

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

# Health & Wellness<sup>®</sup> MAGAZINE

January 2024

North Palm Beach Edition - Monthly

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**FREE**



**SOME HAIR TODAY,  
TOMORROW MORE! SAY "HELLO"  
TO GREAT HAIR IN 2024**

**STAYING HEALTHY IN 2024**

**TUNE UP YOUR  
'OZEMPIC FACE,'  
BODY WITH NOVEL  
COMBINATION TREATMENT**

**TRUSTS ARE NOT JUST  
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**GOODBYE GUM GRAFTS**







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## TRUSTED LAW AMANDA ACHONG, ESQ.

- Florida State University
- Western Michigan University  
Cooley Law School

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

# Revocable Living Trust

## ATTENTION SENIORS:

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

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## CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Sybil C. Berryman**  
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE  
**Bryan Berryman**  
bryan@sflhealthandwellness.com

  
**BERRYMAN**  
Marketing Group LLC

GRAPHIC DESIGNER  
**Sonny Gensing**  
sonny@gwhizmarketing.com

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

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



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

**Contact: [neumann@regalcare.net](mailto:neumann@regalcare.net)  
or 561-725-7449 in order to reserve a seat.  
SPACE IS LIMITED.**



# STAYING HEALTHY IN 2024

**D**id you know that the yearly calendar we use today first came into use in the late 1500s? For centuries now, people have relied on calendars to structure their lives. These vital tools help us prioritize our time, stay productive and keep us on task.

Whether you prefer digital or paper formats, as you turn the page on your 2024 calendar this January, take some time to prioritize your health and well-being. Plan ahead and schedule appointments for recommended wellness checkups and cancer screenings.

Thanks to ongoing research, screening tests are now available for many types of cancer. These tests are effective at finding cancer, often before signs or symptoms appear. When detected early, certain cancers are much easier to treat, preventing thousands of cancer cases and deaths. Early diagnosis and treatment is a substantial factor in surviving cancer.

Florida Cancer Specialists & Research Institute (FCS) urges everyone to talk with their physician about cancer screenings and follow recommended guidelines. Here are some of the most common cancer screening recommendations:

**Skin Cancer:** Skin cancer is the most common cancer in the U.S. for both men and women. Screening involves checking your skin and any moles for changes that could be signs of cancer. An annual skin check by a dermatologist or your primary care provider is recommended, especially for those with a family history of skin cancer.

**Breast Cancer:** In addition to monthly self-examinations (encouraged for adult women at any age), the American Cancer Society recommends that starting at age 40, all women have annual screening mammograms. Talk to your doctor about what is right for you, based on your own family health history and risk factors.

**Cervical Cancer:** The National Cancer Institute advises women to receive a Pap test (Pap smear) beginning at age 21 and continuing until age 65. Women from 21 to 29 should have a Pap smear every three years. Beginning at age 30, a Pap test combined with human papillomavirus (HPV) testing (HPV/Pap cotest) is recommended every five years.

**Colorectal Cancer:** Colonoscopy screening for colorectal cancer should start at age 45 and be done every 10 years, unless recommended more often by your doctor, up until age 75. This type of screening not only detects cancer early, but in many cases it can prevent cancer from developing by identifying and removing polyps (abnormal, precancerous growths within the colon).

**Lung Cancer:** Low-dose CT scanning is recommended for some people who are at higher risk for lung cancer. This group includes adults, ages 50 to 80, who have a 20 pack-year smoking history and who currently smoke or have quit smoking. To determine a pack-year score, multiply the



number of packs smoked per day by the number of years smoked. So, if you smoked two packs a day for 20 years, your pack-year score would be 40.

**Prostate Cancer:** The PSA test is used to screen men for prostate cancer; however, it is not clear if the benefits of testing all men outweigh the risks, such as finding and treating slow-growing cancers that do not require treatment. It is important to talk with your doctor about the risks and potential benefits, based on your personal and family history.

