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MAGAZINE

September 2023

North Palm Beach Edition - Monthly

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FREE



GYNECOLOGIC CANCER

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HELP YOU DURING ALOPECIA
AWARENESS MONTH**

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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.

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GYNECOLOGIC CANCER

Gynecologic cancers, which impact a woman's reproductive organs, pose a risk for all women.

There are five different types of gynecologic cancer. These are cervical, ovarian, uterine, vaginal and vulvar. Each has distinct signs, symptoms and risk factors. Nearly 115,000 women in the U.S. will be diagnosed with one of these cancers this year. Here, we will break down the most common:

Cervical Cancer

Almost all cervical cancers are caused by the sexually transmitted human papillomavirus, or HPV, which can weaken the immune system and put women at high risk for infection. While most women with an HPV infection will not develop cervical cancer, a small percentage will. Vaccination against HPV is the most effective way to protect young women from developing the disease. HPV vaccines are recommended for boys and girls between ages 9 and 12 and young adults ages 13 through 26 who have not been vaccinated or received all doses.

Once one of the most frequent causes of cancer deaths among women, the death rate from cervical cancer has declined by more than 50% over the past decades. Standard Pap tests, or Pap smears (screenings that can detect abnormal changes in the cervix), and widespread acceptance of the HPV vaccine have drastically reduced its occurrence.

Ovarian Cancer

Ovarian cancer causes more deaths than any other female reproductive system cancer. The risk increases with age; ovarian cancer often occurs after menopause, and it is rare in women younger than 40. About one-half of women diagnosed with ovarian cancer are age 63 or older.

Uterine Cancer

Uterine cancer is the most common type of gynecologic cancer. While it can occur in younger women, it most frequently occurs in women over 45. Most uterine cancers are found in women who are going through or have gone through menopause. Its most prevalent form, endometrial cancer, is curable when found early.

Warning Signs & Symptoms

Symptoms of female reproductive cancers vary depending on the organ involved, and not all women will experience the same symptoms. In early stages, many forms of cancers produce no symptoms at all.

Unusual vaginal bleeding or discharge or pelvic pain, including pain during intercourse, can signal gynecologic cancer. Other signs may include more frequent urination, bloating or constipation. Skin changes on the vulva, such as soreness, itching or a visible lesion, can also indicate concern.

Always contact your health care provider if you experience any of these discomforts. Because symptoms are often vague and can also be caused by other, less severe conditions, practitioners encourage women to have regular gynecologic exams to check for signs of disease.

Screenings Are the Best Prevention

The importance of cancer screenings cannot be overstated. Routine screenings can detect cancer in early stages, even before symptoms appear, and make it easier to treat. Currently, only cervical cancer has a routine screening test — the Pap smear. Pap smears involve collecting cells from the cervix. It is not painful and is conducted as part of a pelvic exam in a health care office or clinic. Also, an HPV test looks for high-risk types of infection that are more likely to cause cancer of the cervix. The two tests can be done alone or simultaneously during a pelvic exam.

Because cancer can take years to develop and can stay hidden, it is essential for women to begin cervical cancer screening at age 21. Pap tests are recommended every three years for women ages 21 to 29 and then every three to five years, in addition to an HPV test until age 65.

What's Your Risk?

Medical experts still do not fully understand the causes of many forms of gynecologic cancer.

Genetics plays a role in all forms of cancer. A woman whose mother, sister or daughter had ovarian or the less common fallopian tube cancer might be at higher risk for similar cancers. She may choose to undergo genetic testing to identify specific mutations.

Because cervical, vaginal and vulvar cancers are often linked to HPV, using condoms is critical for prevention. Estrogen therapies used to treat the symptoms of menopause have also been linked to female reproductive cancers.

Talk with your provider about the factors that may increase your risk. Ask what steps exist to improve your prevention and whether you should undergo specific screening tests. Be sure to follow their recommendations throughout your lifetime.

