Boca Raton, FL helps small and medium sized companies around the globe reduce the risk of cyberattacks. Co-Author of the Amazon Best-Sellers: "Cybersecurity NOW, Crucial Strategies from 11 IT Security Experts" and "Managing Your Business Risk in the Cybersecurity Minefield," Sachs has 25+ years of experience in the small and medium-sized enterprises (SMEs) across multiple industry sectors and founded Blue Light IT in 2003.

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