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October 2014

South Palm Beach Edition - Monthly

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CONTACT US

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


BERRYMAN
Marketing Group LLC

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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sybil@sflhealthandwellness.com

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IS HEARING LOSS Scaring You?

Have you noticed that your hearing may be limiting your activities and social interactions? Many people that take the next step in hearing healthcare see an improvement in all areas of their lives. The solutions to hearing problems have been improved over the years. For example, hearing aids are no longer the clunky, large devices and are more discreet, and technologically advanced.

Research demonstrates the considerable effects of hearing loss on development as well as negative social, psychological, cognitive and health effects of untreated hearing loss. Each can have far-reaching implications that go well beyond hearing alone. In fact, those who have difficulty hearing can experience such distorted and incomplete communication that it seriously impacts their professional and personal lives, at times leading to isolation and withdrawal.

Studies have linked untreated hearing loss effects to:

- irritability, negativism and anger
- fatigue, tension, stress and depression
- avoidance or withdrawal from social situations
- social rejection and loneliness
- reduced alertness and increased risk to personal safety
- impaired memory and ability to learn new tasks
- reduced job performance and earning power
- diminished psychological and overall health

"Loss of hearing is a medical condition that is associated with physical, emotional, mental and social well-being. Depression, anxiety, emotional instability, phobias, withdrawal, isolation, lessened health status and lessened self-esteem have all been linked to uncorrected hearing loss." (National Council on Aging: Untreated Hearing Loss Linked to Depression, Anxiety, Isolation in Seniors)



www.hearusa.com



A major reason why millions of Americans living with untreated hearing loss should take action is safety. Studies have linked untreated hearing loss to reduced alertness. Unheard and, therefore, unheeded traffic sounds, doorbells, telephones, alarms, and cries for help compromise the safety of those with hearing loss and everyone around them. The failure to hear smoke detectors and take quick action is the major reason adults 65 or older are more than twice as likely as any other age group to die in a home fire.

At HearUSA, we take the time to educate patients about hearing loss and promote the importance of prevention and treatment. Visit www.HearUSA.com to find basic information about hearing loss, including advances in diagnosis and treatment, hearing aid options, and resources for financial assistance.

If you think you or a loved one suffers from hearing loss, don't delay another day. Visit a HearUSA Center near you and take the first step toward a world of better hearing.



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Why Seeking Help Is So Important

- Those living with untreated hearing loss may not be aware that failure to take corrective action could result in the brain actually “forgetting” how to hear and understand speech. This condition is called auditory deprivation, and the longer the period before treatment, the more likely it is that the brain will forget how to process speech, even after treatment is implemented.
- Almost all (95 percent) of Americans with hearing loss can be treated with hearing aids.
- Nine out of ten hearing aid users report improvements in quality of life.
- The use of hearing aids is associated with reductions in anger, frustration, paranoia, anxiety and overall improvements in quality of life and emotional stability.
- In November 2010, The Better Hearing Institute reported studies have shown that the use of hearing aids can help the Alzheimer’s patients. Because there is a strong link between hearing loss and cognitive function, they, in partnership with The Alzheimer’s Association, are encouraging hearing health professionals to raise awareness of Alzheimer’s, its early warning signs, and the related implications of unaddressed hearing loss.
- Treatment of hearing loss will improve interpersonal relationships and social activity.
- Successful treatment of hearing loss with hearing aids is associated with greater earning power.
- Use of hearing aids will allow those with hearing loss to live more safely, securely, and independently.

Little Known Facts About Hearing Loss

Hearing loss is called ‘the invisible handicap’ because there are no outward signs of difficulty or disorder, and the loss is almost always gradual, usually over a period of years, and there is no pain.

- Among seniors, hearing loss is the most prevalent medical condition, following arthritis and hypertension.
- People with diabetes are twice as likely to have hearing loss than those who do not have diabetes.
- Smokers and overweight individuals are also at increased risk for hearing loss.
- Inability to hear and understand instructions by physicians, pharmacists or caregivers can put personal health in jeopardy.
- Men that regularly use aspirin, acetaminophen and nonsteroidal anti-inflammatory drugs experience more hearing loss.
- Also, men that take phosphodiesterase (PDE) inhibitors are twice as likely to develop hearing loss than men who do not.
- Depression, isolation and alienation can plague those who have hearing loss.

Hair Loss?

Your own blood may hold the key to regrowth!

NEW 'VAMPIRE' PRP Treatment May Rejuvenate Dying Follicles

By Dr. Alan J. Bauman

What do Super Bowl winners Hines Ward and Troy Polamalu, World Series winner Alex Rodriguez, tennis champion Rafael Nadal, basketball's Kobe Bryant, Tiger Woods, Angelina Jolie and Kim Kardashian all have in common?