Treatments

Treatment options for gynecologic cancers depend on many factors, including the type and stage of the disease. Surgery or radiation, sometimes combined with chemotherapy, is the most common treatment. Advanced laparoscopy (a less invasive type of surgery) and pelvic reconstruction are other options.

Gynecologic oncologists have advanced training and specialize in treating all forms of female malignancies. Increasingly, they can use noninvasive techniques to perform technically

challenging surgical procedures. With these options, patients experience less pain, faster recovery time, lower risk of infection and other side effects and minimal scarring.

New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all cancer forms continue rapidly, thanks to ongoing clinical research. Clinical trials have played a significant role in these advancements, 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.

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About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com) Founded in 1984, Florida Cancer Specialists & Research Institute 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 Be "Losin' It"

Help *Us* Help *You* During Alopecia Awareness Month

by Alan J. Bauman, MD, ABHRS



As I scanned an article the other day in a business magazine about retail theft, I saw the term “loss prevention.” Loss prevention is what stores employ to try to minimize the loss of merchandise people haven’t paid for.

It struck me that although I’m a hair restoration expert, I’m also a loss prevention expert. My focus, however, is helping minimize my patients’ hair loss. And just like retailers, I employ every state-of-the-art tool and technology available to do it—just different ones.

ALOPECIA

There are many causes of hair loss, known in the medical community as “alopecia.” Alopecia is nothing more than a fancy medical term for hair loss, and there are many types.

Because September is Alopecia Awareness Month, I want to tell you about one type of alopecia in particular, *androgenetic alopecia*. It’s the most common type of hair loss, accounting for almost 95 percent of hair loss cases. You may have heard of it. It’s known colloquially as male (and female) pattern baldness.

Male and female pattern baldness are lumped together because both are caused by a hereditary sensitivity to DHT (dihydrotestosterone), a derivative of the male hormone testosterone. In people with a genetic predisposition to it, DHT causes hair follicles to shrink over time and eventually stop producing new hairs, whereas for others DHT is harmless.

They’re unlumped, however, in terms of how the hair loss expresses itself. (I’m not sure “unlumped” is a real word, but if it’s not, it should be).

Androgenetic alopecia in most men starts as a receding at the temples/hairline or decreased coverage in the back or crown of the head and proceeds towards the top of the scalp, often leading to partial or complete baldness, save for a fringe around the head. Androgenetic alopecia in women typically first causes diffuse thinning in the frontal half of the scalp and can later on cause some recession in the temples.

And speaking of women, here’s an eye-opening fact: About 40% of individuals with androgenetic alopecia are *women*. Surprised?

If you’ve noticed some thinning and are concerned about it getting worse, we have a number of tools for evaluating, slowing, stopping, or even reversing your hair loss. Here are a few of my favorites:

DIAGNOSTICS

TrichoTest™: An innovative tool that tests your unique 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 characteristics of your metabolism contributing to your particular hair loss situation. An algorithm identifies the treatment options likely to be the most beneficial to you, saving time and improving results.

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 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. HairMetrix is our most-powerful hair density measurement tool.

HairCheck: Another quick, painless, non-invasive way to measure and track the amount and quality of hair growing on your scalp. It also can measure 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 can scientifically verify any changes.

REGENERATIVE OPTIONS

Low-level laser therapy (also known as red light therapy or photobiomodulation): The medical grade Bauman TURBO LaserCap® is FDA-cleared for hair growth. It’s portable, hands-free, cordless, rechargeable, and fast, requiring only five minutes of treatment per day for improved hair growth at home. It’s also drug- and chemical-free with no risk of side effects.

Proper and consistent use of medical-grade low-level laser therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth. (Hint: Stay away from clunky helmets and weak consumer versions seen on Amazon, etc. as they are underpowered and not very portable.)

PRP (Platelet-Rich Plasma): A comfortable in-office procedure that takes about an hour with no recovery time, downtime, or significant risk. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak or at-risk hair follicles exist. When performed using the appropriate number and concentration of platelets and proper application techniques, you can



Before and 4 months after PRP for Alopecia Areata by Dr. Alan J. Bauman



Before and after Female Hairline Lowering Hair Transplant by Dr. Alan J. Bauman

expect hair growth improvements that last a year or more from a single treatment.