## When It Comes to Lifestyle Choices, Little Things Can Make a Big Difference

When it comes to preventing cancer, little things can make a big difference, especially when it comes to making healthy lifestyle choices.

## SMOKING AND CANCER

In the U.S., 80 to 90 percent of all lung cancer deaths are related to cigarette smoking, according to the Centers for Disease Control and Prevention. Tobacco products, including cigarettes, e-cigarettes, cigars, pipes and chewing tobacco, have been linked to several other types of cancer, including colorectal, bladder, breast, throat, cervical, mouth and esophageal.

If you're not a smoker, don't start. If you smoke, it's never too late to quit. Your health will improve, and you'll reduce your risk of cancer, heart disease and other illnesses. An effective first start, even if you've tried before, is to prepare a quit plan. A wide range of tools, tips and other resources can be found on the website [SmokeFree.gov](http://SmokeFree.gov).

## ENJOY THE SUN SAFELY

The majority of all skin cancers are caused by exposure to the sun's ultraviolet light rays. For maximum protection, oncologists recommend applying a broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or higher to all skin that is not covered by clothing. Clothing items with an ultraviolet protection factor (UPF) number on the label are now widely available. A wide-brimmed hat and sunglasses with UV protection are also recommended. Exposure to artificial UV rays with the use of tanning beds or sunlamps also increases the risk of skin cancer and should be avoided.

## EAT HEALTHY & KEEP MOVING TO PREVENT CANCER

There is growing evidence what we eat plays a significant role in some types of cancer. A diet high in fruits, vegetables, beans and whole grains, and low in red meat, processed foods and sugar, is recommended to help reduce cancer risk. Limit alcohol consumption to no more than two drinks a day for men and one drink a day for women.

Aim for at least 30 minutes of physical activity each day. Exercise can help to control your weight and avoid obesity, with the added benefits of increased energy, reduced stress and a healthy boost to the immune system to help fight cancer and other diseases.

Getting and staying healthy is worth the effort – make it count in 2024!

## WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

**About Florida Cancer Specialists & Research Institute, LLC: ([FLCancer.com](http://FLCancer.com))** Founded in 1984, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



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For more information, visit [FLCancer.com](http://FLCancer.com).



# Some Hair Today, Tomorrow More!

## Say “Hello” to Great Hair in 2024

by Alan J. Bauman, MD, ABHRS



Did you make a New Year’s resolution for 2024?

(I did. Read to the end to find out what it was.)

We’ve all made New Year’s resolutions at some point in our lives, but have you ever asked yourself where the word “resolution” comes from? It’s a word that has particular meaning for us at Bauman Medical. Here’s why:

“Resolution” is derived from Latin. It’s a combination of “re” meaning “intensive force,” and “solvere,” which means to loosen, untie, or “solve.” Boy, does that ever sum up our practice’s recurring New Year’s resolution, and it’s one we keep all year long!

We see lots of patients after the first of the year who finally resolved to do something nice for themselves by partnering with us. We help them solve their hair loss problems, and we doggedly tackle those problems with an intensive force we maintain all year because of our passion for what we do. You’ll find us perpetually on the cutting edge of new techniques and technologies; in fact, we’re often part of developing new ones.

If you’re experiencing hair loss, you may think that a hair transplant\* is your only option, but we offer a dizzying array of alternative solutions to help you ring in the new

year with hair growth you didn’t think possible. Here are just a few I think you’ll like.

### PRESCRIPTION MEDICATIONS

#### Fin.481

This customized oral medication contains 25% more finasteride than Propecia®, which lowers DHT, a primary trigger for male pattern baldness. It also includes a unique blend of 481 milligrams of supplemental nutrients to optimize healthy hair regrowth by improving blood circulation, converting the food you eat into energy for the high energy demands of hair follicles, and decreasing inflammation in the body.

Taken once a day, it works for most people within 90 days to slow, stop, and reverse miniaturization of hair follicles.

