

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

Health & Wellness[®] MAGAZINE

December 2023

South Palm Beach Edition - Monthly

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FREE



**THE TOP 10 BENEFITS
OF DENTAL IMPLANTS**

**HEY, SANTA,
WHAT'S UNDER YOUR HAT?**

**TRUSTED HOMECARE AGENCY:
SERVING VETERANS
WITH FREE SUPPLEMENTAL
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**PROMISING TRENDS
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**HAVE YOU CHECKED
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- Pellet Hormone Therapy
- VI Peel
- IV Vitamin Therapy
- Silhouette Instalift
- Medical Grade Cosmetic Facials
- Cellulite Reduction
- Skin Resurfacing

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TRUSTED LAW AMANDA ACHONG, ESQ

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

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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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Hey, Santa, What's Under Your Hat? (We Don't Know, But We DO Know About Great Gifting)

by Alan J. Bauman, MD, ABHRS



Have you ever wondered why Santa Claus always wears a hat?

Maybe it's not just about keeping warm. Maybe Santa's hiding a secret. Perhaps he's lost his hair and is embarrassed. Or maybe he's too busy stuffing his bag with goodies to take care of himself. Hmmm... How do you like them apples?

If you (or someone you love) wears hats a lot even when it's not snowing in South Florida (as in, well, always!), perhaps you and this benevolent North Poler could have more in common than you imagined.

Maybe this holiday season is a reminder to be generous with yourself and others in new ways you may have never thought of. Imagine unwrapping a present that's not just another sweater or "whatsit?" but one that promises the gift of fantastic hair.

Who knew Santa's bag could include the secret to fabulous hair?"

We did.

Whether you've been naughty or nice with your hair care, our gift guide will turn your hair WOES into hair WOWS. Read on for a few of the many great gift ideas for stuffing your stocking. And don't forget to add your own name on the "nice" list (even if you've actually been naughty—we won't tell).

DEVICES

**Low-level laser therapy
(also known as red light therapy
or photobiomodulation)**

The medical grade Bauman TURBO LaserCap® is FDA-cleared for hair regrowth. This low-level laser device is portable, hands-free, cordless, rechargeable, and fast, requiring only five minutes of treatment per day for improved hair growth at home. It's drug- and chemical-free with no risk of side effects and small enough to fit under Santa's hat.



The award-winning Bauman Turbo LaserCap is the most technologically advanced portable FDA-cleared low-level laser light therapy (LLLT) device for hair regrowth currently available. Recommended for both men and women with thinning hair, as well as hair loss prevention and overall hair health.

Proper and consistent use of medical-grade low-level laser therapy has been *scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth*. (Hint: Stay away from clunky helmets and weak consumer versions seen online, as they are almost certainly underpowered, and many aren't very portable.)

SERVICES

Scientific Scalp Makeover*

(AKA: "Hair Grows While You Doze" treatment)

Ahhh. The Scientific Scalp Makeover. A patient favorite—an ultimate indulgence experience with a bonus for your hair and scalp.

Prepare to be pampered.

The scalp makeover is offered in our SalonB Trichology Lab, a mega-relaxing spa environment. SalonB is equipped with low lighting and soft music, just like an indulgent spa.

While the makeover is particularly geared toward helping reverse hair loss in people with stress-related conditions, lots of folks without scalp issues come regularly to enjoy a non-fattening treat (no calories to burn off) and shut out the rest of the world for a while.

It's so relaxing, in fact, that many people fall asleep!

The makeover consists of a 60-minute-to-three-hour session during which you're pampered with variety of soothing services, including:

- Aromatherapy
- A customized scalp mask treatment for optimum scalp health and hair beauty
- A deep scalp massage to stimulate and purify the scalp and increase circulation
- Deep cleansing shampoo
- Hydrodermabrasion/exfoliation treatment
- A customized conditioner or hair mask

HAIR AND SCALP PRODUCTS

**BaumanMD BOOST and SOOTHE
Shampoos and Conditioners**

Help your hair shine as brightly as your dazzling holiday decorations by treating it with as much care as you would when decking the halls.

Start with a thorough cleansing, then finish with a dose of our decadent conditioner so that your hair shines brightly throughout the holiday season and beyond.

These must-haves are designed for daily use for all types of hair, and especially good for anyone with thinning, transplanted, or laser-treated hair.