PDOgro™: Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the

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

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

HAIR TRANSPLANTATION

In some cases, hair loss is so advanced that a hair transplant is the only way to achieve lasting hair regrowth in areas like a receded hairline, thinning crown, or other areas where hair follicles are severely depleted or gone. Luckily, Bauman Medical’s minimally invasive FUE (Follicular Unit Extraction) procedures are effective, comfortable, and 100% natural-looking due to major innovations in techniques and technology.

GET IN TOUCH

Ready to stop losin’ it and put loss prevention on top of your to-do list before the situation worsens? You have to take the first step. Give us a call at **561-220-3480** or point your mobile camera at the QR code below to schedule your private one-on-one in-person or virtual consultation.



Help for COVID-Related Hair Loss

Did you know that a common post-COVID condition is hair loss? Lately we’ve seen many patients with COVID hair loss due to the recent spike in cases, both male and female. Many are surprised to learn that COVID might be the root cause of their shedding hair.

If you’ve had COVID and are experiencing hair loss, don’t just wait and hope that your hair grows back someday. (The faster the problem is addressed, the better the results). We have two therapies that are particularly useful in stimulating and reinvigorating hair follicles impacted by COVID.

BaumanMD’s The BODYGUARD™

The BODYGUARD™ is part of our superb line of BaumanMD nutritional supplements geared toward hair and scalp health. This unique blend of herbs and mushrooms supports a healthy immune system, important in addressing ailing hair follicles, and defends against environmental toxins. Scientific research confirms the benefits of the formula’s immune-enhancing herbs, together with the fungi, which include Asian mushrooms.

TED

TED (TransEpidermal Delivery) is a needle-free, pain-free method of infusing your scalp with a specialized topical hair growth serum packed with peptides and growth factors.

We apply the serum on the scalp and The TED device 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. TED is clinically proven to start minimizing hair shedding and improve hair growth and scalp health soon after your first treatment. Treatment takes only 20-25 minutes.

This dynamic duo approach has helped dozens of our patients with post-COVID hair loss re-grow the hair they are used to, and we can probably help you, too. Now that you know, contact us to learn more.

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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Hair loss, a concern faced by over 80 million individuals in the U.S., as highlighted by the American Hair Loss Association, often brings with it emotional distress and a dent in self-esteem. The gradual thinning of hair can take a toll on how one perceives their own appearance and self-worth.

While the natural cycle involves shedding 50 to 100 hairs daily, red flags arise when changes in the hairline, noticeable thinning, or substantial hair loss during grooming become apparent. These signs signify abnormal hair loss and warrant a proactive approach.

In the past, addressing hair loss typically meant embracing invasive hair transplant procedures or enduring the discomfort of multiple scalp injections with platelet-rich plasma, often requiring repetition for optimal efficacy.

Enter Alma TED, an ingenious non-invasive solution harnessing the power of acoustic sound waves. This revolutionary approach not only bolsters blood circulation but also propels a specialized hair growth serum deep into the scalp, where it matters most.

Alma TED

The procedure, performed within the comfort of our office, is an experience akin to a soothing warm massage, lasting just 20 to 25 minutes. A series of three sessions, spaced four weeks apart, is recommended for optimal results. Astonishingly, noticeable improvements can often be observed as early as a month after the initial treatment.

Alma TED isn't limited to a specific demographic; it's designed for anyone grappling with hair loss and yearning for enhanced hair thickness and overall appearance. The treatment opens doors to renewed confidence and a positive self-image, helping individuals stride forward with self-assuredness.

It's important to note that Alma TED is unsuitable for individuals with pacemakers or defibrillators, as well as those with metal plates in their heads. Safety remains a paramount consideration in our pursuit of transformative technology.