#### Formula 82M

This highly effective alternative to topical over-the-counter minoxidil (generic Rogaine) consists of a non-greasy, quick-absorbing compounded minoxidil formula available only by prescription. Its specially designed packaging allows direct application to the scalp, so the active ingredients get directly to the follicles, not on your hair—which can cause hairstyling problems. It also contains a number of other ingredients that promote hair growth, including tretinoin. Studies show that minoxidil with tretinoin works more powerfully than minoxidil alone due to enhanced penetration and activation of the minoxidil at the hair follicle.

#### Formula 82F

This topical formula contains finasteride (generic Propecia®), minoxidil, and other beneficial ingredients in a powerful, synergistic mixture for the scalp that improves hair growth. This treatment gives the benefit of addressing hair-miniaturizing DHT at the level of the scalp with fewer risks than oral finasteride. Used twice daily, this pairing has been shown to regrow hair in up to 85% of men and 60% of women (safe for most postmenopausal women).

**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.

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: Avoid clunky helmets and weak consumer versions seen online, as they are almost certainly underpowered, and many aren’t very portable.)

### TED (TRANSEPIDERMAL DELIVERY)

This popular non-invasive hair growth treatment doesn’t use needles or anesthesia of any kind. Because it’s needle-free, it is ideal for people who’ve avoided getting medical treatment for their thinning hair because they’re averse to surgery or needles.

This powerful treatment involves 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 of growth factors and peptides onto 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 address shedding and improve hair growth and scalp health within minutes. Many patients have also noticed improvements in pigmentation.

TED is ideal for patients who want to improve the overall thickness and appearance of their hair.

### \*WHEN SURGERY IS THE BEST SOLUTION

There are some hair loss situations that are simply too advanced for non-surgical solutions. We’ll let you know



Before and one day after No-shave VIP|FUE™ Hair Transplant by Dr. Alan Bauman



Before and one day after No-shave VIP|FUE™ Hair Transplant by Dr. Alan Bauman

if that's the case once we've had a consultation with you. If we go that direction, you can feel confident we'll offer you indisputable state-of-the art options. Those include:

**FUE (Follicular Unit Extraction)**

FUE is minimally invasive, uses no staples or stitches, and requires little downtime. This technique replaces the older, invasive method of cutting out a strip of skin known as "strip harvesting."

With the aid of robotics and other microsurgical instruments, hair follicles are harvested directly from the

scalp without leaving behind a telltale linear scar.

**VIP|FUE™**

VIP|FUE™ offers patients all the advantages of traditional FUE, as described above.

What makes it different? It's the only transplant procedure not requiring any trimming or shaving of the donor area. That means *no dramatic change in your hairstyle* after the procedure (such as looking like you had a buzzcut), making it totally discreet. It often includes the unique benefit of the "long hair preview," which allows you to see the results of your transplant immediately after your procedure. In short, No-Shave VIP|FUE™ is the most discreet hair transplant available today.

**CONTACT US**

Ready to make that New Year's resolution to do something good for yourself by partnering with us to tackle your hair loss?

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](http://www.baumanmedical.com).



P.S. – Here are my personal New Year's resolutions: I'm looking forward to further optimizing my health and longevity through biohacking, spending more quality time with friends and family, and devoting more time to Grey Team and other non-profit organizations.

**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 34,000 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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# TUNE UP YOUR 'OZEMPIC FACE,' BODY WITH NOVEL COMBINATION TREATMENT



**D**ID YOU LOSE A LOT OF WEIGHT ON THE NEW WEIGHT LOSS MEDICATIONS AND SUDDENLY HAVE UNWANTED AND UNSIGHTLY LOOSE SKIN AND DECREASED MUSCLE MASS?

Try this combination treatment that uses two state of the art technologies: Emsculpt Neo for body-contouring and muscle-strengthening, and Morpheus8 for skin-tightening.

