

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

Health & Wellness[®] MAGAZINE

October 2023

North Palm Beach Edition - Monthly

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**THE (NOT-SCARY-AT-ALL)
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LIVER CANCER

SENIORS AGING IN PLACE

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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
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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Reserve a spot for this event via email or phone. We will cover basic heart rhythm abnormalities along with alternative treatment strategies, basic function of implantable devices, remote monitoring technology.

Open to all patients who have a pacemaker and/or implantable defibrillator (1 or 2 guests per patient are welcome).



Steven Neumann, MS, MBA
(Northwestern and Carnegie-Mellon Universities)
is a biomedical engineer with 35 years of experience in the medical device industry. 45-min presentation followed by Q & A and discussion.

Contact: neumann@regalcare.net
or 561-725-7449 in order to reserve a seat.
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LIVER CANCER

Liver cancer is the sixth most common cancer worldwide and the sixth leading cause of cancer deaths in the U.S., according to the National Cancer Institute. Primary liver cancer occurs most often in adults ages 60+. Childhood liver cancer is rare. Rates are highest in American Indian and Alaska Native persons, and three times more common in men than in women.

Shaped like a cone and located beneath the rib cage in the upper right part of the belly, the liver is the body's largest internal organ and one we cannot live without. The liver has many essential functions:

- Breaks down and stores nutrients that the body needs to function
- Aids in clotting to prevent excessive bleeding from cuts or injuries
- Delivers bile into the gallbladder and intestines to help absorb nutrients
- Breaks down alcohol, drugs and toxic wastes in the blood, which then pass from the body through urine and stool

The liver is made up of many types of cells; the majority of these cells are called hepatocytes. Liver cancer occurs when cells begin to grow out of control. The resulting tumors can be cancerous (known as malignant) or non-cancerous (known as benign). Cancer that develops in another area of the body and spreads to the liver is more common than cancer that begins in the liver cells. The most common form of liver cancer is hepatocellular carcinoma (HCC).

Causes & Risk Factors

A number of risk factors are associated with liver cancer. At the top of the list are chronic hepatitis and alcoholism, which are common causes of cirrhosis (permanent liver scarring and damage). Adults who drink large amounts of alcohol and those with an accumulation of extra fat in the liver that is not caused by alcohol ingestion have higher rates of liver cancer. According to the American Cancer Society, the risk of developing HCC is higher in people with chronic liver disease brought on by hepatitis B or hepatitis C infection. Hepatitis B virus (HBV) causes liver inflammation, or swelling, that can lead to cancer. HBV infection can be transmitted in body fluids, including blood and semen, or by sharing needles used to inject drugs. Hepatitis C virus (HCV) can be transmitted in blood and can also be spread through needle sharing.

Other medical conditions and certain lifestyle behaviors can increase the risk of getting liver cancer. These include:

- Diabetes
- Hemochromatosis, a condition in which the body absorbs too much iron
- Being overweight or obese
- Smoking cigarettes
- Drinking too much alcohol long term

Signs & Symptoms

The following can indicate liver cancer:

- Pain at the top right of the abdominal area, near the right shoulder blade or in the back
- A hard lump under the ribs on the right side of the body
- Unexplained weight loss
- Fatigue or weakness
- Jaundice, which is the yellowing of the skin or eyes

Be sure to talk with your health care provider if you experience any of these symptoms. A physical examination and one or more of the screenings discussed below may be recommended to aid in a diagnosis.

Screening Options

Cancer screening is critical to early diagnosis and prevention. Adults with certain chronic conditions, including hepatitis infection, cirrhosis or other risk factors, should talk with their doctor about regular screenings for liver cancer. Screening options include blood testing for alpha-fetoprotein, a substance that may be produced by cancer cells, and imaging tests, such as ultrasound, CT/CAT scans or magnetic resonance imaging (MRI). Early detection increases the chance of successful treatment.