BOOST products are sulfate-free, color-safe, and include no parabens or artificial fragrances. Used in combination, they:

- Inhibit DHT production (DHT is a by-product of testosterone metabolism that can cause hair loss in people sensitive to it)
- Stimulate hair growth
- Prolong the anagen (active) phase of the hair growth cycle
- Enhance blood flow to the scalp to keep follicles nourished and healthy
- Reduce dryness, dandruff, and itching
- Help moisturize the scalp and soothe inflammation and irritation via its infusion of CBD



Dr. Bauman has created Nutra-Team Bauman, a team of hair-healthy supplements that work together in a dynamic way because he believes that hair grows best when your system is balanced. These make great holiday gifts and are available on our eStore.

NUTRITIONAL SUPPLEMENTS

Comprised of a superb line of proprietary nutritional supplements, Nutra-Team Bauman nutraceuticals help anyone who's experiencing hair loss or thinning or who wants thicker-looking hair. The lineup:

- **The Recruiter™:** This special blend of probiotics, plant extract, and Vitamin D3 promotes the release of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress). It increases the number of circulating stem cells in your body to promote hair growth and overall health.
- **The Good Guys™:** This hair probiotic complex infuses the gut with elements needed to optimize the digestive process and maximize overall health and wellness. It supports a robust scalp and strengthens follicles for optimal hair growth.

- **The Bodyguard™:** A unique blend of herbs and mushrooms, The Bodyguard™ supports a healthy immune system and defends against environmental toxins. Scientific research confirms the benefits of the formula's immune-enhancing herbs, together with the fungi, which include Asian mushrooms.
- **A-List Hair Vitamin Complex™:** It's called our "strategic supplement" because it's compounded with top-tier ingredients shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, and promote collagen renewal for hair, skin hydration, and wound healing.
- **The Hero Super-Biotin Mega Hair Support Caps™.** Biotin creates enzymes that strengthen hair and nails and assist digestion and cellular metabolism.
- **The Zenmaster™:** Contains the herb ashwagandha which helps reduce stress and its byproduct, cortisol. Cortisol negatively affects the hair follicle as well as other organs in the body.
- **The Builder™:** This Hair Multi-Collagen Complex Peptide Protein Powder contains three proprietary ingredients that deliver vital proteins that multiply natural collagen levels, providing a boost to hair productivity, follicle strength, and a youthful shine.

As you survey your gift list, keep in mind that the gift of better hair is the gift that keeps on giving, whether it's a gift to someone else or yourself. Here's to a holiday season filled with generosity, love, and of course, fabulous hair!

Call us today at **561-220-3480** so we can help guide you toward the supplements best for your particular situation or point your camera at the QR code below to go directly to our eStore:



Give the Gift of a Bauman e-Gift Card

With so many options at Bauman Medical, maybe too many for you to choose, you might want to consider one of our e-gift cards instead. These can be applied to any product or service, in-person, remotely, or for products in our eStore.

In addition to what you just read about, here are some other ways to spend a Bauman gift card.

- Consultations with Dr. Bauman or Trina Arce, our nurse practitioner
- Hair transplantation
- Trichotest™ (identifies the exact hair loss treatments that will perform best for you based on your genetics)
- High-density Platelet Rich Plasma (PRP) "Vampire" hair regrowth therapy
- Compounded Formula 82F Topical Finasteride + Minoxidil (designed to reduce the risk of side effects from oral finasteride/Propecia)
- TED (TransEpidermal Delivery) Non-invasive technology that uses ultrasonic sound waves and air pressure to enhance the penetration of a specialized topical hair growth serum into the scalp
- Laser hair removal
- Non-surgical 3D-printed hair systems or cranial prostheses

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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More and more patients prefer to avoid or at least postpone surgery, or simply are not a candidate for surgery due to medical reasons. This is a good alternative for those patients.

First let's discuss what aging really is in order to understand how we can combat it effectively. Aging consists of volume loss and sagging skin. If we want to "naturally" rejuvenate our face and body we need to address both these issues. The Silhouette Instalift™ is the only non-surgical procedure that addresses both issues.

This Silhouette technology is in a class of its own, it's not a filler and it's not your typical thread. It is both, "dual action" means it lifts and volumizes at the same time. It is an advanced micro-suspension technology that uses small (3D) 360 degree cones made from PLLA (also known as "Sculptra") to simultaneously lift skin and build collagen. The lifting effect is immediate while collagen production is gradual and peaks at about 8-12 weeks.

