

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

Health & Wellness[®] MAGAZINE

August 2023

North Palm Beach Edition - Monthly

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FREE



**DON'T LET HAIR LOSS
SNEAK UP ON YOU**

**SKIN REJUVENATION
AT MULTIPLE LEVELS**

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REAL DEAL DENTAL IMPLANTS

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- Skin Resurfacing



Daniela Dadurian, M.D.
Medical Director

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

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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UV SAFETY CAN REDUCE YOUR RISK OF CANCER

Skin cancer is the most common form of cancer in the U.S. About one in five Americans is likely to develop skin cancer in their lifetime.

The majority of all skin cancers are caused by overexposure to ultraviolet, or UV, light. These rays come from the sun (a natural source) and artificial sources, such as tanning beds and some halogen, fluorescent and incandescent lights or lasers.

Skin cancer most often develops on areas of the body frequently exposed to the sun, including the face, lips, ears, neck, scalp, chest, arms and hands. However, it can also form on areas that typically receive minimal direct sunlight.

Staying protected from the sun is a year-round necessity, especially in the Sunshine State. With the proper steps, you can help protect yourself and your family so everyone can enjoy their favorite outdoor activities safely.

Skin Cancer Basics

There are three main types of skin cancer — basal cell, squamous cell and melanoma, which is the most serious type.

Basal cell skin cancer is the most prevalent and least dangerous type. It generally appears on the head, neck or upper torso and grows slowly. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless, but if you notice them changing, see a doctor.

Squamous cell skin cancer usually appears as a thickened, red, scaly spot that may bleed easily, crust or ulcerate. Commonly found on areas of the skin that are most often exposed to the sun, it can spread to other parts of the body over time.

Melanoma skin cancer develops when melanocytes, the cells that give the skin its color, start to grow out of control. Melanoma can develop anywhere on the skin but usually starts on the chest and back in men and on the legs in women. It is close to twenty times more common in Caucasians than in African Americans.

While melanoma accounts for only about 1% of skin cancers, it is the cause of a large majority of skin cancer deaths. If not detected and treated early, it is more likely to spread to other body parts. When detected early, the five-year survival rate is 99%.

Risks and Warning Signs of Skin Cancer

Most moles, brown spots and other growths on the skin are usually harmless; however, it is a good idea to have an annual skin check by a professional healthcare provider. Older adults, people who are fair-skinned or those with many moles are generally at greater risk, so it is essential to know your skin well and recognize and report any changes you see to your doctor.



An easy way to recognize if a mole or other skin lesion may be cancerous is to remember the **ABCs of skin cancer**:

- Asymmetry:** one area of the mole does not match the other
- Border:** is irregular
- Color:** is not uniform
- Diameter:** greater than 6 mm (the size of a pencil eraser)
- Evolving:** size, shape or color changes

Slip, Slop, Slap & Wrap to Reduce Your Risk

The good news is, in addition to being the most common type of cancer, skin cancer is also the most preventable.

Did you know that, on average, a person's risk for melanoma doubles if they have had five or more sunburns? Research indicates that protecting your skin before you turn 18 can cut your risk of some types of skin cancer by as much as 78%. Even just one blistering sunburn in childhood or adolescence more than doubles a person's chances of developing melanoma later in life.

Here are the best ways to reduce your risk of skin cancer:

- Whenever you are in the sun, even on cloudy days, wear sunscreen with a sun protection factor (SPF) of 15+
- Do not use tanning beds or sunlamps
- Avoid exposure to harmful chemicals, including tobacco products
- Watch for any changes in moles or new suspicious skin growths
- Schedule an annual skin check with a healthcare professional

A Closer Look at Sunglasses

Many people consider sunglasses a stylish accessory. They are also an important part of UV safety protection. UV rays can damage our eyes as well as skin and even contribute to cataracts — cloudiness of the eye lens. While the standard pair of sunnies is designed to block rays from entering the front of our eyes, sunlight enters from all areas.

To help protect your eyes, invest in quality sunglasses with polarized lenses. These contain a special filter that blocks reflected light to cut harmful glare and haze.