Emsculpt Neo is the only non-invasive technology that uses radiofrequency and HIFEM+ (high intensity focused electromagnetic energy) combined. The areas that can be treated with Emsculpt Neo are the abdomen, buttocks, thighs, arms, and calves.

Once attached to the desired treatment area, an applicator emits radiofrequency wavelengths and HIFEM+ simultaneously. HIFEM+ energy contracts muscle fibers at intensities that are not achievable during a voluntary workout. This causes an increase in the number and size of muscle fibers and cells. Clinical studies showed that Emsculpt Neo treatments resulted on average, in 30% reduction of subcutaneous fat (the pinchable bulge of fat), and 25% overall muscle volume increase.

This procedure is non-invasive, has no downtime, no swelling, no bruising, and it is not painful. The only sensations during the treatment are warmth, like a hot stone massage, and strong muscular contractions. Morpheus8 combines radiofrequency energy with microneedling to stimulate heat underneath





the skin surface to produce collagen and elastin. The production of collagen helps to improve the underlying foundation of the skin while fortifying the outward structure, therefore effectively reducing the amount of loose and wrinkled skin. This is combined with a well-known treatment called microneedling. Microneedling is a technique that has been used in Europe for decades to stimulate collagen production.



Also, have you experienced face-sagging due to weight loss? The same technology as Emsculpt Neo is also used for the face. It is called Emface. Strong muscular contractions of the facial muscles paired with Morpheus8 (RF microneedling) results in a refreshed and lifted look.

Combining Emsculpt Neo or Emface with Morpheus8 addresses precisely the unwanted side effects of significant weight loss.



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

**NEW 1st-of-its-kind potential cure for  
Erectile Dysfunction & Peyronie's combining Shockwave & Laser  
over 95% Success**

**SIMPLY MEN'S HEALTH IS QUICKLY GRABBING ATTENTION AS BOCA RATON'S #1  
MEN'S SEXUAL HEALTH CLINIC & LEADER IN THE FIELD.**

In 2015, Dr. Joan Katz, a Harvard-trained physician and owner of Simply Men's Health was the first to introduce ED shockwave and revolutionized the treatment of ED with RejuvaWAVE®.

And now again in 2023, Dr. Katz introduces the game-changing RejuvaWAVE Multi-Wave ShockwaveSM. This shockwave treatment is the first-of-its-kind therapy combining both Radial and Focused waves along with Photobiomodulation LASER to boost the success rate to over 95% curing ED and Peyronie's Disease. In addition to treating ED and Peyronies, it enhances performance and reverses the inevitable aging process. Turn back the clock and Men of all ages can once again enjoy the spontaneous, active sex life they enjoyed in their youth.

## ATTENTION MEN! NOT ALL ED SHOCKWAVE IS THE SAME

Since Simply Men's Health pioneered the new standard of care with RejuvaWAVE®, many clinics have popped up offering different versions of shockwave. However, not all ED shockwave treatments are the same. Unfortunately, many men have sought treatment at franchise operations gone, often not owned by physicians, and have been disappointed. Some have even paid thousands of dollars to franchises touting 1000's of procedures performed and got little to no results. We know the genuine RejuvaWAVE® protocol works and we want you to experience the difference Risk Free!

If you have tried shockwave treatment at another clinic, Simply Men's Health wants you to experience for yourself the genuine RejuvaWAVE® DIFFERENCE performed by our highly trained and certified technicians: Call Simply Men's Health and get one FREE session – absolutely NO obligation – No fee – No purchase! Judge for yourself as Jeff, one of many of our happy patients states:

*"I've come to Simply Men's Health. I had gone to a previous place... this one is the REAL deal. Absolutely a completely different procedure. Everything is much better. The procedure working the first time. Completely satisfied."*

## HOW DOES REJUVAWAVE MULTI-WAVE SHOCKWAVE DIFFER FROM OTHER SHOCKWAVE THERAPIES?

The NEW RejuvaWAVE Multi-Wave ShockwaveSM protocol distinguishes itself from all others by our proprietary multi-modality protocol, the RejuvaWAVE® application technique combining both Radial and Focused waves using the state-of-the art Storz medical device. As a result, RejuvaWAVE Multi-Wave ShockwaveSM treats the root cause of the problem, not just the symptoms. This multi-wave shock-wave treatment has over a 95% success rate curing ED and Peyronie's.