After the patient's needs are assessed, and the entry points are marked, a local anesthetic is injected and the sutures are placed. There is very little discomfort during and after the treatment.



Medical Director, Daniela Dadurian M.D.

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

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

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



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Once the sutures are placed, the skin will be repositioned to obtain the desired lifting effect. The ends of the suture are then cut. The number of sutures applied depends on each individual patient's skin elasticity and condition of the skin. Possible side effects are, as with any procedure that involves needles, bruising and minor pain and swelling. This is an office procedure that takes about 45 minutes and lasts about 18-24 months. The Silhouette Instalift™ was FDA approved in April 2018 for use in the mid-face and was awarded the prestigious 2018 New Beauty Magazine breakthrough award. It has been popular in both South America and Europe for many years.

Silhouette Instalift™ now has different sutures with varying numbers of cones, depending on where on the body it is being used. The 8 cone suture is used on the face, whereas the 12 and 16 cone sutures can be used to lift butts, saggy skin above the knees, elbows and saggy belly skin. It also works well for cellulite.

Why choose Silhouette Instalift™?

- Non-surgical procedure
- Minimally invasive
- Minimal recovery time/no down time
- Immediate lifting effects
- Volumizing in addition to lifting effects due to PLLA collagen stimulation
- Sutures are entirely re-absorbable
- Natural looking

I am so excited to be able to perform this procedure right here in my office. Call today to see if you are a candidate for the Silhouette Instalift™. MD Beauty Labs (561) 655-6325.

TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare

When it comes to healthcare, veterans deserve the best care possible. For veterans seeking in-home healthcare services, there is a valuable resource available to them through the Trusted Homecare Agency. This trusted organization specializes in providing free home healthcare options to veterans, offering a range of services that cater to their unique needs. **Did you know there is a program available to veterans which offers up to 21 hours per week of home healthcare for free?** These include a range of home healthcare services including:

SKILLED NURSING CARE:

Trusted Homecare Agency offers skilled nursing care to veterans who require medical attention within the comfort of their own homes. This includes wound care, medication management, and assistance with chronic conditions. Skilled nurses are highly trained and experienced in dealing with veterans' specific health concerns, providing personalized care that ensures their well-being.

BENEFITS:

- Reduced hospitalization: Skilled nursing care can help prevent unnecessary hospitalizations by providing timely and effective medical interventions.
- Enhanced comfort and convenience: Veterans can receive medical care without the need to travel to a healthcare facility, ensuring greater comfort and less stress.

HOME HEALTH AIDES:

Veterans can also benefit from the assistance of home health aides provided by Trusted Homecare Agency. These caregivers help with activities of daily living, such as bathing, dressing, meal preparation, and light housekeeping. Home health aides offer companionship and emotional support to veterans, ensuring they maintain a good quality of life.

BENEFITS:

- Improved quality of life: Veterans can maintain their independence and dignity while receiving essential assistance with daily tasks.
- Reduced caregiver burden: Family members of veterans can find relief knowing their loved ones are in capable hands.

PHYSICAL AND OCCUPATIONAL THERAPY:

Trusted Homecare Agency offers veterans access to physical and occupational therapy services within the confines of their homes. These therapies are designed to help veterans regain mobility, strength, and independence, especially after injuries or surgeries.

BENEFITS:

