

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

Health & Wellness MAGAZINE

January 2024

South Palm Beach Edition - Monthly

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FREE

**CALLING ALL CROWNS!
NOT THE ROYALS**

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

**GLAUCOMA:
WHAT YOU NEED TO KNOW**

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

Revocable Living Trust

ATTENTION SENIORS:

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

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CALLING ALL CROWNS! NOT THE ROYALS



Porcelain crowns have been used to restore, protect, and cosmetically enhance teeth since before the Queen was a tot. Unlike its namesake, crown technology, improved tremendously since the abandonment of methods using precious metals like gold or silver in favor of more life-like porcelain material. Today, most crowns are made from solid Zirconia, that not only look beautiful, but to endure the pressures of daily chewing or biting. While crowns are often utilized as restorations for missing teeth, they're also commonly used to as a cap, or, "jacket" over a jeopardized, but still-viable tooth. Here are three situations where a crown could improve a tooth's form and function.



Traumatized teeth. A significant blow to the face or mouth could generate enough force to chip away or fracture a significant amount of structure from a tooth. If the root remains healthy and firmly attached within the jaw, a crown can replace the missing structure and restore the tooth's function and appearance.



Root canal treatments. Root canal treatments remove infected or dead tissue within a tooth's pulp chamber, its inner core, and the root canals. The procedure rescues the tooth but, may in the process, significantly alter the tooth's structure and appearance. A crown not only restores the tooth but also provides added protection against further decay or tooth fracture.

Teeth with multiple fillings. We can effectively treat cavities caused by tooth decay by filling them. But with each filling, we must remove more of the decayed structure and shape the cavity to accommodate the filling. After a number of times, a tooth may not have enough structure left to support another fill. If the tooth is still viable, a crown could solve this dilemma.



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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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.



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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Glaucoma: What You Need to Know

January is Glaucoma Awareness Month, the perfect time to raise awareness for this sight-stealing disease. Nearly all of us begin to experience some vision changes as we age, even if it's just having to rely on a cheap pair of readers from the grocery store. In order to remain independent as we get older, we need to know about age-related changes that could potentially affect our day-to-day lives. And vision loss – primarily glaucoma – is one of those changes.

What is Glaucoma?

According to the CDC, more than 3 million Americans have glaucoma, but only half actually know it. It is the second leading cause of blindness worldwide. Glaucoma is a group of diseases that damage the eye's optic nerve due to increased pressure inside the eye. The progression of the disease is usually gradual. However, once glaucoma has caused damage resulting in vision loss, the damage is permanent and irreparable.

Early Glaucoma Symptoms

Because vision loss caused by glaucoma cannot be restored, it's important that seniors watch out for signs and symptoms that could be an indication they have the eye disease. If caught early, glaucoma's progression can be slowed by various treatment methods, including surgery.

Some of the early signs of glaucoma include:

- Loss of side vision
- Inability to adjust to darkened rooms
- Blurred or foggy vision, especially when awakening
- Eye pain
- Severe headaches

Who's at Risk for Developing Glaucoma?

While anyone can get glaucoma, the risk is higher in people over the age of 60. Others with an increased risk of getting glaucoma include African Americans over the age of 40 and people who have diabetes. Glaucoma is also hereditary, so it's important to know your family history. According to the Glaucoma Research Foundation, your risk of developing primary open-angle glaucoma is up to nine times higher than average if one of your parents or siblings has the disease.



Other possible risk factors include:

- High myopia (nearsightedness)
- Hypertension
- Central corneal thickness less than .5 mm

Take Action to Prevent Glaucoma

Vision loss and glaucoma aren't a given just because you get older. There are steps you can take to protect your eyes and lower your risk of getting glaucoma. When it comes to this progressive eye disease, early detection and prevention are key.

Whether you fall into a high-risk category or not, make sure you're getting routine comprehensive dilated eye exams. These exams help to catch glaucoma and other eye diseases early when they are most treatable. Your eye care specialist will instruct you on how frequently you need to receive these exams. However, Medicare covers a glaucoma test once a year for people in high-risk groups, so be sure you take advantage of this benefit.

In addition to getting your eyes checked, you should try to do the following steps to help prevent glaucoma:

Exercise – Regular physical activity can help to lower intraocular pressure (IOP).

Maintain a stable weight – A high Body Mass Index (BMI) causes pressure in the eyes, while a low BMI can cause the optic nerve to press inward.

Stop smoking – Smoking causes thinning of the retinal nerve fiber layer, a symptom of glaucoma.