So, before you head outside, remember this simple formula: Slip, Slop, Slap & Wrap — slip on a shirt, slop on sunscreen, slap on a hat and wrap on a quality pair of sunglasses to protect your eyes!

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.



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Don't Let Hair Loss Sneak Up on You

Chase It Away with Bauman Medical's Detection and Treatment Tools

by Alan J. Bauman, MD, ABHRS



to spread the word. Hair loss awareness is a year-round campaign for us because we're passionate about educating people about hair loss.

Helping our patients have the best hair possible is all we do. All the time.

HAIR LOSS IS SLOW. HAIR LOSS IS DEVIOUS.

Did you know that you can lose as much as 50 percent of your hair before you notice it visually?

According to research, over 80 million Americans are affected by hair loss.

time. No "educated guess" required. This information helps us make diagnosis and treatment decisions, and to monitor better than ever before how well you're responding to your treatment.

HairCheck: Another quick, painless, non-invasive way to measure and track the amount and quality of hair growing on your scalp called Hair Mass Index. It also measures the percentage of hair breakage you're experiencing, a common cause of hair loss and hair thinning. If you're on a hair growth or anti-breakage treatment, HairCheck measurements scientifically verifies any changes.

Trichological evaluation: This process provides an in-depth evaluation of your scalp by Kimberly Jenkins, WTS, CHC, our in-house certified trichologist and HairCoach™. (Trichology is the scientific study of the hair and scalp, including the structure, function, and health of hair follicles.) It addresses every aspect of scalp health, including:

- Determining the acid mantle (pH) balance of your scalp
- Assessing your scalp's hydration status and sebum production. (Sebum is the oily substance that moisturizes and protects the scalp). Is your scalp too oily, blocking the hydration element? Is it too hydrated, impeding the secretion of oil?
- Measuring your scalp's elasticity
- Taking magnified, close-up photos to see what's happening on your scalp (looking for inflammation, dandruff, and other abnormalities like evidence of microorganism overgrowth)
- Noting details of your lifestyle, health, and stress levels that may be contributing to hair loss

Armed with this data, Kimberly formulates your customized treatment plan. She often recommends some of Bauman Medical's high-quality hair products, carefully chosen for your particular situation.

Trichotest™: An innovative tool that tests your DNA to identify which hair loss treatments are most likely to provide the best results for you. The process involves a simple cheek swab taken in our clinic or at home to obtain a sample of your DNA, and some details about your lifestyle. A computer then analyzes the genetic

Have you ever tried on a piece of clothing you haven't worn in a while and been shocked that it doesn't fit anymore? (Perhaps it shrank in the dryer?)

Or maybe your car that's been working fine suddenly runs rough and your mechanic tells you no wonder: you haven't changed the oil since the dinosaur that provided it roamed the earth?

Or maybe someone you're close to tells you that your hair is getting thin. (Are you sure? Hand me the mirror).

I know. Life is complicated. There are so many distractions, but small changes we fail to notice and address early—like hair loss—can sneak up on you with big consequences down the road.

This month we're highlighting Hair Loss Awareness Month. Hair Loss Awareness Month is an annual campaign initiated by the American Academy of Dermatology, aimed at bringing attention to the issue of hair loss and its impact on individuals' physical and emotional wellbeing.

Of course, at Bauman Medical, where we specialize in hair health and restoration, we don't wait for August

By the age of 35 nearly a third of all men have begun experiencing hair loss, typically male pattern baldness (receding hairline and thinning on the crown). For some men, it starts as early as their late teens. Women aren't immune. Forty percent of those with hair loss are women. Women's hair loss typically starts a little later, in the 30s and 40s, and is more diffuse with a widening of the part and overall thinning of the hair.

Every day I see patients whose hair has been thinning for years but they didn't notice it until it was, well, noticeable. Sometimes someone points it out to them. Sometimes they see it on a security camera video screen (who's that bald guy?) or a mirror in an elevator. Sometimes they see an old photo and realize how much hair they once had.

WHAT KIND OF HAIR LOSS IS IT? HOW ADVANCED IS IT? WHAT CAN BE DONE?

Here are a few of the state-of-the-art diagnostic and hair growth tracking tools we have in our "Hair Hospital" to answer all those questions, and more.

