

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

Health & Wellness[®] MAGAZINE

October 2023

South Palm Beach Edition - Monthly

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FREE



**THE TOP 10 BENEFITS
OF DENTAL IMPLANTS**

**THE (NOT-SCARY-AT-ALL)
WORLD OF HAIR RESTORATION
TREATMENTS PAINLESS. EASY.
NOTHING TO FEAR**

**SENIORS AGING
IN PLACE**

LIVER CANCER

**WHAT IF HEARING AIDS
AREN'T ENOUGH?**



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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:

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- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
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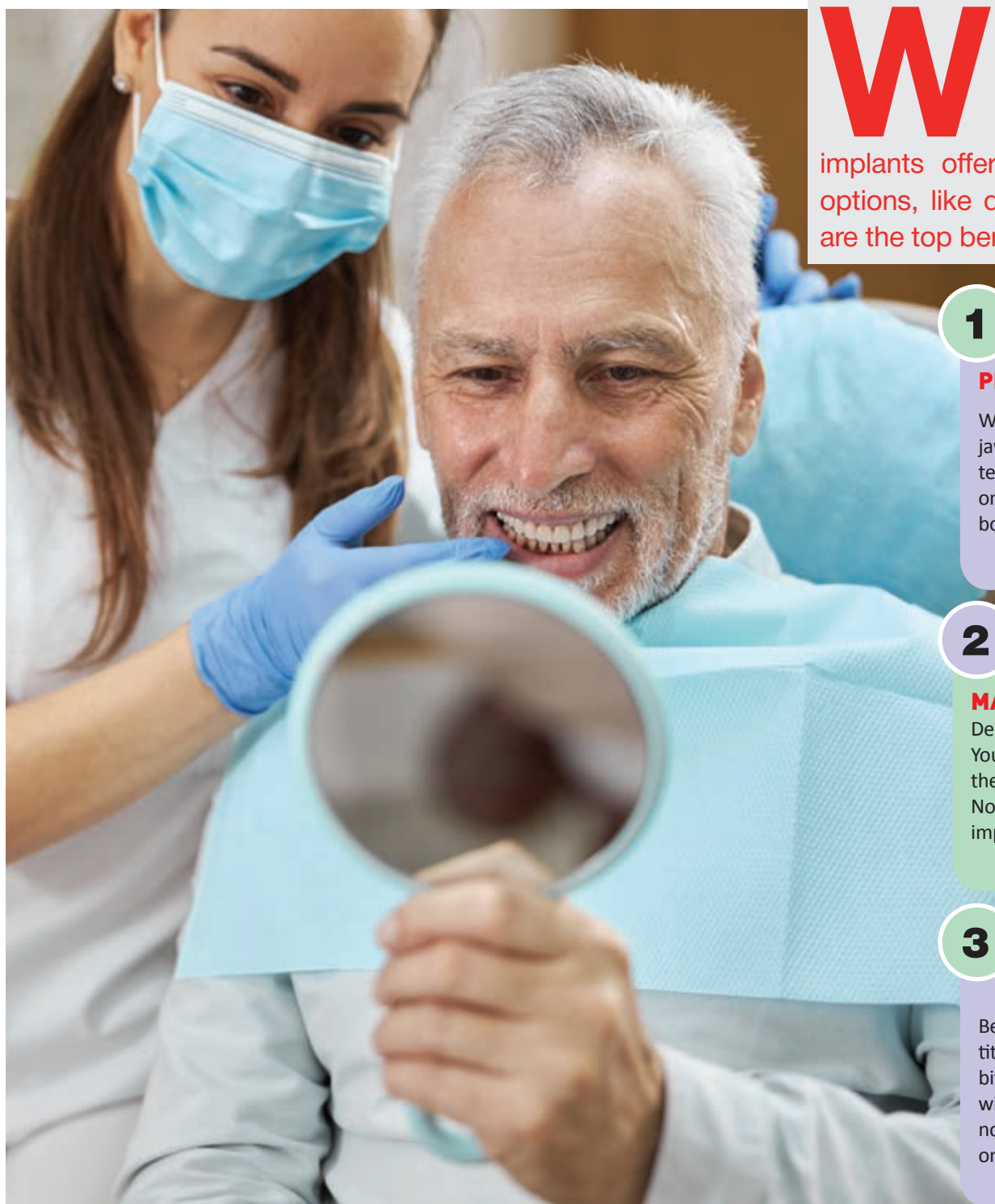
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The Top 10 Benefits of DENTAL IMPLANTS