Monitor your blood pressure – Increased blood pressure results in increased eye pressure.

Glaucoma Treatment Options

Early onset of glaucoma usually affects your peripheral vision first – what you can see on the side of your head when looking ahead. If not treated in time and effectively, your central vision – vision used to see objects clearly – will also begin to be affected.

Early treatment intervention is vital to preserving your eyesight. Glaucoma is treated with eye drops, oral medication, and surgery. Treatment methods may be combined depending on your specific needs. The goal of treatment is to reduce the pressure in your eye.

You should always follow any specific directions given by your healthcare professional, whether it be your primary care provider or your eyecare specialist. Glaucoma is a highly detectable disease and one that can be managed properly. Make your eye health a priority. Schedule an appointment with a VIPcare provider to discuss your risk and what preventative measures you can take to protect your eyesight. Call (561) 794-2819.



Roy Bassett, M.D.

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STAYING HEALTHY IN 2024

Did 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.

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) 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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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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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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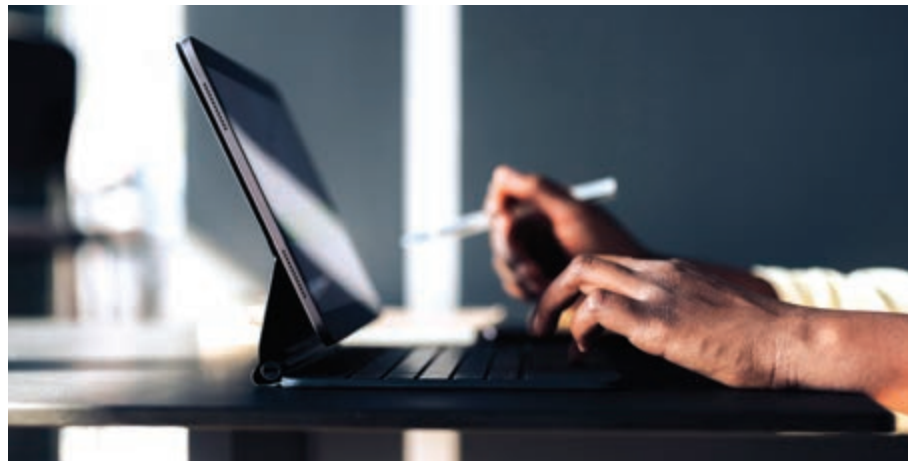
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The Play for 2024? International Stocks!

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 2024. 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
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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 MULTIWAVE 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 SHOCKWAVESM?

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- Breaks up scar tissue decreasing the curvature of Peyronie's Disease
- Stimulates regeneration of nerve tissue improving sensation and pleasure
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- 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

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

Nestled 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.

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OF DELRAY

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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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HEARING LOSS AND COGNITION

My staff and I recently attended a conference sponsored by Alzheimer's Community Care. We were fortunate enough to sit in on a presentation by Dr. David Watson talking about the mechanics of Alzheimer's, past treatments and the current research investigating ways to both slow down Alzheimer's and possible preventative medications. Unsurprisingly, Palm Beach County is the foremost research location in the entire country. Dr. Watson has been involved in over 400 research studies and is on the cutting edge of current and future treatments. He established the Alzheimer's Research and Treatment Center in 2012.

Another featured speaker was Dr. Lyndsey Bride, an Audiologist out of Sarasota, FL. She spoke about the link between hearing loss and Alzheimer's or dementia. She presented some updated statistics:

- Over 50 million Americans have some degree of hearing loss
- From 2000 to 2015, the number of Americans with hearing loss has doubled
- 1/3 of Americans between ages 65 and 74 have hearing loss
- Half of people over age 75 have hearing loss
- Hearing loss is the 2nd most prevalent chronic health condition globally

We know that hearing loss and early dementia symptoms can mimic each other. Often, when we remedy the hearing loss with hearing aids, the dementia "goes away" - this does not mean the person was cured, it means that there was no real cognitive decline but the problem was untreated hearing loss.

An old saying is "we hear with our brains, not our ears" and recent research reinforces that concept. Dr. Bride discussed a recent study of people with untreated hearing loss and cognitive performance. During the study, one of the participants experienced a sudden hearing loss which worsened the existing hearing loss. They had already conducted functional MRI's and EEG's on this patient so they had a baseline. After only 3 months of this sudden, severe hearing loss, the patient's brain showed rewiring of the brain to compensate for the hearing loss. The same person was then fit with hearing aids and only 30 days later the brain had re-organized again so that only the part of the brain needed for hearing was being stimulated; thus, the cognitive load was lessened and the patient had to put out less effort to hear well.