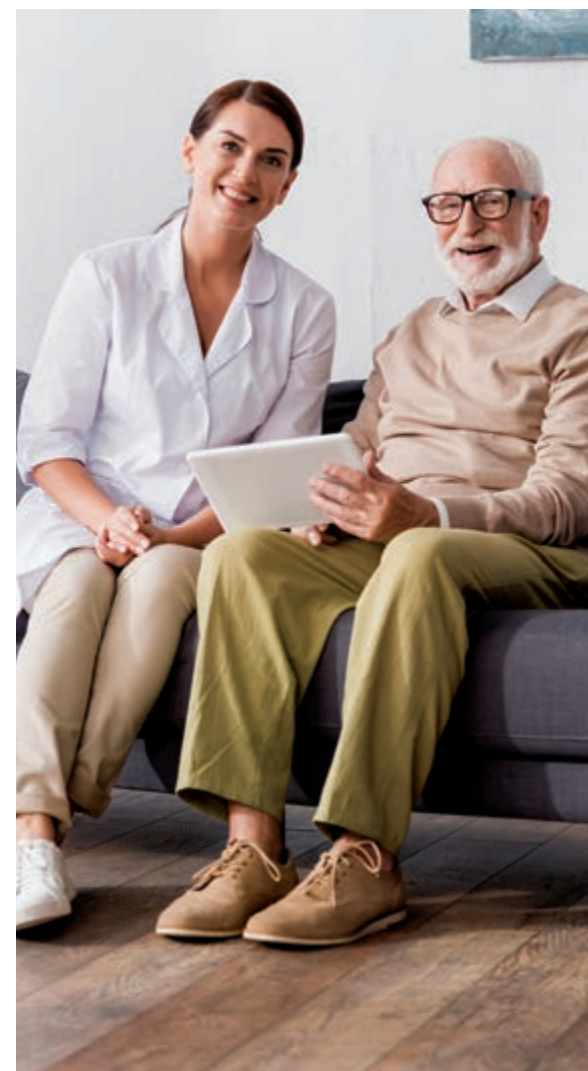
- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

PALLIATIVE CARE:

For veterans facing serious illnesses or end-of-life care, Trusted Homecare Agency provides palliative care services. This specialized care focuses on improving the quality of life by addressing physical, emotional, and spiritual.

BENEFITS:

- Enhanced comfort: Veterans can experience symptom relief and pain management, making their final days more comfortable.
- Emotional and spiritual support: Palliative care offers emotional and spiritual assistance, ensuring that veterans and their families find solace during challenging times.



Trusted Homecare Agency is dedicated to serving veterans by providing them with a range of free in-home healthcare options. These services not only cater to veterans' unique healthcare needs but also offer numerous benefits, including improved comfort, reduced hospitalization, and enhanced quality of life. With a team of skilled nurses, home health aides, and therapy professionals, veterans can receive the care they deserve without leaving their homes.

Trusted Homecare Agency's commitment to the well-being of veterans ensures that they receive the care and support they need to maintain their independence, improve their health, and live fulfilling lives. By availing themselves of these free in-home healthcare services, veterans can rest assured that their healthcare needs are in capable and caring hands, helping them lead healthier, happier lives.

If you are a veteran & utilizing home health services but need more hours, there is a program that offers up to 21 hours per week of care for free. This is not aide & attendance or cash in hand. This program is a benefit for the veteran to help ease the financial strain of home healthcare costs. To find out more about this free program call us today **561-998-6039**.

**Do you use
the VA medical
at least once a year?**

**Are you using Homecare
now but need more
hours? Is the cost
too high?**

**Are you in need of
home healthcare?**

PROMISING TRENDS IN CANCER CARE

The outlook for people diagnosed with cancer is becoming brighter all the time, thanks to a variety of ongoing advancements.

Over 18 million cancer survivors are living in the U.S. today, according to the American Cancer Society. Increasingly, many of the nearly 2 million Americans who will be diagnosed with cancer this year will experience cancer more like a chronic disease than a dim prognosis.

Screenings Save Lives

Screening tests effective at finding many types of cancer before signs or symptoms appear are now available. The American Cancer Society has recommended screening guidelines for the following cancers:

- Breast cancer
- Cervical cancer
- Colorectal cancer
- Endometrial cancer
- Lung cancer
- Prostate cancer

Certain cancers are much easier to treat when detected early, preventing thousands of additional cancer cases and deaths.

Recommendations can vary based on your age, family history and lifestyle. Talk to your doctor about cancer screening, and do not skip or delay your recommended screenings. It cannot be overstated: Early diagnosis and treatment are substantial factors in surviving cancer.

The Power of Genetics

Genetic screening and testing are powerful tools that enable oncologists to diagnose cancers faster and more precisely and rapidly develop customized treatments based on each patient's unique genetic makeup and mutations.

Genetic mutations inherited from our parents can increase the risk of developing certain cancers. Knowing personal risk factors for hereditary cancers can be lifesaving.

Genetic screening involves a review of personal and family cancer history, including type(s) of cancer and age(s) at diagnosis. Based on this information, specially trained genetics specialists can refer individuals for consultation and genetic testing, guide lifestyle changes or explore other preventive options to reduce future risk.