When it comes to replacing teeth that are missing or damaged, you have several options. However, one option stands out above the rest is dental implants. Dental implants offer benefits that other tooth replacement options, like dentures or bridges, just can't offer. Here are the top benefits of this innovative option:

1

PREVENTS BONE LOSS

When you lose teeth, you also tend to lose bone mass in your jaw. Your jawbone needs the stimulation it gets when your teeth connect to maintain its mass. Dental implants are the only tooth replacement option that also replaces that jaw bone stimulation, helping to prevent bone loss.

2

MATCHES YOUR NATURAL TEETH

Dental implants come in a wide variety of shapes and sizes. Your dentist will work with you to design implants that match the color of your surrounding teeth and fit perfectly in the gap. No one but you and your dentist will know which teeth are implants.

3

RESTORES BITE FORCE

Because dental implants are anchored into your jaw with a titanium post that replaces the tooth root, they allow you to bite with more or less the same amount of force you could use with your natural teeth. Other tooth replacement options do not restore nearly as much of your bite force because they sit on top of the gums and aren't anchored in place.



4
**PREVENTS CHANGES
IN THE SHAPE OF YOUR FACE**

Your teeth help support your facial structure. When you lose teeth, you lose that support, which eventually causes your face to change shape, making you appear older. Dental implants provide similar support for your face as your natural teeth, preventing it from changing shape.

5
ENABLES NATURAL SPEECH

Some tooth replacement options, like dentures, can impact your ability to pronounce words correctly. Missing teeth can also alter your speech. Because dental implants feel and function just like natural teeth, they enable you to speak easily and naturally.

6
WON'T GET CAVITIES

Artificial teeth still need to be cared for to prevent bacteria from building up in your mouth and causing infections, but the material that dental implants are made of can't decay. You'll never have to worry about getting cavities in your dental implants!

7
EASY TO CARE FOR

Taking care of dental implants is easy! Just brush and floss like you normally would. Dental implants don't require you to buy any special products to clean or care for them. There's no need for cups, cleansing tablets, adhesive, or special flossers. You just brush and floss, just the way you would with your natural teeth.

8
NO EMBARRASSING SLIPPAGE

Patients with dentures sometimes feel self-conscious about speaking, laughing, or eating in public, as dentures can visibly shift or slip inside your mouth. Dental implants are firmly anchored in place and will never embarrass you.

9
SUPPORTS ADJACENT TEETH

A gap in your mouth caused by a missing tooth can cause the teeth on either side of the gap to shift positions, leading to misalignment. Dental implants fill the gap, allowing you to maintain a straight, even smile.

10
PREVENTS BONE LOSS

Other tooth replacement options will need to be repaired or replaced periodically, but dental implants are designed to last for the rest of your life.

If you're in need of a tooth replacement option, you should definitely consider dental implants. To find out if you're a good candidate for dental implants, you can schedule a complimentary consultation and 3D CT scan with our specialist team. Please call **(561) 205-5000** to reserve your visit! We look forward to meeting you.



Dr. Forrest is the Clinical Director of **5th Avenue DENTAL**. For 20 years, Dr. Forrest has been one of Florida's leading dentists treating some of the most challenging cases. Using a multi-specialist approach, his team is composed of four advanced trained dentists who focus on general, cosmetic, orthodontic, and implant dentistry. His team, 5th Avenue DENTAL is located here in Boca Raton in the 5th Avenue Plaza on Federal Highway. They are located next to Living Green and CVS.