Dr. Bride summarized much of the recent research:

- Loss of brain activity = loss of brain tissue: people with hearing loss lost an additional cubic centimeter of brain tissue every year as compared to those with normal hearing

- As the brain shrinks, the person has more difficulty processing sounds and speech
- Untreated hearing loss definitively causes brain shrinkage, even for those people with mild hearing loss

There's some good news!

- After 18 months of wearing properly fit hearing aids, patients reported improved speech perception in quiet and perceived quality of life was also improved
- Cognitive test batteries showed no significant decline and overall, executive function of the brain were significantly improved
- Clinically and statistically significant improvements in cognition were seen
- While hearing aids do not "cure" Alzheimer's or dementia, they should be considered on the frontline of defense against worsening of the disease

Dr. Jonathan Peelie, PhD, Department of Neurology, University of Pennsylvania School of Medicine said:

"As hearing ability declines with age, interventions such as hearing aids **should be considered not only to improve hearing but to preserve the brain,**"

The takeaway from the research to date is not to scare people into buying hearing aids but to show that there is a connection between cognitive performance and hearing loss. We now have the research to back up what we've known anecdotally: hearing aids are good for your brain.

If you are concerned about Alzheimer's, one of your first steps should be to have a hearing test. Your memory issues might not be Alzheimer's or dementia, it might be hearing loss.

For more information about the Alzheimer's Community Care, www.alzcare.org or call 561-683-2700. They also have a (non-medical) 24-hour crisis hotline at 800-394-1771. As always, for a medical emergency, call 911.

For more information, please visit their website: <https://www.alzheimers-risk-test.com/alzheimers-risk-test?loc=about> or call 1 908 460 8443

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Below is a graphic published by genoScore's Alzheimer's Risk Test:



Hearing Healthcare That You Can Trust

Can Neurofeedback Reduce Depression and Anxiety?

By Renee Chillcott, LMHC



In today's challenging times, it is understandable that tensions are high, patience is short, and our ability to be positive amidst so many hurdles is wearing thin. You may be experiencing feelings of being anxious, nervous, stressed out, overwhelmed, impending doom, and/or depressed. Do you have depression or anxiety or both? Why do depression and anxiety go hand in hand? And what can you do to make it go away now?

The Merriam-Webster Dictionary defines **Anxiety**: (1): apprehensive uneasiness or nervousness usually over an impending or anticipated ill: a state of being anxious (2): an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it: mentally distressing concern or interest.

So, in layman's terms, anxiety is stress that won't go away, it takes an ugly turn to "negative and fear town", and indicates that the "rest and relax" response from the parasympathetic nervous system isn't there.

What we see in the brain is similar but a little more simply stated. Stress is an event in our life that causes our brain to initiate a calming response and anxiety is a neuron pattern in the brain that impedes the calming response. An anxiety pattern in the brain is typically inherited, although still possible to change, and may or may not be associated with a trauma. This anxiety pattern can be triggered by major stresses, no stresses or by very minor stresses, thus making it an issue for all ages, even young children.

Anxiety manifests in many different ways such as:

- excessive worrying
- nagging sense of fear
- restlessness
- overly emotional
- negative thinking
- catastrophizing
- defensiveness
- poor sleep
- irritability
- lack of concentration
- feeling overwhelmed
- fatigue/exhaustion

Depression as defined by the American Psychiatric Association is a common and serious illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

Often, we will describe depression as a "low" feeling where we just cannot "get happy". Other times we notice feeling irritable, angry, or overreacting to events, again not able to feel "happy".

Depression symptoms can vary from mild to severe and can include:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

As you can see, there is an overlap in the diagnosis of Depression and Anxiety because there is an overlap in the symptoms of Anxiety and Depression as well as an overlap in how you feel.

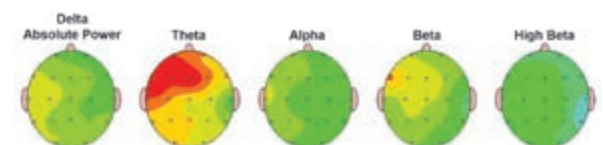
The medical solution to feeling depressed and anxious is to take medication. Specifically, an anti-depressant, which in some cases can relieve symptoms of anxiety as

well as depression. But medication is only a temporary solution. We now need to find out what CAUSES my symptoms of anxiety and depression.