Treatments

Different types of liver cancer require different types of treatment. These can include surgery, radiation, targeted therapy or immunotherapy, which uses the body's immune system to disrupt the growth and spread of tumor cells. When cancer is found at an early stage, treatment will seek to kill the cancer and minimize symptoms and side effects.

New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all forms of cancer continue at a rapid pace, thanks to ongoing clinical research. Clinical trials have played a significant role in these breakthroughs, now saving more lives. Patients participating in these safe and carefully supervised groundbreaking research studies receive the latest treatments available, which can positively impact their outcomes.

Reduce Your Risk

While liver cancer cannot be prevented entirely, there are ways to reduce the risk:

- Eat a healthy diet, maintain a healthy weight and participate in physical activity.
- Don't smoke. Quit if you do smoke.
- Avoid alcohol or limit alcohol consumption.
- Get vaccinated against hepatitis B if you are at increased risk.
- Get medical care if you are diagnosed with hepatitis.

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About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

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 FCS participation.* Recognized for our research, FCS is a recipient of the national Clinical Trials Participation Award presented by the American Society of Clinical Oncology (ASCO). FCS physicians, trained in prestigious medical schools and research institutes, 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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The (Not-Scary-At-All) World of Hair Restoration Treatments

Painless. Easy. Nothing to Fear

by Alan J. Bauman, MD, ABHRS



It's that time of the year when movie theaters teem with new heart-stopping horror tales like *The Exorcist: Believer*. The streaming services also make sure we have lots of thrillers to keep us awake at night, while we cower on our couches, wide-eyed and mindlessly stuffing popcorn into our mouths.

The other evening as I navigated through the movie menu on Max, I spotted a classic that may have haunted your dreams way-back-when: *The original A Nightmare on Elm Street*. It was the first time we saw Freddy Krueger brandishing frightful claws, and moviegoers were given one especially chilling message: Whatever you do, don't fall asleep (Freddy could attack you in your dreams).

After reflecting for a moment on how terrifying it was for those fictional sleeping characters, it dawned on me how sleeping is the complete opposite of frightful when my patients do it. Believe it or not, many of our treatments and procedures are so gentle that people sometimes fall asleep and might even snore!

When some of those snoozers first came to us, they were playing a horror movie in their heads. They don't like needles. They thought hair procedures would hurt, and they were scared they were going to be told there's nothing that could be done about their hair loss.

Here's what I tell them:

**Every single treatment and procedure we offer is painless. Even hair transplants.
Many of our treatments are non-invasive.
And we have a solution for every hair loss problem.**

IN-OFFICE PROCEDURES

Let's start with three of our most popular in-office procedures: Hair transplants, PRP*, and PDOgro™**.

These in-office procedures require a needle to deliver anesthetic to your scalp, but we have state-of-the-art techniques and technology that makes the process **100 percent painless from start to finish**. Honest.

For those who are super-sensitive, the anesthetic can be delivered very slowly by our high-tech, computerized syringe. The syringe, with its robotic plunger, is controlled by a microprocessor fitted with the smallest needle there is. Once the local anesthetic is in place, your entire scalp is numb and allows us to work imperceptibly. What do you feel? The needle stick? Nope. The anesthetic going in? Nope. You feel absolutely nothing.

We also routinely use a vibration device on the skin at the same time. (Ever catch your finger in something like a cabinet door, then shake it to relieve pain? Same idea!) Vibration blocks the pain where the nerves carrying vibration and pain signals meet at the level of the spinal cord. The result, no pain!

And just in case...we give you Pro-Nox. You hold the Pro-Nox system in your hand and are able to inhale a mixture of oxygen and nitrous oxide whenever you want to. This gas alleviates discomfort (which you aren't going to have) and anxiety. It's safe, quick-acting and provides relief in just a few breaths.

MY FAVORITE NON-INVASIVE OPTION

One of my most popular non-invasive treatments is TED. Alma TED (TransEpidermal Delivery) doesn't use needles

or anesthesia of any kind and is one of the most exciting innovations for defeating hair shedding, hair loss, and thinning hair I've seen in years.