Well, the answer is that they have all reportedly used their own blood as a cutting-edge non-surgical regenerative medical treatment. Studied in over 6500 published scientific papers, the use of concentrated blood platelets also known as "Platelet Rich Plasma" or PRP has been used as a wound healing treatment for decades in the fields of dentistry, orthopedics and plastic surgery. PRP has recently gained increased attention as a safe, alternative, drug-free treatment attracting professional athletes looking to accelerate their recovery from injuries and high-profile celebrities looking to maintain a youthful facial appearance without surgery. PRP, often referred to as the "Vampire" cell therapy treatment, has also piqued the interest of hair loss patients who have taken note of the recent reports of PRP's hair regrowth potential—as seen on the Emmy Award winning show "The Doctors," ABC Palm Beach/Miami, NBC Palm Beach, etc. But how might this new Vampire therapy 'breathe new life' into failing follicles?

Why Use Platelets for Hair Growth?

Platelets are tiny cells that are critical to healing and are the body's primary source of natural bioactive growth factors for wound healing and tissue regeneration. Platelets contain many powerful proteins, cytokines and growth factors, such as:

- Connective Tissue Growth Factor (CTGF)
- Platelet Derived Growth Factor (PDGF)
- Transforming Growth Factor-beta (TGF- β)
- Epidermal Growth Factor (EGF)
- Insulin Growth Factor (IGF)
- Vascular Endothelial Growth Factor (VEGF)



Published studies suggest that these blood-derived growth factors can play an important role in regulating hair follicle function and support their use to safely treat common female and male hair loss and Alopecia Areata. The basic premise is that when these growth factors are highly concentrated in PRP and reinjected, they send cellular signals to reverse miniaturization of hair follicles, helping them produce hairs which are thicker, longer and stronger—providing a thicker, fuller head of hair, more coverage and less shedding. Some of the scientific reports and our own experience with PRP at Bauman Medical Group have shown dramatic reversal of areas of balding scalp.

How is a PRP treatment performed?

A PRP hair growth treatment is a quick non-invasive, non-surgical outpatient procedure that takes less than one hour in the doctor's office. A small blood sample is obtained from the patient at the time of treatment and spun in a special high-speed centrifuge that separates the platelets from the different components of the blood, thereby creating the platelet concentrate or PRP. After preparing the scalp, the PRP is painlessly injected in the area of the scalp where there is weak hair growth. In order to trigger release of growth factors from the platelets, a mechanical MicroPen™ microneedling device is used to create microtrauma in the area where PRP was applied.

What are the risks of PRP treatment?

Results can vary because every patient is unique. Patients who have undergone PRP hair growth treatments can go to dinner that evening if desired, and may shower and shampoo their hair normally following the procedure and there are no activity restrictions.

Since the treatment is autologous—made from your own body—the therapy is associated with virtually no risk of allergy, rejection, infection or disease transmission. Over time, repeat treatments may be needed to achieve and/or maintain the desired result.

Are all PRP treatments the same?

Unfortunately not, many physicians use different protocols to create and apply PRP. At Bauman Medical Group, we use the highly sophisticated

YesPRP™ system to prepare PRP and often choose to enhance and prolong the effects of the treatment with advanced extracellular matrix products like ACell or BioD Restore. PRP has been routinely used in our practice since 2011 and all of our medical staff have been trained and certified by Cytomedix to prepare PRP.

How do I know if my PRP hair growth treatment is working?

Before treatment, the area of concern should be microscopically evaluated, photographed as well as measured using the scientific HairCheck device. Although results vary, some improvement in hair growth should be measureable within 90 days and continue to improve with visual results at six months. Since everyone responds differently, routine follow-up and measurements are essential to determine when PRP should be repeated or other treatments considered.

Can PRP be combined with other hair regrowth therapies?

Absolutely, a multi-therapy approach may be needed depending on the severity of the hair loss condition. PRP may be used as an adjunct to FDA-approved medications or other therapies like LaserCap low level laser therapy, compounded Formula 82M minoxidil, nutritional supplementation and hair transplantation.

Is PRP right for me?

If you are suffering from increased hair shedding, decreasing volume, weakening hair quality or coverage of the scalp, you may be candidate for PRP hair growth treatment. Because the effectiveness of PRP depends significantly on the amount of hair follicles that remain, early treatment is strongly encouraged. A detailed and comprehensive medical hair loss evaluation by a full-time ABHRS board-certified Hair Restoration Physician is recommended. Ask your Hair Restoration Physician if you are a good candidate for PRP and which FDA-approved medications or other treatments like low level laser therapy, nutritional supplementation and hair transplantation might be needed to achieve your hair restoration goals. To find out if you are a candidate for PRP hair regrowth treatment contact hair loss expert Dr. Alan J. Bauman, M.D. at doctorb@baumanmedical.com or call 561-394-0024 for a confidential consultation.

About Dr. Alan J. Bauman, M.D.

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 15,000 hair loss patients and performed nearly 7,000 hair transplant pro-



Alan J. Bauman, M.D.
Hair Loss Expert

cedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman's work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS-certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.