HairMetrix: Uses artificial intelligence to take a snapshot of your scalp without trimming any hair and applies an algorithm to get a readout of your precise hair quantity and quality (and other metrics) in specific areas over



Bauman Medical has the latest diagnostic tools to measure hair loss and your progress from treatment, including HairMetrix®, which uses A.I. to provide digital readouts with the exact number of hairs and the caliber of those hairs, comparing them in different zones.

characteristics of your metabolism contributing to your particular hair loss situation. An algorithm identifies the treatment options likely to be most beneficial to you, saving time and improving results.

Polarized Trichological Microscopy:

This technology uses polarized light viewed through a microscope to analyze individual hair fibers and the scalp. It assesses hair shaft abnormalities, determines hair growth patterns, and identifies scalp conditions like dandruff, infections, and hair loss conditions. It can also be used to monitor the effectiveness of certain treatments over time.

TREATMENTS

And speaking of treatments, you're probably wondering what we do with what we learn from our diagnostic tools—we put together a treatment plan specific to your unique situation.

Here are just a few of our most common products and services:

- Compounded Formula 82M Minoxidil – a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil – designed to reduce the risk of side effects from oral finasteride (Propecia).
- Low-level laser therapy – FDA-cleared, drug-free, side-effect-free hair regrowth with the Bauman "Turbo" LaserCap device for at-home use
- TED (TransEpidermal Delivery) – Non-invasive



Before and 12 months after FUE Hair Transplant by Dr. Alan Bauman

technology that uses ultrasonic sound waves and air pressure to enhance the penetration of a specialized topical hair growth serum into the scalp.

- High-density platelet rich plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)
- PDOgro™ – Implanted PDO polydioxanone threads for hair growth
- Vitamins, nutritionals and nutraceuticals
- FUE – Follicular Unit Extraction Hair Transplantation that leaves no telltale linear scar

Now that you're aware that you might have been losing your hair, it's time to turn the tables on that stealthy foe and schedule a consultation with us to find out. 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 at www.baumanmedical.com.



About Dr. Alan J. Bauman



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

With over 25 years of specialization in hair restoration, he offers an impressive array of state-of-the-art technologies, including proprietary hair restoration procedures, low-level laser light therapy, customized hair growth medications, supplements, and other modalities that produce excellent results. Thanks to his many tools, you may not even need a transplant!

Dr. Bauman's "Hair Hospital," housed in a dedicated 12,000-square-foot building, is recognized as one of the premier hair restoration practices in the country.

As one of approximately 250 physicians worldwide to achieve board certification from the American Board of Hair Restoration Surgery (ABHRS), Dr. Bauman has treated over 33,000 patients. He's also a pioneer in numerous technologies in the field of hair restoration, both for diagnostics and treatment.

In recognition of his expertise, 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."

Forbes magazine recognized him as one of "10 CEOs Transforming Healthcare in America" for bringing restorative hair treatment into the mainstream and pioneering robotic technologies.

Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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SKIN REJUVENATION AT MULTIPLE LEVELS

HAVE YOU HEARD OF HALO AND FOREVER YOUNG BBL TREATMENTS?

These are two new technologies that are game changers for skin resurfacing and pigmentation. Having been in the non-surgical aesthetic space for 19 years, I am very pleased to have finally discovered 2 technologies that deliver results for very common skin problems we have tried to correct for years; fine lines, pore size, skin texture, broken capillaries and even melasma. The fraxel laser was revolutionary when it first became available years ago. For the first time, skin texture was addressed with minimal downtime. However, the Halo laser is the next generation technology for skin resurfacing. Technology keeps evolving and the Halo laser is truly unique. It is a “hybrid fractional laser” that delivers an ablative and non-ablative wavelength to the same area. What does that mean?

1

NON-ABLATIVE 1470 MM WAVELENGTH

This wavelength can be adjusted from 200-700 micron depth, the level in the epidermis and papillary dermis that needs to be targeted for hyperpigmentation such as sun spots and melasma, as well as texture and pore size.