EMBRACE THE FUTURE OF HAIR WELLNESS

We're thrilled to remain at the forefront of transformative technology that holds the promise of enhancing lives. If you're ready to explore the possibilities that Alma TED brings, we invite you to schedule a consultation. Let us walk you through this exciting new option, tailored to address hair loss and embrace a future of confidence and beauty.

Please make an appointment for a consultation to discuss this exciting new option to remedy hair loss.



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TRUSTS ARE NOT JUST FOR THE WEALTHY

Perhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.



Another reason for having a revocable living trust is to protect against incapacity. In the trust, you designate who would manage your assets in the event,, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove to be a bad result, because the husband could remarry

and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will,

follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit.. And for persons with handicapped children, a "supplemental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement

for government benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

Amanda Achong, Esq. is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate from Thomas M. Cooley Law School. Before opening her own legal practice, she practiced law under numerous well-established firms. Her experience has given her the expertise to be assertive in court and detail-oriented in her client work. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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**NEW 1st-of-it's-kind potential cure for
Erectile Dysfunction & Peyronie's combining Shockwave & Laser
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.**



**3301 NW 2nd Ave, Suite 101
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**SEPTEMBER SPECIAL
FREE
Initial Visit!**

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

Finally some OTC's to be excited about!

Long-term readers of this newsletter will know that I have been very skeptical about the products that have been released under the new OTC hearing aid law. I have finally found some devices that I can recommend with confidence. For people that know of the Sennheiser Audiolink, you know that Sennheiser has been in the hearing accessory world for many years. Sennheiser has partnered with Sonova, the parent company of Phonak and Unitron to bring you products they believe fit the needs of people with mild hearing loss.

There are three different products that address different needs:



Sennheiser TVS 200: this product is specifically geared for people that need help with television. It comes with two earbuds and a transmitter.



Sennheiser ConC 400: this is an earbud solution to enhance speech in noisy environments. This device is app driven and designed for situational use in noisy places.



Sennheiser All-Day Clear: these devices are basic, self-fitting hearing aids. They are designed for mild to moderate hearing loss. They come in 2 different form factors: a traditional receiver-in-the-canal design and a slim, low profile design.



The OTC products are available to purchase in-store or online but if you prefer to see and touch them before purchasing, we have demo units here in the office. Please call **561-366-7219** for more information.

If the devices are ordered online, the return policy is 45 days. If you order them through our office, the return policy is 90 days.

Over-the-counter hearing aids are designed for people with perceived mild to moderate hearing loss. Although a hearing test is not required, it is highly advisable in order to determine the appropriateness of the technology. A wax impaction can present as a hearing loss and ordering any devices to help you hear better will be ineffective. A proper diagnosis is key to your success with any technology.

Our agency offers hearing tests and consultations at no charge. We will go over all of your results and discuss your options. We work with many Medicare Advantage plans and some commercial insurance plans. Please call **561-366-7219** to discuss your individual situation.

We are centrally located in Palm Springs, just north of 10th Avenue and south of Forest Hill Blvd.

AUDIOLOGY
With A Heart

audiologywithaheart.com

We take your hearing needs to heart

Laser Treatment Replaces Gum Surgery

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

Introducing LANAP

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

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

How LANAP Works

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

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

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

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

Better for Your Health

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

We Care About You

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

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

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



Valerie, actual patient

We Care a Lot

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

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

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

Welcome to Great Care

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



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

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



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Dental Implants

Pinhole Technique

LANAP Gum Rejuvenation



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

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

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

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

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

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

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

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

OUR NONSURGICAL TREATMENT IS:



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

www.cobblestonespineandjoint.com



Common Myths About Your Eyes

By David A. Goldman MD

Just because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eye-glasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



561-630-7120
www.goldmaneye.com

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.