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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.

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.

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.

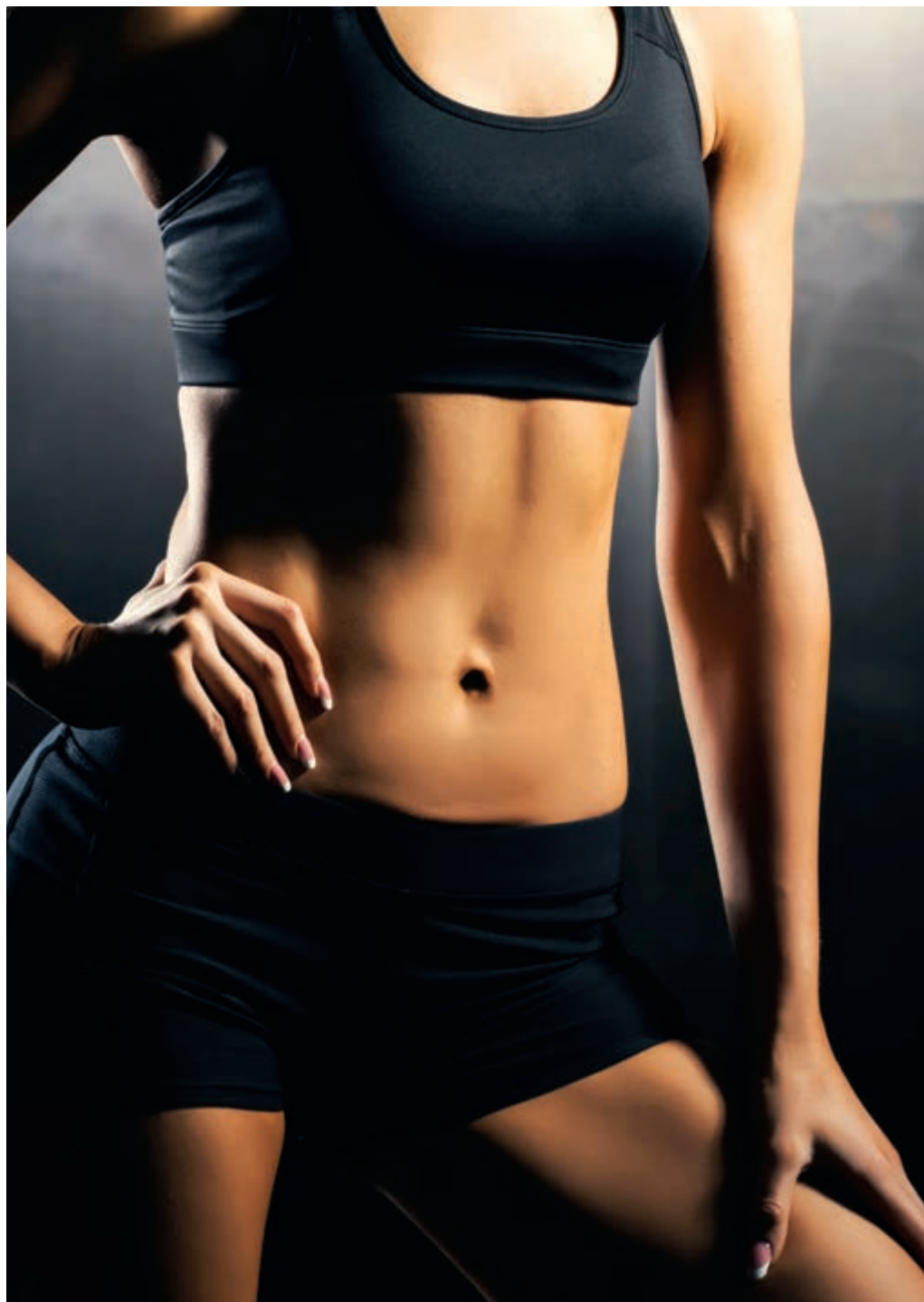
Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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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.