2

ABLATIVE 2940 MM WAVELENGTH

2940 mm ER: Yag laser penetrates from 20-100 microns under the skin. It targets lines and wrinkles with significantly decreased downtime as opposed to other ablative lasers. Combining these 2 wavelengths results in ablative results, mainly improvement of wrinkles and lines with non-ablative downtime. I myself have tried it for melasma and was very impressed with the results.



In addition, combining Halo with Forever Young BBL further combats the signs of aging by correcting sun damage and broken capillaries. BBL stands for broad band light and is basically a much more advanced version of IPL that most people are familiar with. It targets the epidermis and dermis, stimulating changes in skin texture, acne scarring, skin tone, broken capillaries, as well as pigmentation. BBL reduces melasma and diminishes fine vessels that cause redness. It is a very effective treatment for rosacea. Both of these technologies, especially combined, gently treat the upper layers of the skin and take years off the neck, face, chest, hands and anywhere else where aging is visible.

In summary areas of improvement include:

1. Sun damage
2. Broken blood vessels
3. Fine Lines and Wrinkles
4. Scars including acne scarring
5. Large pores
6. Crepey Skin

To maintain radiant, glowing skin, a series of 3 BBL treatments 2 weeks apart combined with 1 Halo treatment at the time of the first BBL treatment yields the best results, but treatments are custom tailored according to the individual patient's needs.



Medical Director, Daniela Dadurian M.D.

* Board Certified Anti-Aging Medicine

* Board Certified Laser Surgery

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

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



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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 introduces the game-changing RejuvaWAVE Multi-Wave ShockwaveSM. 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 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 SHOCKWAVE SM?

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?

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

Pick up the phone ONE CALL can change your life! We respect your time and privacy.

Each client receives individualized care from our experienced staff of physicians.

We pinpoint the exact cause of your Sexual health challenge and create a customized Treatment protocol.

**Call today and enjoy
a Spontaneous and Active Sex life again.**



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No Side Effects**



Amplified Phones

- Are you listening to TV and radio louder than others would like?
- Do you avoid talking on the phone because you struggle to hear?
- Do you ask other people to make calls for you because you can't hear?
- Do you find yourself avoiding social situations because you won't hear well?

If you have to ask others to repeat themselves often or you avoid phone calls altogether, you would benefit from an amplified phone

If you are living with hearing loss, little things that you used to enjoy can become more difficult as time goes on. Telephone calls can be very frustrating when you have even a small amount of hearing loss.

Amplified phones are specifically designed to help people with hearing loss stay in touch with the people most important to you. The sad side effect of hearing loss is social isolation. Unfortunately, hearing loss doesn't just make in-person conversations difficult, telephone calls can be a challenge. Studies show that people who isolate themselves due to hearing loss experience a higher incidence of depression as compared to those people that maintain a satisfying social life. Amplified telephones can help relieve some of that isolation.

Like the name implies, amplified phones allow you to increase the volume of both the ringer and the speaker. They also have tone control features that allow the listener to adjust the pitch of the person on the other side of the call.

Do I need an amplified phone?

If you experience any of the following, you should consider an amplified phone:

- How often are you asking the caller to repeat themselves?



Residents of Florida are fortunate

If you are a Florida resident, are over the age of 3 and have any degree of hearing loss, you are eligible for an amplified phone at no cost. The state of Florida has been providing amplified phones at no cost for over 25 years. As many people have eliminated their landlines and are using cell phones only, the struggles with the phones have only worsened. The telephones the state provides have some of the following features, depending on the model you choose:

- Caller ID
- Amplified speakerphone
- Backlit numbers
- A "slow" feature to slow down fast talkers
- Amplified and visual ringers
- Bluetooth technology for use with cell phones

We carry a portable phone that can pair to your cell phone so that when your cell phone rings, you can answer on that phone which will allow you to hear the call more comfortably. We also carry a portable phone amplifier for when you are not at home.

For more information, visit

www.ftri.org or www.audiologywithaheart.com

The FTRI (Florida Telecommunications Relay, Inc) customer service phone number is **888-554-1151** and our local office is **561-366-7219**.

If you live in another state, you can visit <https://www.hearingloss.org/hearing-help/financial-assistance/state-telephone-programs/> to see if your state has a program and how you qualify.