Clinical testing, known as Next Generation Sequencing (NGS), is an advanced form of genetic testing that can simultaneously detect mutations in hundreds of different genes derived from tumor cells. NGS testing provides a more precise understanding of an individual diagnosis. When oncologists know the specific genetic alteration a patient has, they may be able to identify a therapy that directly targets that exact mutation. The results also help to identify clinical trials a patient would be eligible for based on their molecular profile.

Immunotherapies

Chemotherapy and radiation have been widely used for decades to target cancer cells. While effective, these treatments can also destroy healthy blood cells and harm the body's production of new cells.

Immunotherapies work to stimulate or boost the natural defenses of the body's immune system to work harder to fight cancer. They can be injected directly into a vein, swallowed through a pill or capsule form or applied topically through a cream rubbed onto the skin.

Immunotherapy may be used alone or in combination with chemotherapy, radiation and/or surgery. While side effects can occur, a key difference is that they are often less severe than those encountered with conventional therapies (like chemotherapy, radiation, etc.).

In the last few decades, immunotherapy has been approved for treating many cancers, including bladder, cervical, breast, colorectal, lymphoma and melanoma, among others. Patients may receive immunotherapy in a doctor's office, an oncology clinic or, in some cases, a hospital setting.

Clinical Research Drives Cancer Treatment Advancements

Every drug or therapy in place today to treat cancer started in a clinical trial.

After promising results are seen in the laboratory, medical breakthroughs then require careful research through closely monitored studies conducted in humans, called clinical trials. These studies deserve credit for new treatments of cancers that were previously considered incurable.

Studies of new cancer drugs or medical procedures are not a last resort but an opportunity to expand an individual's treatment to include early access to the most effective and promising options.

More Hope on the Horizon

Scientific researchers around the globe continue their work toward a cure for cancer at a very fast pace.

In particular, researchers are focusing on several major areas to improve immunotherapy. Even though immunotherapy can prevent or slow cancer growth, cancer cells have ways to avoid destruction by the immune system. An increased understanding of how cancer cells get around the immune system could lead to the development of new drugs that block those processes and ways to reduce the side effects of treatment.

Cancer vaccines are also a form of immunotherapy. While several vaccines are effective in preventing diseases caused by bacteria and viruses, the development of cancer vaccines is significantly more complicated due to several factors. Currently, four vaccines that can help prevent cancer and two that treat cancer have been approved by the U.S. Food & Drug Administration.

Increasingly, immunotherapy and other exciting new advancements are leading to the development of truly targeted therapies to achieve the best possible outcomes. Hope is clearly on the horizon. Patients with cancer and their health care teams have more options to pick from than ever before, with more on the way.



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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Lake Worth

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Palm Springs, FL 33461-4746

Palm Beach Gardens

3401 PGA Blvd, Ste 200
Palm Beach Gardens, FL 33410-2824

Wellington North

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Wellington, FL 33414-6140

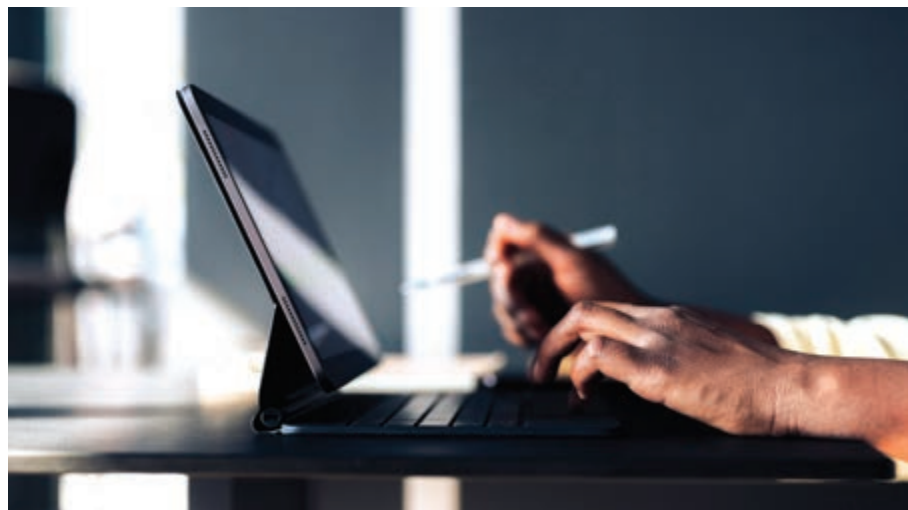
West Palm Beach

1309 N Flagler Dr
West Palm Beach, FL 33401-3406

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.”