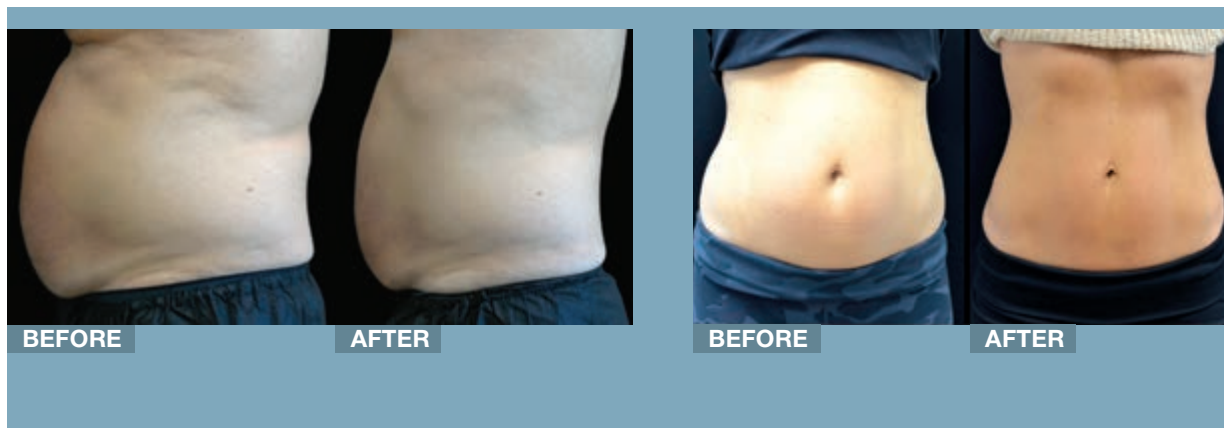
Painless Experience: During the treatment, you'll feel nothing but warmth, akin to a soothing hot stone massage, and strong but manageable muscle contractions.

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!



Medical Director, Daniela Dadurian M.D.

- * Board Certified Anti-Aging Medicine
- * Board Certified Laser Surgery

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

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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

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.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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.

**Prior to approval*

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Palm Beach Gardens, FL 33410

Wellington North

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

West Palm Beach

1309 N. Flagler Drive
West Palm Beach, FL 33401

For more information, visit FLCancer.com.

The Play for 2023? International Stocks!

By Chris Rowe



I sent a special briefing to our flagship *Sector Focus* members.

In it, I give them everything they'll need to know to stay well ahead of other investors at least for the first half of this year.

And while I can't reveal all of that here, I think that the main points are so important that you deserve to know them.

So here are some of them.

Climbing the wall of worry, U.S. stocks seem to be stumbling up the stairs. (At least they're stumbling up and not down.)

International stocks, however, are running up the stairs like children who just ate a sugar-filled dessert. While everyone you know is debating the strength of the U.S. markets, you'll be cranking out profits using stocks and ETFs they've never heard of.

Here's some context...

The current global bull market in stocks is in its early stages, although International stocks got a major head start right under the noses of many investors.

Expect to continue to hear bad economic news but don't let that sway you from buying stocks. Especially International stocks. The economy is not the stock market.

The stock market behaves based on what investors believe the economy will be doing in 6-9 months. In fact, today's stock market strength suggests the economy will be doing pretty well in 6-9 months.

Unlike a *mature* bull market, where stock prices advance due to clear economic skies ahead with the world partying like it's 1999, an *early-stage* bull market happens when life is scary. In this type of bull market, stocks advance as they "climb the wall of worry".

The "wall of worry" is when there's clearly bad news but as the bad news is removed, the stock market moves higher.

Inflation subsidies so stocks climb...

China's economy comes back online after being hampered by harsh covid restrictions so stocks climb...

You get the idea.

The Play Is in International Stocks.

Don't take this as just another article in a sea of stock market jargon you see each week that's quickly forgotten about before the week ends.

