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claim to be from another country or have a job that requires frequent travel. The person may communicate with the victim for weeks or months, building trust and affection. Then, they typically ask for money, claiming to have an emergency, a medical problem, or a travel expense. The scammer may also ask the victim to send them gift cards, wire transfers, or other forms of payment. Do not send money or give financial information to someone

you only know online.

Install and Update Security Software: Protect your devices with reliable antivirus and anti-malware software. Today, computers with Microsoft Windows come with built in antivirus programs, so it's not typically necessary to purchase another virus program, such as McAfee. Apple computers do not typically require additional security either, but you do need to regularly update the software to ensure it has the latest security patches and

features. Consider using a virtual private network (VPN) when accessing the internet on public Wi-Fi networks to encrypt your data and safeguard against potential eavesdropping. Google offers a good VPN service if you purchase Google One, which costs approximately \$2 per month.

Seniors can significantly reduce their vulnerability to online scams by staying informed, being cautious with personal information, and adopting safe online practices.

Educating oneself about the latest scams, protecting personal information, and maintaining good online security measures are vital steps to navigate the digital world safely. By following the guidelines outlined in this article, seniors can empower themselves to avoid online scams and enjoy the benefits of the internet securely. Remember, vigilance and awareness are key to staying one step ahead of scammers in the ever-evolving online landscape.

"SHE SAVED MY LIFE"

Albuquerque resident Dawn R. had been experiencing the painful side effects of Peripheral Neuropathy. **"My feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take Gabapentin for the rest of my life."**

Then she met Albuquerque's very own Dr. Andrea Brogdon

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 30 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on glass." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately Dawn's story is all too familiar for over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you're unfortunate enough to be facing the same disheartening prognosis you're not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You're struggling with balance and living in fear that you might fall. Your doctor told you to 'just live with the pain' and you're taking medications that aren't working or have uncomfortable side effects.

Fortunately, four months ago Dawn read an article about Dr. Andrea Brogdon and the work she was doing to treat those suffering from

Peripheral Neuropathy, without invasive surgeries or medications.

Dr. Brogdon, founder of AAIM | Albuquerque Acupuncture & Integrative Medicine, is using the tested science of acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I don't have pain coming up my legs," Dawn enthusiastically describes life after receiving Dr. Brogdon's treatments.
"I can wear socks and shoes!"

Dawn and her sister now operate a successful dog walking business, sometimes covering up to 5 miles a day.

"It's life altering. As far as I'm concerned Dr. Brogdon saved my life!"

Dr. Brogdon is helping the senior community using the most cutting edge and innovative integrative medicine. Specializing in chronic pain cases, specifically those that have been deemed 'hopeless' or 'untreatable', she consistently generates unparalleled results.

What was once a missing link in senior healthcare is now easily accessible to the residents of Albuquerque.



If you've missed too many tee times because of pain or you've passed on dancing because you're afraid of falling, it's time to call Dr. Brogdon and the staff at AAIM.

It's time you let your golden years BE GOLDEN!

Dr. Brogdon is now accepting new patients but only for a limited time. In an effort to protect her patients, both current and future, she has made the difficult decision to limit the number of patients seen in her clinic. Only 10 new neuropathy patients will be accepted before the end of April so call (505) 355-1984 now to schedule a consultation.

PERIPHERAL NEUROPATHY?

Call (505) 355-1984

to schedule a consultation!

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