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

**NEW 1st-of-it's-kind
potential cure for
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 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

DECEMBER SPECIAL
FREE
Initial Visit!



**ONE VISIT CAN
CHANGE YOUR LIFE**

50% off
RejuvaWAVE
Laser Treatment

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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www.JewishDirectCremation.com

Have You Checked Your Hearing Lately?

JANUARY IS THE TIME FOR RESOLUTIONS. MOST OF US RESOLVE TO EXERCISE MORE, EAT BETTER AND GET THOSE CHECK-UPS WE'VE BEEN DELAYING. AS PART OF THIS FOCUS ON BETTER HEALTH, CHECKING YOUR HEARING SHOULD BE PART OF YOUR PLAN FOR 2024!

BELOW IS A 2022 PRESS RELEASE INTRODUCING A NEW INITIATIVE TO ENCOURAGE PEOPLE TO GET THEIR HEARING CHECKED AS PART OF THEIR ANNUAL HEALTH PLAN:

Washington D.C., June 02, 2022 (GLOBE NEWSWIRE) – Today, a group of leading consumer organizations, hearing health professional organizations, hearing aid manufacturers and retailers launched a new nationwide campaign, “Hear Well,” to educate the public on hearing loss and the critical role hearing professionals play in the identification and treatment of this common medical condition.

“The benefits of seeing a licensed hearing professional cannot be understated,” said **Kate Carr, President of the Hearing Industries Association (HIA)**, a trade association that represents hearing aid manufacturers, distributors and suppliers of hearing aids, implants, and other hearing devices and related products. “The ‘Hear Well’ campaign educates people on the importance of consulting with a hearing professional to understand their unique hearing loss before making a decision about their treatment plan.”

In a 2021 survey of over 15,000 households conducted by HIA, 91% of hearing aid owners reported being satisfied with their hearing professional.[1] A hearing professional includes an Ear, Nose and Throat (ENT) physician, audiologist, and hearing aid specialist. An estimated 48 million Americans have some form of hearing loss[2], making it one of the most prevalent medical conditions in the country. Based on additional research by HIA, one in five adults over age 55 have never had a hearing test and one in four have not had a test in the last decade, despite the high incidence rate.

“Untreated hearing loss can lead to other health problems including depression, cognitive decline, and risk of falls,” said **Barbara Kelley, Executive Director of the Hearing Loss Association of America (HLAA)**, an organization that supports the campaign. “There is no one solution to hearing loss that works for everyone, and a trusted hearing

professional can be an important part of any treatment plan.”

“Healthy hearing means not waiting to check your hearing until hearing loss is so significant it’s impacting your ability to participate in your work, social events you enjoy, or conversations with loved ones,” said **Sarah Sydlowski, AuD, PhD, MBA, President of the American Academy of Audiology**. Sydlowski is also Audiology Director of the Hearing Implant Program, Director of Audiology Innovation and Strategic Partnerships, and Associate Chief Improvement Officer at the Cleveland Clinic. “Having your hearing evaluated paves the way for recommendations to improve your hearing health and function and can offer tips for protecting your hearing to make sure it can serve you well for a lifetime.”

“The treatment of hearing loss continues to improve for all types of loss. It is essential that patients see a hearing professional in order to receive the most accurate diagnosis and best treatment for their condition,” said **James C. Denneny, MD, EVP/CEO, American Academy of Otolaryngology- Head and Neck Surgery**.

“Addressing one’s hearing loss offers immeasurable benefits to a person and their safety, relationships, productivity, and overall health and well-being. That relies on attaining hearing checks through a qualified hearing healthcare provider to identify hearing loss early and taking proactive steps to minimize any disruption to one’s daily life and wellness,” said Annette Cross, BC-HIS, a board-certified hearing aid specialist and owner/president of Provincial Hearing Services in Nova Scotia, Canada.