The pivot to International Equities is the most important shift you can make in 2023. So far it looks like, although U.S. stocks look good, we should focus even more on non-U.S. stocks.

Notice how strong the **Vanguard Total International Stock Index Fund (VXUS)** (Diversified Global Stocks, all Except U.S. Stocks) looks. It has broken well above both trend lines and confirmed that the old resistance level is a new support level.



And if you think that's impressive, wait until we narrow down to the strongest International stock markets, long-term and short-term.

Subtle Brag: As far as I can tell, I am **the** top dog in the industry when it comes to calling market direction and specifically the areas of the market liable to be strongest or weakest. I’ve had a knack for it since the 90s.

The stock markets of Emerging Europe and Latin America are the strongest with confirmed long-term market strength. But Asia-Pacific is the strongest in the short-term.

Even though the Asia-Pacific stock markets haven’t yet shown enough confirmation to be considered strong in the long-term, for sure they are **the strongest markets in the short-term**.

One very easy and great way to quickly gain exposure to a stock market with huge upside potential and confirmed strength is to own the **iShares MSCI All Country Asia ex-Japan ETF (Symbol: AAXJ)**.



It has a quick 21% - 33% upside in it just in the next 6 months or sooner. This is based on a 100% or 161% Fibonacci extension of the recent move off of the low.

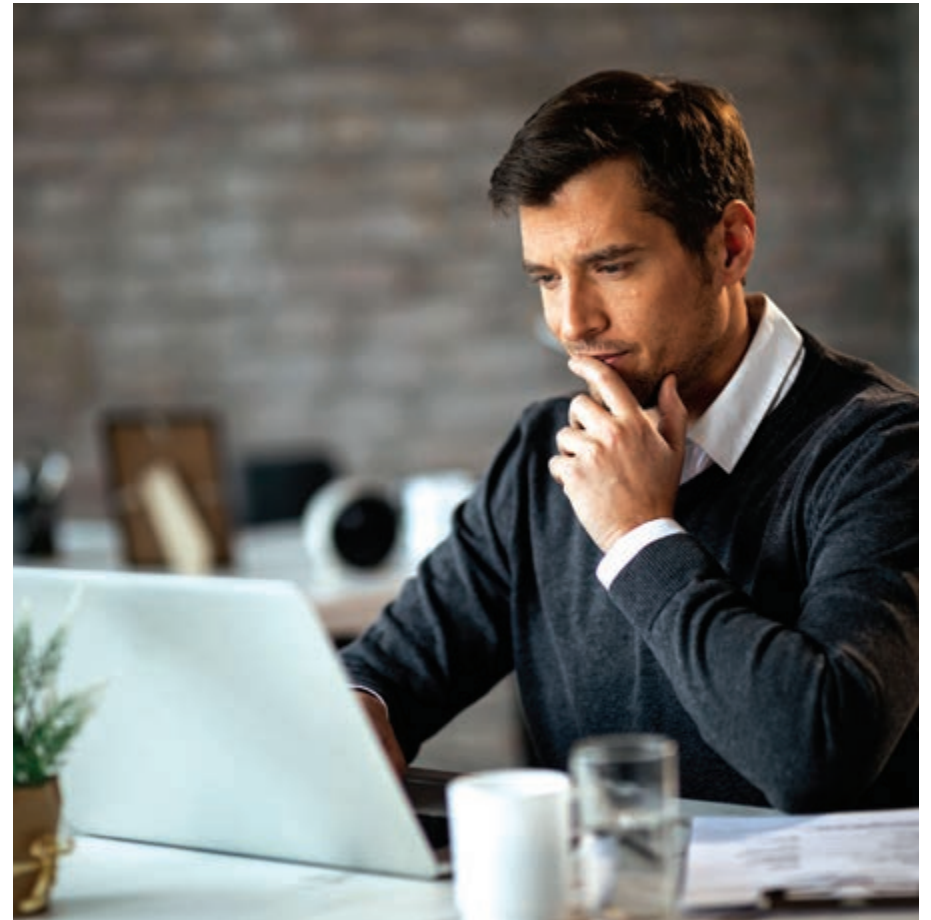
Look at how much higher Fibonacci studies say these Asia-Pacific markets are likely to go this year. First, look at the strongest China Market ETFs.