If your hearing loss is severe, you might benefit from a captioned phone. There are a number of options for captioned phones, please call **561-366-7219** for more information.

www.captel.com

www.clearcaptions.com

www.sorenson.com

AUDIOLOGY
With A Heart

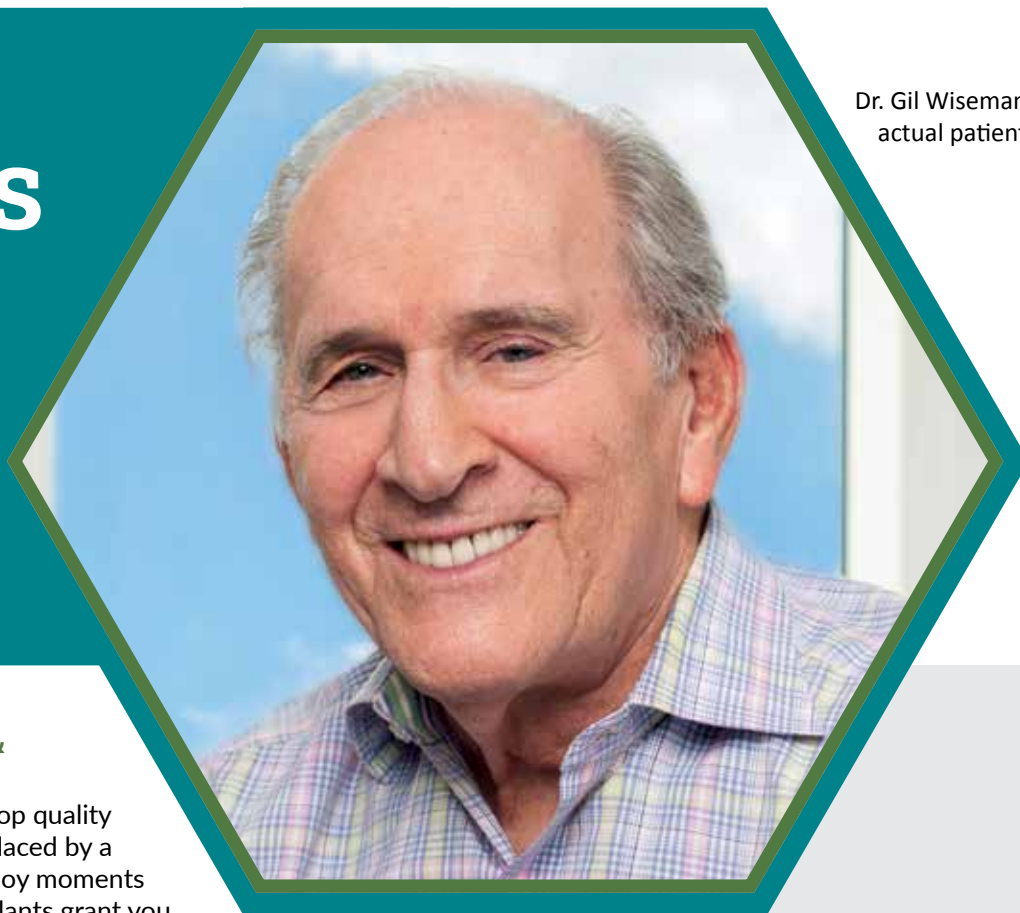
audiologywithaheart.com

We take your hearing needs to heart

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



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Dental Implants

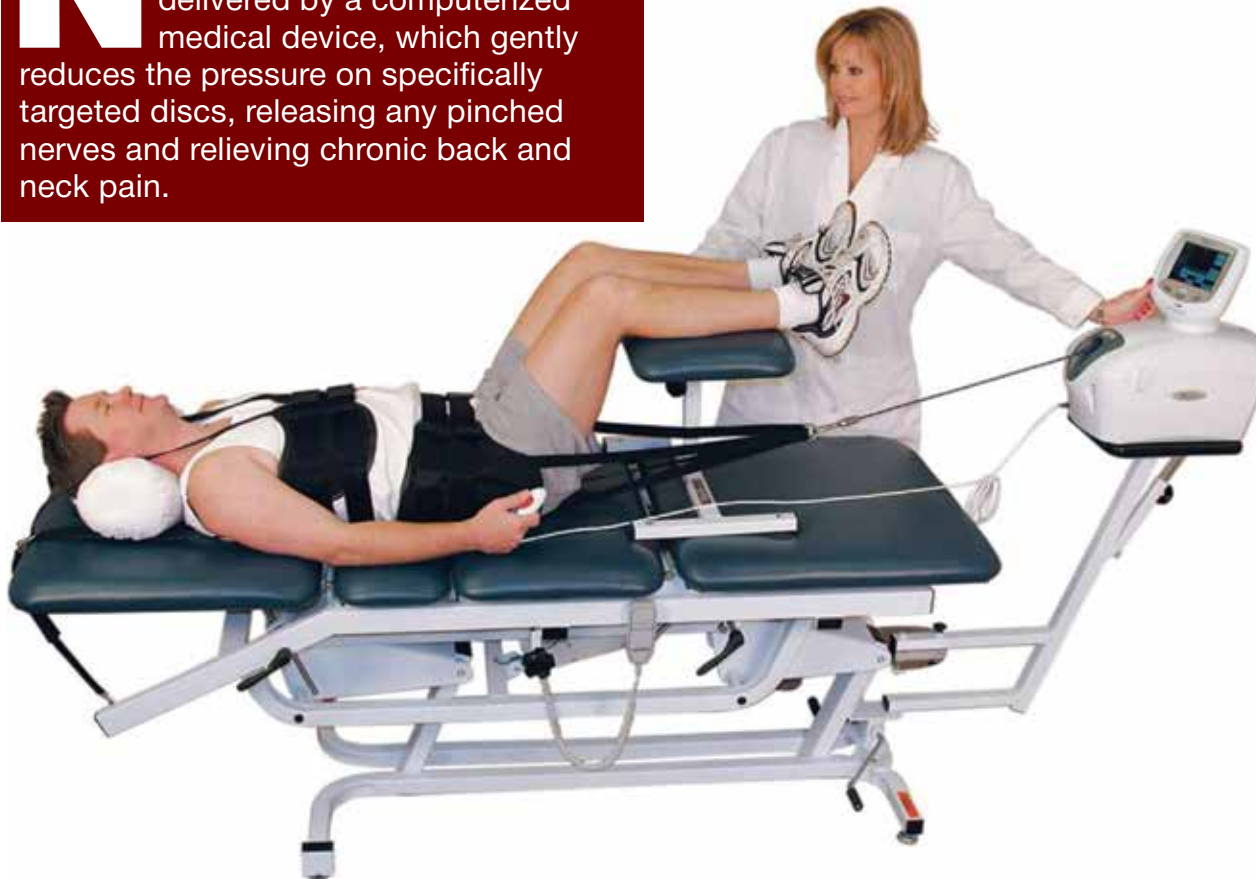
Pinhole Technique

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.



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

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

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

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

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

SPINAL DECOMPRESSION THEORY

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

WHAT DOES A TREATMENT INVOLVE?

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

IS IT A PAINFUL PROCESS?

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

WHY SPINAL DECOMPRESSION THERAPY?

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

LIVE YOUR LIFE TO ITS FULLEST

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

OUR NON SURGICAL TREATMENT IS:



NON INVASIVE
Therefore there is no risk of infection.



NO RECOVERY TIME
No down time from normal activities.



ALL NATURAL
Completely natural process for peace of mind.



DRUG FREE
No drugs used at all through the process.



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cobblestonespineandjoint.com

Protecting Your Eyes

By David A. Goldman MD

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

For all eye injuries:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

If your eye has been cut or punctured:

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

If you get a particle or foreign material in your eye:

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

In case of a chemical burn to the eye:

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

To treat a blow to the eye:

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

To treat sand or small debris in the eye:

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

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, microincisional 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

Four years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

1. DON'T HAVE ALL THE ANSWERS.

It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

2. LISTEN. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

3. WRITE IT DOWN. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

4. DO IT. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

BREAKING THROUGH



These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers



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