## WHAT ARE THE BENEFITS OF REJUVAWAVE MULTI WAVE SHOCKWAVE SM?

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

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

## WHAT IS REJUVAWAVE® MULTI-WAVE SHOCKWAVE PROTOCOL?

both Focused and Radial waves stimulates cellular metabolism, enhances blood circulation, and stimulates the growth of new blood vessels and nerves in the treated areas. In addition, Cold Laser accelerates healing and potentiates the effects of RejuvaWAVE®. shockwave treatment.



Unlike pills which lose effectiveness over time, our treatment heals damaged tissue and reverses the hands of time, helping men return to their younger, healthier selves and enabling men to enjoy a spontaneous sex life again. The results have been nothing short of amazing!

*"I haven't been able to get an erection in 5 years... After several visits I noticed improvements. After a couple of months, I was able to have a spontaneous sex life again. You gave me my life back." – Bob M.*

## HOW TO EXPERIENCE THE REJUVAWAVE® DIFFERENCE

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

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

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

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



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No Side Effects**





# TRUSTS ARE NOT JUST FOR THE WEALTHY

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



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

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

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

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

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

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

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

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

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

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

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# Goodbye Gum Grafts

Gum recession treatment is easier than ever thanks to the Chao Pinhole Technique®. The Pinhole Technique replaces gum grafts with a quick, simple, and non-invasive procedure that works just as well.

## Hello Pinhole

The Pinhole Technique is performed without grafting. Scalpels and sutures are unnecessary. You can expect little to no downtime.

The benefits of the Pinhole Technique are many:

- Less discomfort after treatment
- Fast recovery
- No need for uncomfortable sutures
- No need for scalpels or invasive surgical tools
- No need to take tissue from your palate
- Excellent, natural-looking, long-lasting results

## How Pinhole Works

Gum recession is a common dental problem that requires care.

The Pinhole Technique involves replacing your lost gum tissue with tissue from the immediate vicinity. It's a natural and conservative approach with little risk of complication.

With the Pinhole Technique, a pin-size hole is made in your existing gum tissue, just above or below your tooth. Then, small periodontal instruments are used to gently loosen your gum tissue. The gum tissue is moved into place to cover the exposed root structure of your tooth and restore the appearance of your gumline. Your body simply adjusts to the slight movement in gum tissue and periodontal health is restored.



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Karen, actual patient



## Better for Your Teeth

Gum recession can lead to tooth loss. When you reverse gum recession with the Pinhole Technique, you're reducing your risk for tooth loss. All while giving your pearly whites a beautiful frame.

## Trained Specialist

Palm Beach Gardens Periodontist Dr. Lee R. Cohen completed postdoctoral training and Pinhole Technique Certification with the doctor who pioneered the procedure. Dr. Cohen sought the training because he wanted his patients to have faster results and less pain. He was one of the first gum surgery specialists in the country to offer the Pinhole Technique.

## We Care a Lot

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

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

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

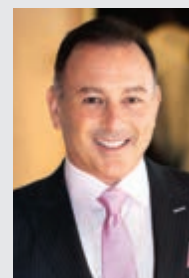
## Welcome to Great Care

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## About Dr. Lee R. Cohen

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

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





# A HAVEN OF COMFORT AND CARE: The Villa of Delray Assisted Living Home

**N**estled in the heart of Delray Beach, Florida, The Villa of Delray Assisted Living Home stands as a beacon of compassionate care and unparalleled comfort for seniors seeking a warm and inviting community. This assisted living facility is renowned for its commitment to enhancing the quality of life for its residents, combining luxurious accommodations with personalized assistance to create a supportive and nurturing environment.