It's not only needle-free but is ideal for people who've avoided getting medical treatment for their thinning hair because they're averse to surgery or needles. Are you needle-phobic? This one's for you!

Here's how it works: First we use a high-tech device that looks like a small massage tool. The TED handpiece is moved slowly over the scalp, emitting safe ultrasonic sound waves and air pressure.

We then apply a specialized topical hair growth serum on the treatment zones and use the device to push it through the skin. (This process is known as sonophoresis.)

The 20-25-minute 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 start minimizing shedding and improve hair growth and scalp health within minutes.

Patients we've used it on say they feel a warm sensation from the device or cooling from the serum along with vibration.

TED's unique serum includes powerful growth factors, peptides, and amino acids that reactivate dormant hair follicles and help anchor hair shafts. It targets follicles to make them grow thicker hair. Research studies have also shown that hair often grows back in its original hue.

TED is ideal for patients who want to improve the overall thickness and appearance of their hair. It can be used to treat early androgenetic alopecia (male or female pattern hair loss), telogen effluvium (excessive shedding), and to enhance other hair growth therapies you may already be doing. It's also effective in treating hair loss after COVID or other infections, patchy beards, and even weak eyebrows.



Before and 12 months after PRP by Dr. Alan Bauman



Before and After 2 TED Treatments by Dr. Alan Bauman

SCARED THAT WE MIGHT NOT BE ABLE TO FIGURE OUT WHY YOU'RE LOSING YOUR HAIR?

Fear not. We have a full array of diagnostic tools, along with an entire Scalp Health department administered by our Certified Trichologist. (A trichologist is a specialist who focuses on the health of the hair and scalp who has undergone specific training to be able to identify and treat issues related to the hair and scalp.)

These are our best tools:

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 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.

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

Armed with this information we can then decide the best course of treatment in your particular case.

CONTACT US

Ready to unmask your fears and dispose of them like a bag of Halloween candy that got soaked in the rain? Then step away from the frightening myths surrounding hair restoration and contact us today.

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**.



*PRP is a comfortable, "lunch break" in-office procedure that takes about an hour and has no recovery, 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 hair follicles exist. When performed using the appropriate concentration of platelets and proper techniques, you can expect hair growth improvements that last a year or more from a single treatment.

**PDOgro™ involves applying absorbable PDO (polydioxanone) threads into the scalp to stimulate collagen production, new blood vessel formation, and the release of powerful rejuvenating growth factors.

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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Genetics and Hair Loss

- There are now over 200 known DNA locations (genes or 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 at what age it will start.
- Because it's a recessive gene, hair loss can skip generations and siblings.



MD BEAUTY LABS PRESENTS EMSCULPT NEO: THE ULTIMATE BODY TRANSFORMATION

ARE YOU READY FOR A BREAKTHROUGH IN BODY CONTOURING? LOOK NO FURTHER THAN MD BEAUTY LABS, WHERE WE ARE THRILLED TO INTRODUCE YOU TO EMSCULPT NEO, THE PINNACLE OF NON-INVASIVE TECHNOLOGY DESIGNED TO REDEFINE YOUR BODY. SAY GOODBYE TO UNWANTED FAT AND HELLO TO A TONED, SCULPTED PHYSIQUE – ALL IN JUST 30 MINUTES!

EMSCULPT NEO: THE MD BEAUTY LABS DIFFERENCE

At MD Beauty Labs, we believe in offering the most advanced and effective treatments, and Emsculpt Neo is no exception. This remarkable technology combines the power of radiofrequency and HIFEM+ (high-intensity focused electromagnetic energy) in a single session, setting a new standard for body contouring.

TARGETED AREAS:

Our experts at MD Beauty Labs can use Emsculpt Neo to transform various areas of your body, including the abdomen, buttocks, thighs, arms, and calves. Whether you're looking to refine your midsection or enhance your curves, we've got you covered.