- China Internet (KWEB) – Fibonacci ext. 45% higher
- China Consumer Cyclical (CHIQ) – Fibonacci ext. 45% higher
- “Chindia” (FNI) – Fibonacci ext. 33% higher
- Hang Seng Tech (KTEC) – Fibonacci ext. 47% higher
- China Tech (CQQQ) – Fibonacci ext. 35% higher
- China 50 Large-Cap (FXI) – Fibonacci ext. 37% higher

Here are some other indexes based on **Asia Pacific excluding Japan**.

- iShares MSCI Pacific ex-Japan (EPP)
- The above has a “total return” index that reinvests its dividends (EPP.TR)
- Australia (EWA)
- The above has a “total return” index that reinvests its dividends (EWA.TR)
- BetaBuilders Developed Asia (BBAX)
- All Country Asia ex-Japan (AAXJ)

U.S. stocks may be going up but their strength, relative to International, is declining. It’s not even that they’re accelerating at a slower pace than International. It’s that the strength of U.S. stocks is slightly decelerating.



Again, we are talking about relative direction and relative speed. And relative strength tells us much more about the likely future than absolute direction or strength.

Now is the time to erase your old stock market stance and quickly get with the program if you haven’t yet done so.

The global markets’ price behavior reveals it currently makes sense to also have exposure to the U.S. stock market, but definitely direct your attention to International markets. That’s the real play.

Thanks for reading, and I’ll have a LOT more to say about International Equities in the coming weeks and months.



Chris Rowe
Founder and CEO, True Market Insiders

See you soon,
Chris Rowe
Founder, True Market Insiders



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“You see it in the price before you see it in the news.”

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**NEW 1st-of-it's-kind
potential cure for
Erectile Dysfunction &
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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 Shockwave™. This shockwave treatment is the first-of-its-kind therapy combining both Radial and Focused waves along with Photobiomodulation LASER to boost the success rate to over 95% curing ED and Peyronie's Disease. In addition to treating ED and Peyronies, it enhances performance and reverses the inevitable aging process. Turn back the clock and Men of all ages can once again enjoy the spontaneous, active sex life they enjoyed in their youth.

ATTENTION MEN!

NOT ALL ED SHOCKWAVE IS THE SAME

Since Simply Men's Health pioneered the new standard of care with RejuvaWAVE®, many clinics have popped up offering different versions of shockwave. However, not all ED shockwave treatments are the same. Unfortunately, many men have sought treatment at franchise operations, 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 is the first-of-its-kind ED treatment combining acoustic pressure waves and state-of-the-art photobiomodulation technology to synergistically treat the root cause of the problem, not just the symptoms. This multi-wave shockwave treatment distinguishes itself from all others by our proprietary multi-modality protocol, the RejuvaWAVE® application technique combined with low-level red and near infra-red laser technology, we use the state-of-the-art Storz medical device and lasers. As a result, RejuvaWAVE Multi-Wave ShockwaveSM ED treatment has over a 95% success rate curing ED and Peyronie's.

WHAT ARE THE BENEFITS OF REJUVAWAVE MULTI WAVE SHOCKWAVESM?

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

- **100% SAFE and Non-invasive**
- **Drug Free, Needle Free, Pain Free**
- **No downtime, No side effects**
- **Activates your body's own stem cells and healing power**
- **Stimulates cellular metabolism and ATP production**
- **Promotes tissue regeneration**
- **Dissolves micro-plaque in blood vessels restoring blood flow**
- **Stimulates growth of new blood vessels increasing blood flow**
- **Breaks up scar tissue decreasing the curvature of Peyronie's Disease**
- **Stimulates regeneration of nerve tissue improving sensation and pleasure**
- **Promotes natural growth in penis size and girth**
- **Improves sexual performance**
- **Over 95% patient satisfaction**

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

OCTOBER SPECIAL
FREE
Initial Visit!