## Luxurious Living Spaces:

One of the standout features of The Villa of Delray is its commitment to providing residents with a home that exudes comfort and style. The living spaces are designed to feel like a home away from home, with tastefully decorated rooms that offer both functionality and aesthetic appeal. From cozy private apartments to shared living spaces, every detail is meticulously crafted to ensure a comfortable and dignified living experience.



The villa-style architecture of the facility adds to its charm, creating a serene and picturesque setting for residents to enjoy. Lush gardens, well-maintained landscaping, and welcoming outdoor spaces provide opportunities for residents to connect with nature and enjoy the beautiful Florida weather.

## Personalized and Comprehensive Care:

At the heart of The Villa of Delray is a dedicated team of professionals committed to providing personalized care tailored to the unique needs of each resident. Whether it's assistance with daily activities, medication management, or specialized memory care, the staff is trained to provide compassionate and respectful support.

The facility's commitment to resident well-being extends to a range of engaging activities and programs designed to foster physical, mental, and emotional wellness. From fitness classes and arts and crafts to social events and outings, residents have access to a vibrant calendar of activities that promotes a sense of community and belonging.

## Nutritious Dining Experience:

The importance of a well-balanced and delicious diet is not overlooked at The Villa of Delray. The facility boasts a dining program that focuses on providing nutritious meals while accommodating residents' dietary preferences and restrictions. The communal dining spaces create a social atmosphere, allowing residents to enjoy their meals together and build connections with fellow residents.



## Community Engagement and Support:

The Villa of Delray places a strong emphasis on creating a sense of community among its residents. Regular social events, group activities, and opportunities for meaningful connections help foster a supportive environment where friendships flourish. Additionally, families are encouraged to actively participate in the life of their loved ones, creating a network of support that extends beyond the facility's walls.

The Villa of Delray Assisted Living Home stands as a testament to the belief that senior living should be synonymous with comfort, dignity, and compassionate care. With its luxurious living spaces, personalized assistance, and commitment to fostering a sense of community, The Villa of Delray provides a haven where residents can thrive and truly enjoy their golden years. It's more than just a place to live; it's a community that values and cherishes the well-being of its residents.

**THE VILLA**  
OF DELRAY

13415 Barwick Road, Delray Beach, FL 33445

Phone: +1 561-450-8551

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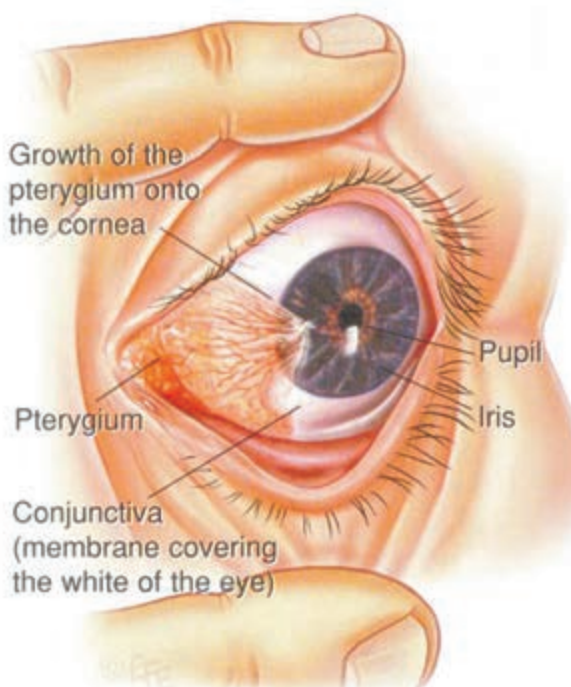
# PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

**A** pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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 2<sup>nd</sup> 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.



# SELFIES



**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.

**P**ersonally, 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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