THE SCIENCE BEHIND EMSCULPT NEO:

Let's dive into the science that makes Emsculpt Neo so extraordinary:

Radiofrequency Fat Reduction: Emsculpt Neo's radiofrequency wavelengths heat up fat cells rapidly, leading to a process known as apoptosis – where fat cells are destroyed and naturally eliminated from your body. Within minutes, temperatures are reached that trigger this incredible fat-reduction process.

Muscle Toning: The radiofrequency also warms up your muscles, similar to a pre-workout warmup. This prepares

your muscles for the next step, where HIFEM+ energy contracts your muscle fibers at intensities unachievable through voluntary exercise. This results in an impressive increase in both muscle fibers and cell size.

REMARKABLE RESULTS:

Clinical studies have revealed that Emsculpt Neo treatments lead to an average of 30% reduction in subcutaneous fat (the pinchable fat) and an impressive 25% increase in overall muscle volume. You'll undergo a series of four treatments, spaced one week apart, with the full benefits manifesting approximately three months after your final session.

EMSCULPT NEO: THE MD BEAUTY LABS ADVANTAGES

When you choose MD Beauty Labs for Emsculpt Neo, you benefit from:

Non-Invasiveness: No need for surgery. Emsculpt Neo is a non-invasive, painless procedure that delivers incredible results.

Zero Downtime: Resume your daily activities immediately after each session. Your life doesn't have to hit pause for beauty.

No Swelling or Bruising: Say goodbye to post-procedure swelling and bruising. Emsculpt Neo leaves you looking and feeling your best.

Painless Experience: During the treatment, you'll feel nothing but warmth, akin to a soothing hot stone massage, and strong but manageable muscle contractions.

IS EMSCULPT NEO RIGHT FOR YOU?

Emsculpt Neo is suitable for anyone with a BMI of up to 35 who desires a sleeker physique with improved muscle definition. Whether you're looking to trim excess fat, sculpt your muscles, or both, MD Beauty Labs can help you achieve your goals. The only contraindications are pacemakers and metal objects beneath the treatment area.

Excitingly, Emsculpt Neo isn't just for those with excess weight. Even if you've already achieved significant weight loss, our experts at MD Beauty Labs can help you further refine your physique with the muscle-toning capabilities of Emsculpt Neo.

Don't wait to transform your body. Visit MD Beauty Labs today and discover the future of body contouring with Emsculpt Neo. Your dream body is closer than you think!

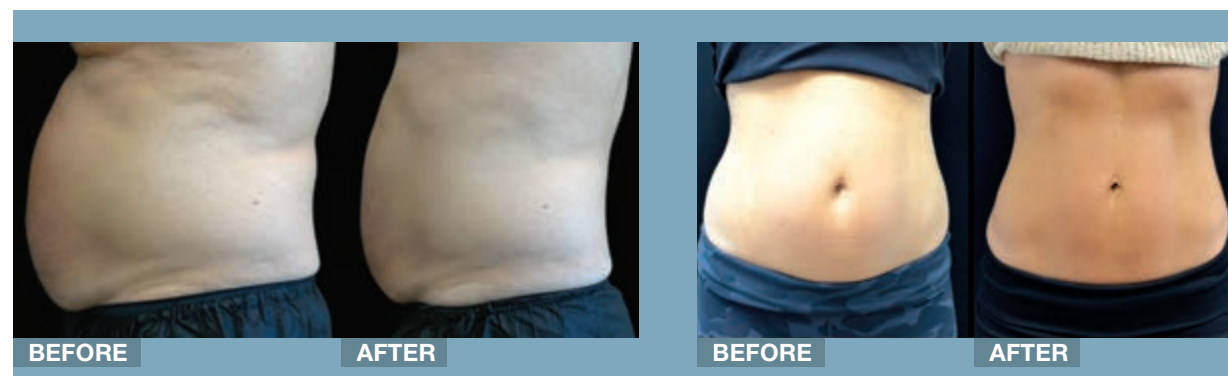


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SENIORS AGING IN PLACE

For today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.
7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at
Trusted HomeCare and let's discuss
how we can support
you or your loved one
561-314-3976

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

**NEW 1st-of-its-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.**



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**OCTOBER SPECIAL
FREE
Initial Visit!**

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



What if Hearing Aids aren't Enough?

but they can't cure the hearing loss and so sometimes you need more than hearing aids.