WHAT IS REJUVAWAVE® MULTI-WAVE SHOCKWAVE PROTOCOL?

This proprietary, state-of-the-art technique using 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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About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

If we were to walk across the fields in summertime to some undisturbed spot and mark off a piece of ground say four feet square then examine this little area minutely, we would find an astonishing variety of life. There would be many species of plants; possibly a mouse's nest, and other small creatures. Then resorting to a microscope, we would observe an incredible host of microorganisms functioning in association with the larger life forms.

In that little square of ground we would have seen an interdependent community of life in which

birth and death were continuously taking place and in which diverse life forms were sheltering and nourishing one another. Written in the rocks beneath was a story of a similar process going back through eons of time.

Humankind is part of the ongoing community of nature, on a world scale, subject to the same cycle of birth and death which governs all other creatures and, like them, totally dependent on other life. Sometimes we tend to forget this. Birth and death are as natural for us as for the myriad of creatures in that little square of ground.



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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

ANYONE CAN SUFFER FROM ANXIETY

NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC



It's human nature to seek out the reasons why we feel anxious. Very often we look at external factors for the root cause; the economy, being unhappy in a job, unhappy with a living situation, or conflict with family or significant others tend to be our "go to". We may also look at our past experiences, upbringing, or past trauma, to explain this unrelenting uneasy feeling we have inside. This type of analyzing of how we feel, leads us to the next steps of change. However, very often these efforts to change are fruitless and we end up with different external factors but the same old feeling of anxiety. Why is that?

The truth is that anxiety is a pattern of neuron firing in the brain that can be present from birth and life situations (external factors) will exacerbate it to the point of dysfunction. Although, brain neural patterns don't necessarily dictate how we will behave; trying to change the environment, situation or behavior won't alter the patterns. Therefore, you can't talk someone out of anxiety. Anxiety is also not reserved for adults, it can cause dysfunction and issues in life regardless of age. Anxiety can look very different for a child than an adult and because of this, identifying these patterns can be tricky.

In babies and infants, anxiety neural patterns in the brain may present as:

- Colic
- Fussiness
- Not a good sleeper
- Tantrums
- Sensitive

As a child gets older into the toddler years it may present as:

- Terrible two's, three's, and four's
- A spirited child
- Cranky, fussy, and not a good sleeper or napper

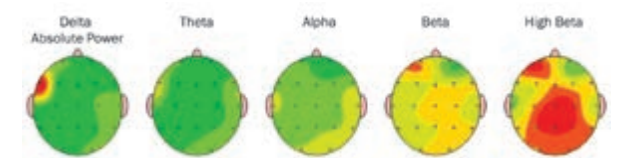
- Tantrums
- Picky or sensitive
- Difficulty with separation

I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing anxiety in young children is very difficult and not usually done unless symptoms are severe. In most cases, anxiety manifests at an older age when the symptoms are abnormal for the age or stage of development. And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

"She didn't study for her test and that is why she's refusing to go to school today". "He's unmotivated to do anything except play video games and that is why his stomach hurts all of the time and he sleeps all day". "She just has too many activities scheduled and that's why she's overwhelmed". "He has too much homework and is up all night studying which explains why he doesn't sleep well".

The reality of the situation is that neither your child's personality nor their hectic schedule is the culprit. It's their brain, or rather, the neural patterns in their brain, that is not allowing them to handle the workload at school, pressure with friends, feeling good, making good food choices, having a normal sleep schedule, and so on. And to make it even harder to diagnose or differentiate, anxiety patterns can look different but produce the same results.

Here is an example of one type of anxiety pattern. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others.



Very often, we contribute anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional or physical trauma. It's a pattern in the brain that they are born with.