In **Neurofeedback** we can see this in neuron firing patterns. For example, an excessive Theta (Slow firing neurons) firing pattern in the left frontal lobe can cause major **depression**:

Whereas a slow firing pattern in the center of the frontal lobe can cause feelings of **anxiety**.

Here's a **DEPRESSION** example:



It is suffice to say that this is why there's an overlap in medication treatment as well.

Regardless of the diagnosis, Neurofeedback helps change and balance these neuron patterns so that the symptoms improve and the brain and body function better.

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. Neurofeedback is a type of exercise for your brain. It allows you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

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

WHAT RESULTS SHOULD I EXPECT TO SEE AND HOW LONG BEFORE I SEE THEM?

As every brain is different, every response is different as well. Typically adults will notice feeling symptom relief within 10 sessions and notice things like being calmer, happier, sleeping better, less panic, less worrying, more relaxed and able to enjoy life. Treatments are individualized and as no two brains are alike, no two treatment plans are alike. We will evaluate your symptoms and how your brain is functioning to customize training for you. All you have to do is call our office to make the appointment!

WHAT ELSE COULD I DO TO FIGURE OUT THE CAUSE?

• COUNSELING -

Mental health counseling can open up a world of exploration when it comes to anxiety and depression. How we cope, the connections we make, and our past trauma can all contribute to the current state functioning and feeling that we are experiencing. There is no "right or wrong" way to benefit from counseling. Rather, it's all about the "fit" and needs of our clients. At the Brain and Wellness Center we offer many different options and techniques of counseling to fit those needs. Different counseling styles and approaches for individual clients of all ages, couples and families; make us a unique and inviting place to heal and grow. Our therapists offer



additional services such as EMDR, Play therapy, Cognitive Behavioral Therapy, Talk Therapy, and Couples and Family therapy.

• NUTRITION –

Lately, there has been more attention paid to the "gut-brain" connection. We see that malabsorption, slow metabolism, toxic metals, yeast, auto-immune disease, and inflammation are just a few of the conditions that exacerbate or cause mood changes. And these can occur from eating healthy foods such as broccoli or kale. Everyone's body is working at a unique level and what may be beneficial or healthy for one person, can cause stomach upset and anxiety for another. At the Brain and Wellness Center, we offer services that measure the mineral content in your hair. With this information, a world of metabolic events can be interpreted. Not only can your nutritional status be viewed but we can also learn much about how efficiently your body is working.

We can detect toxic metals, mineral and element imbalances, metabolism rates and absorption issues, as well as profiles including but not limited to hypoglycemia and candidiasis.

HOW DO I GET STARTED?

Getting started is easy, just give us a call, text or e-mail. 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 in a telephone consultation and intake. Contact us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. (561) 206-2706, e-mail us at info@bocabraincenter.com, or text us at (561) 206-2706 or visit our website at www.BocaBrainCenter.com.



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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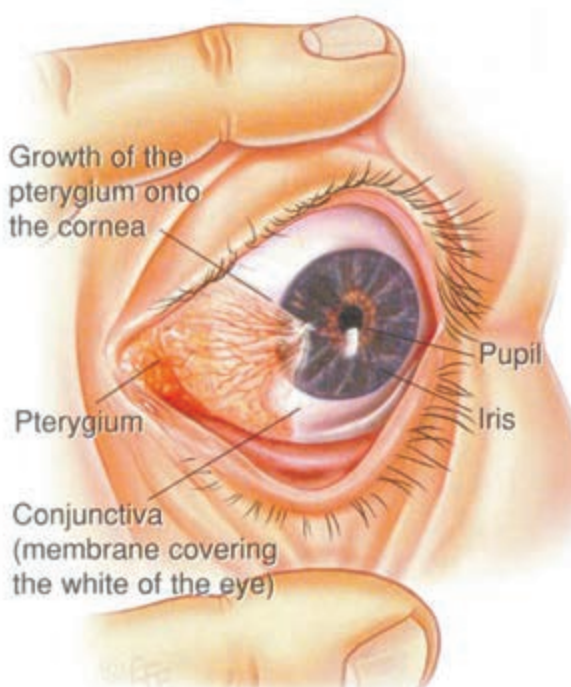
PTERYGIA AND SOUTH FLORIDA

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 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.

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.

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

And probably more than you even realize.

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

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “Let us make human beings *in our image, to be like us*. . . So *God created human beings in his own image*. In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

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

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

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

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

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

You are God’s selfie.

Brent Myers



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