There is a great selection of accessories available to maximize your success with your hearing aids. We have a new display table in the office (pictured below), so please come check it out!

Beyond Hearing Aids: Hearing Aid Accessories

Television: television is the source of much of the frustration with hearing aids. We have addressed the issues with TV in previous newsletters but today I am going to talk about TV transmitters. All of the hearing aid manufacturers acknowledge and understand that understanding TV is crucial not only so that we can keep up with current events but that it is the source of most of the entertainment in our homes. A TV transmitter connects into the audio out of your TV and then the sound is transmitted into your hearing aids as if you were wearing headphones but because you are also wearing your aids, you are getting the benefit of the programming in the hearing aids. The cost of most

TV transmitters is about \$400.00 and makes a great Christmas/Chanukah/Kwanza gift as we head into the holidays. It is truly something that will be used and appreciated every day.

Remote Microphones: Sometimes your hearing loss is also a hearing loss for speech and so while hearing aids help in most situations, when you get into the more complex environments, those people with reduced word understanding will struggle more than their counterparts. The best way to understand speech as well as possible is to use either a personal microphone or a remote microphone. A personal microphone is designed for a conversation with one person either in a quiet or noisy environment. It essentially takes the speaker's voice and puts it directly into the hearing aids which increases understanding dramatically. Personal microphones cost about \$450.00 and are specific to each manufacturer.

Phonak has gone further and they have a remote microphone that is designed to help one-on-one conversations, group situations and lecture/class environments. This is a smart microphone that can reduce background noise while focusing on speech. Studies have shown that using this technology makes conversations exponentially better than using hearing aids alone. This technology is more expensive, \$1500.00, but it is the most versatile and the most beneficial when you struggle with conversation. Phonak has also made this equipment available to people with other brands but we have to add another piece of equipment to make it work.

There are also non-hearing aid dependent devices so if you only need help with TV, call us! If you only need an occasional boost for speech, there are options – call us! **561-366-7219**

AUDIOLOGY

With A Heart

audiologywithaheart.com

Technology can fix everything, right? We're constantly bombarded with technology, even in our own homes with computers, cell phone, smart tvs, and even smart homes. Today's hearing aids are amazing little computers that can improve your lives in so many ways. But what happens when hearing aids alone are not enough?

The other day I had a conversation with a person that has been experiencing a progressive hearing loss over many years and is now at the very end of most hearing aids' fitting abilities. If this person were born with the hearing loss, s/he would have either been fitted with a cochlear implant or grown up using American Sign Language to communicate; so a very challenging hearing loss to work with.

This person has been having more difficulty communicating due to age and other health issues and is understandably very frustrated.

It is my job to try to lessen that frustration. The bottom line is that hearing aids help,



We take your hearing needs to heart

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.



Palm Beach Center
for PERIODONTICS & IMPLANT DENTISTRY

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561-691-0020

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

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

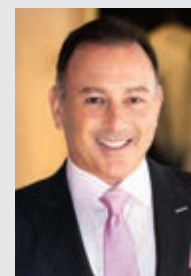
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- 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.