As a child reaches school age, anxiety may look like:

- Worrying about performance, grades
- Worrying about parents or loved ones dying
- More separation anxiety
- Fear of getting sick (vomiting is most popular)
- Fear of getting sick at school
- Social anxiety, difficulty with friends
- Feeling overwhelmed
- Nightmares or unable to sleep/fall asleep alone
- Sleep walking, talking or restless sleep
- Fatigue
- Refusal to go to school or meltdowns when going to school
- Frequent trips to the clinic
- Vocal or motor tics
- Loss of appetite or poor diet
- Somatic symptoms such as stomachaches, headaches, diarrhea, or digestive problems
- Poor grades usually due to missing school or falling behind

As they reach the teenage and adult years, the problem can become more apparent and more severe:

- Continued worry and difficulty handling traumatic events
- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression, suicidal or homicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)
- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes, suspensions or expulsions
- Poor conduct: lying, stealing, violence
- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.

According to The Anxiety and Depression Association of America, “Anxiety and depression are treatable, but 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 Child Mind Institute Children’s Mental Health Report.”

Many health professionals believe that anxiety is a normal part of childhood and symptoms are not cause for alarm. Others believe that parenting and discipline need to be improved or implemented to treat the symptoms. In severe cases, medication is introduced as a treatment, but unfortunately, many children who suffer with symptoms, are medication resistant or not severe enough to medicate.

Adults can experience similar frustration when treating anxiety with medication. The diagnosis is a broad one and there may be very different neuron patterns causing the anxious feelings. This can cause treatment to be somewhat of a guessing game. Others struggle with side effects and dependency.

Neurofeedback can help. Neurofeedback can not only help reduce the anxiety symptoms specific to you, but it can “retrain” the neural patterns in the brain so that anxiety is better managed or controlled throughout your life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the anxiety patterns in the brain.

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60’s. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help

restore a wider “range of motion” in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen.

What types of conditions does neurofeedback help?

Symptoms of these conditions, among others, can improve through neurofeedback training:

- Anxiety • Sleep disorders • Depression • ADD/ADHD
- Sensory processing disorder • Bipolar disorder
- Seizure disorders • Auditory/visual processing
- Chronic pain/Fibromyalgia • Migraines/headaches
- Traumatic brain injuries • Stroke • Cognitive decline
- Peak performance • Oppositional defiant disorder
- Rages/mood swings • Attention/focus/concentration
- Reactive attachment disorder • Autism/Asperger’s
- Learning disabilities • Obsessive compulsive disorder

What is an example of improvements I may see?

At our center, our goal is to teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. **Examples of those positive changes may be:**

- Sleep patterns/quality of sleep
- Energy levels, calmer or more activated
- Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues
- Mood or emotions • Motivation and organization
- Feelings of Well Being
- Obsessive behaviors or thoughts • Memory/cognitions
- Anxiety patterns or trauma patterns
- Coping • Regulation
- Learning, communicating, and/or performance

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP?

The QEEG is a quantitative EEG. It’s also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to

an independent specialist be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

We don’t always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

IS THERE ENOUGH RESEARCH?

Neurofeedback has been researched since the 60’s. Here are some resources for research. We have several journal articles, studies and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

Look up the work of:

Dr. Joe Kamiya and Dr. Barry Sterman
(Credited for earliest development of Neurofeedback).

Look for specific researched conditions:

<https://www.eeginfo.com>
<https://www.isnr.org>
<http://www.eegspectrum.com>

Print Resources:

Journal of Neurotherapy
Neuroregulation
Applied Psychophysiology and Biofeedback
A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback (Curtain Up) Paperback – 31 May 2001 by Jim Robbins.
Healing Young Brains: The Neurofeedback Solution Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.

HOW DO I GET STARTED?

Getting started is easy. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled with a free telephone consultation. Call, email or text message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at **info@bocabraincenter.com**, or text us at **(561) 206-2706** or visit our website at **www.BocaBrainCenter.com**.



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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.

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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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