The “Hear Well” campaign will educate audiences through an integrated, multi-platform approach using social media, traditional media, and paid



advertisements. The campaign is sponsored by the Hearing Industries Association and its members. Other campaign partners joining the effort include Academy of Doctors of Audiology, Alexander Graham Bell Association for the Deaf and Hard of Hearing, American Academy of Audiology, American Academy of Otolaryngology-Head and Neck Surgery, American Cochlear Implant Alliance, American Speech-Language-Hearing Association, Coalition to End Social Isolation & Loneliness, the Ear Community, Healthy Hearing, Hearing Health Foundation, Hearing Loss Association of America, International Hearing Society, National Council on Aging, National Grange, and Retire Safe.

To learn more about this campaign and download campaign materials, please visit www.Hearing.org. Just as you get your teeth cleaned every year, your eyes checked and every other part of your body, please don’t ignore your hearing! Hearing well is integral to living well.

For more information, please call 561-366-7219 or visit www.audiologywithaheart.com

JUST AS YOU GET YOUR TEETH CLEANED EVERY YEAR, YOUR EYES CHECKED AND EVERY OTHER PART OF YOUR BODY, PLEASE DON'T IGNORE YOUR HEARING! HEARING WELL IS INTEGRAL TO LIVING WELL.

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We take your hearing needs to heart



WHY IS MY CHILD STRUGGLING WITH SCHOOL?

By Renee Chillcott, LMHC

Trying to figure out how to ensure that your child is successful in school today is not an easy task. The back and forth of in-person to online schooling has students as well as their parents dealing with never ending adjustments. Figuring out why your, smart, loving and caring child is failing, underachieving, or just plain refusing to do schoolwork, can be a frustrating and exhausting endeavor for parents. What is the solution? Teachers may suggest testing or medication, doctors may suggest testing or medication, and your friends and family may suggest testing or medication. But that doesn't feel right to you. Can they all be right? Can they all be wrong? The short answer is... they are correct. Yes, you read that correctly, testing may be warranted and medication may be helpful but let's not just jump into that, first, let's find out what the problem is.

- Is it Attention Deficit/Hyperactivity Disorder (ADHD)?
- Is it an Attention Deficit Disorder (ADD)?
- Is it Anxiety and/or Depression?
- Is it a Central Processing Disorder?
- Or is it an Auditory/Visual Processing Disorder?
- Could it be a Sensory Processing Disorder?
- Or does my child have a low IQ?
- Are they on the Autism Spectrum?
- Or are they lazy or oppositional and a behavioral problem?

The truth of the matter is, if your child is struggling with school, they may have one, several, all, or none of these.

In most cases, children of all ages want to learn. We are programed as human beings to value education. It's only when what we want is inconsistent or incongruent with how we perform, that an issue will arise. For example, if a child is 5 years old and hasn't developed language, we say that there is a developmental delay and investigate the causes. The same holds true for a child that is struggling to learn. Instead of constantly demanding that the child change their behavior so that they can learn, instead it is more important to look for the reasons why they can't. Detecting the inconsistency is the key to helping them succeed.

HOW DO I KNOW? AND WHAT DO I DO TO FIX IT?

There are different ways that you can determine what is happening with your child to prevent school success. They can be evaluated by teachers; evaluated by school staff; sent for specialized testing; evaluated by a physician; or by a therapist. You may also be able to use Google, search the internet, and read books that will point you to a reason or cause. However, the best, most effective, way of know what is going on inside your child's brain is to look at it. With NEUROFEEDBACK and a QEEG (Quantitative EEG or Brain Map), it becomes possible to see the neural patterns in the brain that help us learn, focus, concentrate, and even follow directions. Once we identify the patterns that are not working properly NEUROFEEDBACK TRAINING (Brain

Biofeedback Training) teaches the brain to correct these patterns. We can also point you in the direction of additional modalities that will support your child's learning and help correct the brain patterns.

WHAT SHOULD I EXPECT TO SEE CHANGE?

Symptom relief with Brain Training can vary from person to person; some common improvements we see in people with learning issues are:

- Increased Focus time
- Less Homework Struggle
- Increased amount of completed assignments
- Improved working memory
- Calmer and less fidgeting
- Improved grades
- More compliance
- Better motivation

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. Neurofeedback is exercise for your brain. It allows you to see the frequencies produced by different parts of your brain in real-time and then through 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 the auditory reinforcement of "beeps".

It is important to understand that the neurofeedback approach does not magically "cure" or "fix" anything. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle "challenges" and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time. This new behavior carries over into the classroom and at home.