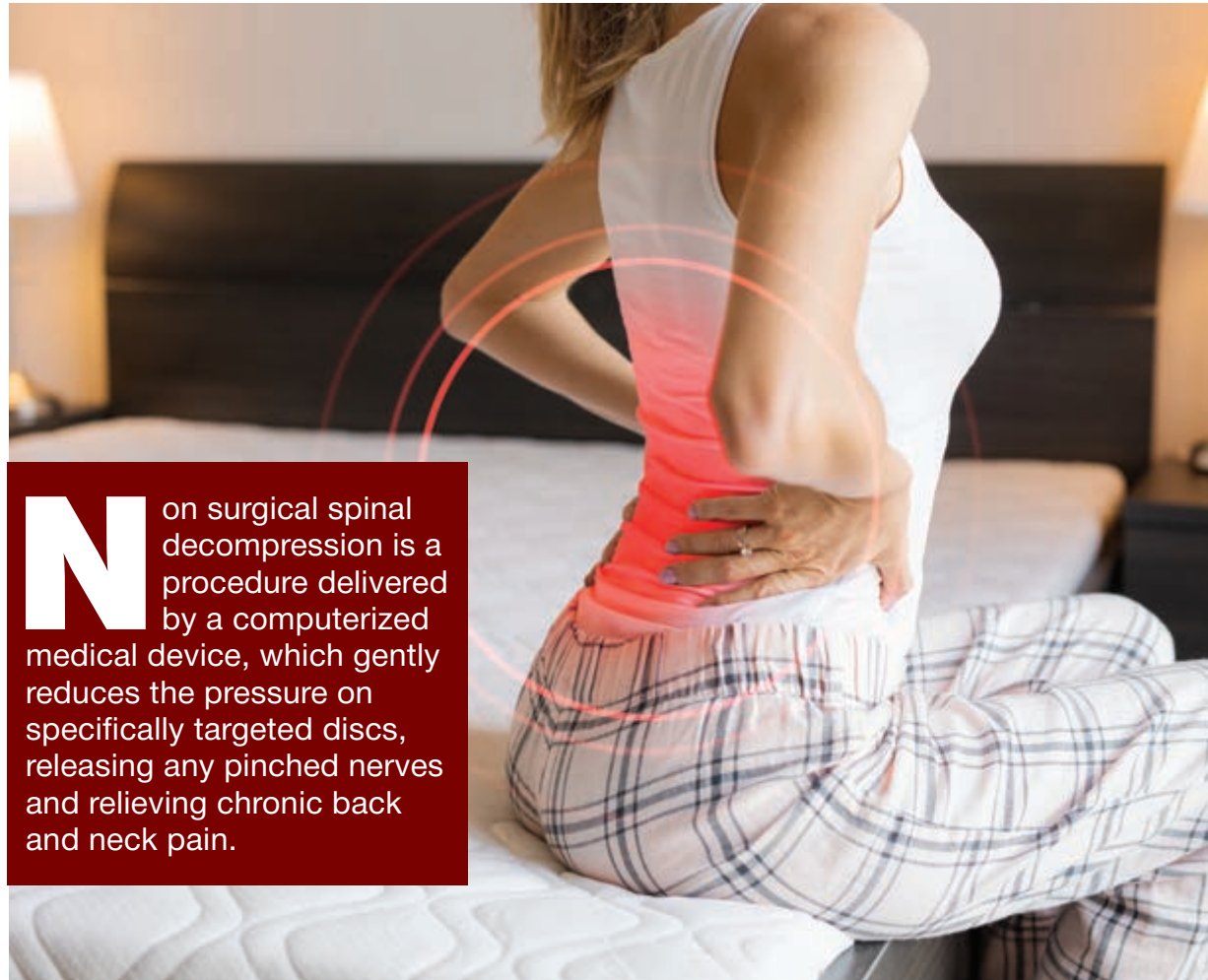
About Dr. Lee R. Cohen

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?



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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UNDERSTANDING DRY EYE AND BLEPHARITIS

Dry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women ≥ 50 years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having "dry eye", experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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.

 **GOLDMAN EYE**
www.goldmaneye.com 561-630-7120

selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, *“Let us make human beings in our image, to be like us... So God*

created human beings in his own image. In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece*...” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers



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Close to cancer care. Closer to your happy place.

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.



FLCancer.com/LittleThings