One Another

It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

Love one another (John 13:34, others)
Accept one another (Romans 15:7)
Forgive one another (Colossians 3:13)
Don't complain against one another (James 4:11)
Be at peace with one another (Mark 9:50)
Serve one another (Galatians 5:13)
Regard one another as more important than yourself (Philippians 2:3)
Don't judge one another (Romans 14:13)
Encourage one another (1 Thessalonians 5:11)
Pray for one another (James 5:16)

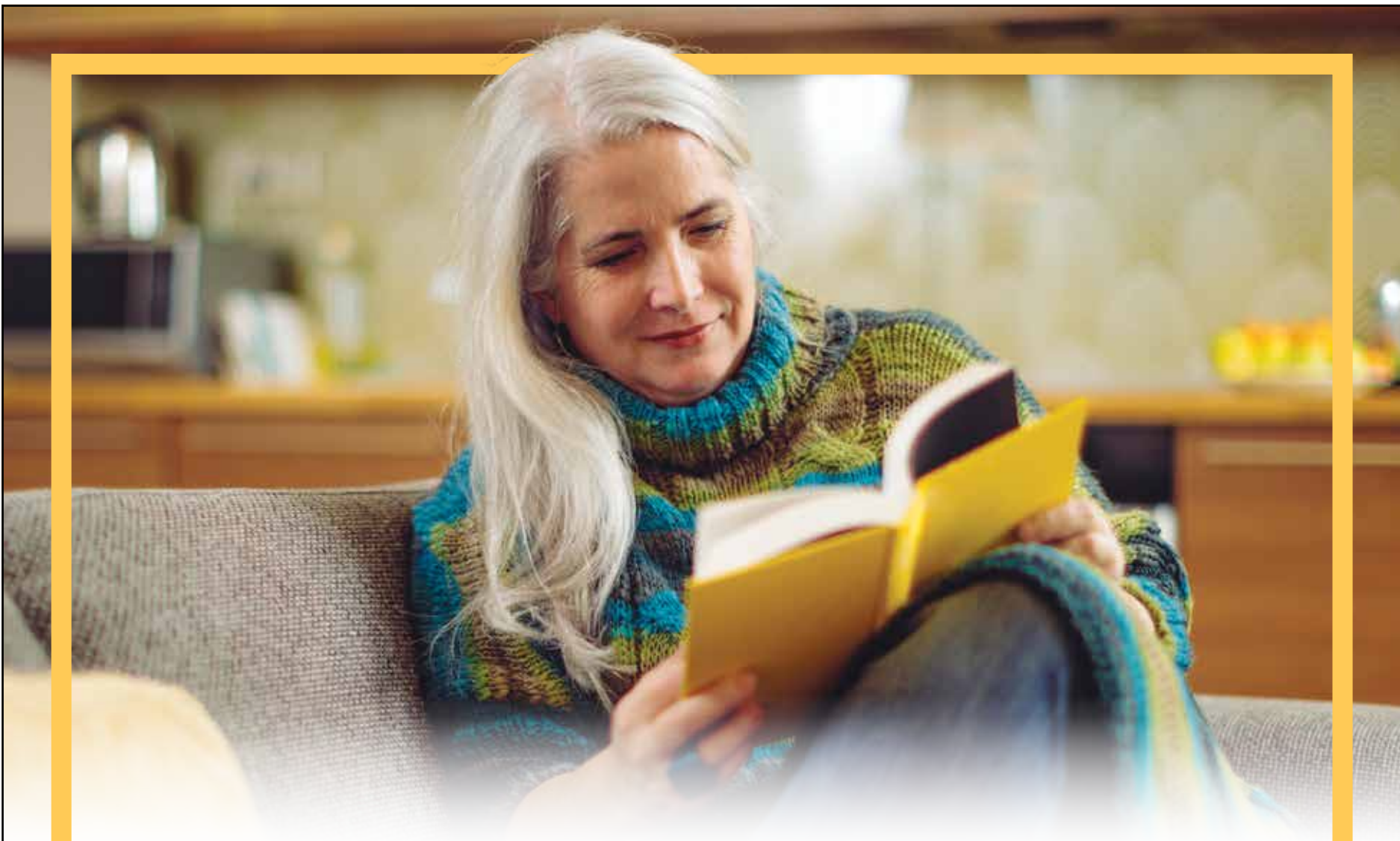
Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.



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



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

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

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



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