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 entire 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 read and analyzed. We provide a summary of significant findings as well as a full report that shows the results of analyzing the data several different ways. The brain activity is not only compared by individual locations 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 start making changes in symptoms, but we do recommend it in treatment to identify all areas that need improvement. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

IS THIS A NEW OR EXPERIMENTAL TREATMENT?

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

Books:

A Symphony in the Brain by Jim Robbins
Healing Young Brains by Robert Hill & Eduardo Castro
The Healing Power of Neurofeedback by Stephen Larsen
Neurofeedback in the Treatment of Developmental Trauma by Sebern Fisher

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of a telephone consultation. Text, email or leave us a message 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.



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology/Mental Health Counseling from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At the Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.



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THE CORNEA

By David A. Goldman MD



Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This

was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

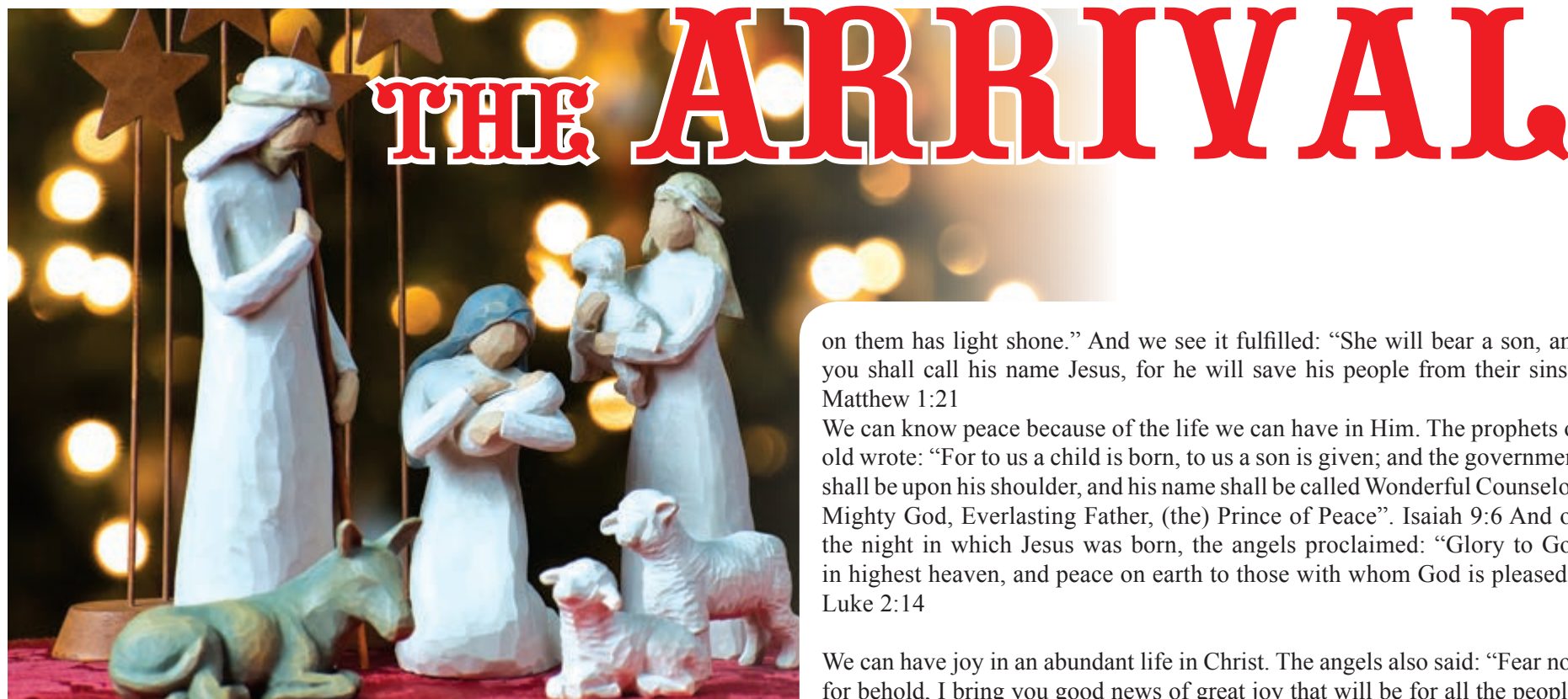
as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman’s clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, microincisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

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Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness,

on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.” Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers



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