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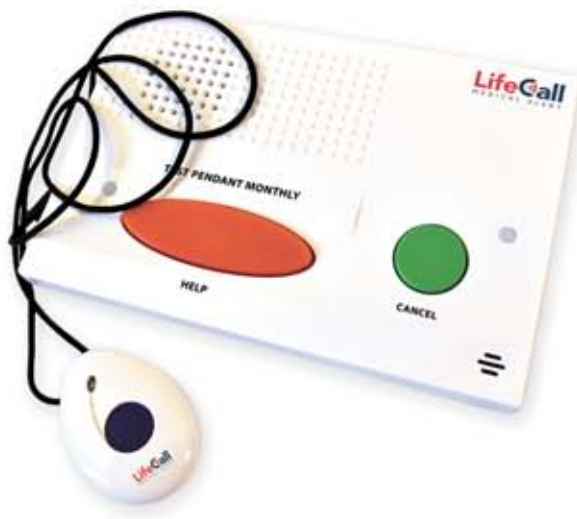
Founded in 2003 by Stephen Palermo, LifeCall is family-owned and operated. A former resident of Rochester, NY, Stephen relocated to Palm Beach County nearly two decades ago. Using the knowledge he gained during his 40 years of experience working in the life safety and security industry, Stephen saw a great need for a quality medical alert system and reliable service for the aging population. Stephen and the LifeCall team are dedicated to protecting older Americans every day, providing greater security and independence, and allowing them to stay longer in their own homes. This dedication has helped grow a company that started by provided services to local communities only to one that has a national footprint, shipping systems across the entire country.

Emergency help with the press of a button.

Personal emergency response systems (PERS), such as those offered by LifeCall, can help older adults to remain independent and in their own homes. The devices also are reassuring to adult children who know that if an aging parent suffers a fall or, worse, a stroke or heart attack, immediate help and medical attention will be summoned.

In the case of an emergency, appropriate assistance can be dispatched with the simple press of a button on an alarm worn around the neck or wrist. Single-press activation transmits to a base unit that dials out to an emergency response monitoring center. Certified EMT's on call 24/7/365 pick up and ask the client if there's an emergency and they need help. Then, based on response (or lack thereof) they dispatch EMTs, fire, police or family, friends and neighbors.

Many people can benefit from having a LifeCall system. Medical alert systems are beneficial for seniors who wish to continue living independently in their own home, as well as people of any age who live alone, those who have elevated risks of falling, and young people with disabilities.



LifeCall offers high quality products and services that can be tailored to meet your individual needs. LifeCall is rated A+ by the Better Business Bureau and their systems are strongly recommended by doctors, hospitals and healthcare professionals.

The four main categories of products offered are as follows:

Standard: LifeCall Basic system, for seniors and at-risk persons who spend most of their time at home alone.

Advanced: LifeCall FallAlert system, detects when a fall occurs and promptly signal an emergency Response Center to send the help that is needed.

Cellular: LifeCall Wireless system, designed for users who desire protection in an emergency but do not have a traditional phone line.

Mobile: LifeCall MobileAlert system, for active users who desire protection in an emergency at home and away from home.

LifeCall systems are affordable and reliable.

Stephen developed LifeCall with the underlying belief that safety should not be expensive. "We pride ourselves on providing the best possible life safety equipment and service at the most affordable price," he exclaims.

LifeCall requires no equipment purchase, no activation or cancellation fees, no long-term contracts, and offers a lifetime price guarantee. Plans start at less than \$1 per day.

Should you consider LifeCall?

The LifeCall systems are designed to keep people independent and safe regardless of age or disability. Users have immediate access to emergency services, any time of the day or night, seven days a week. LifeCall is about protection and has earned a reputation for strong relationships with their clients, where they educate and talk to families, answering all questions they may have.

An online Needs Assessment test is also available at www.lifecall.com to help determine one's level of risk and readiness for a Medical Alert system.

Since its founding, the LifeCall organization has been defined by a family-first philosophy that has guided their mission: to help seniors and at-risk persons seeking to retain their independence and remain in their own homes. By engaging a caring team of dedicated professionals who share that passion, LifeCall Medical Alert Systems is – and will continue to be – at the forefront of providing the very best in-home health care monitoring solutions. And by offering a level of integrity, personal attention and service excellence that are simply unmatched, they have built friendships and relationships with their clients and their families that are the envy of the industry.



Myths and Facts About Erectile Dysfunction

A subject like erectile dysfunction is bound to be surrounded with as much legend as fact when it comes to causes and treatments. Check out these six common myths about ED and the facts to dispel the rumors.

Erectile Dysfunction and Age

Myth: ED is just a normal part of growing older and men just have to learn to live with it.

Fact: Although ED is more common among older men, that doesn't make it "normal" -- or something you just have to live with. It's not unusual for older men to need more stimulation to help get them aroused than they did when they were younger. But there's no reason you should have to accept a lack of sexual function as one of the inevitable consequences of getting older. Many men are able to get erections and enjoy sex well into their senior years, and there's very likely no reason that you can't be one of them.

Myth: Erectile dysfunction doesn't hit younger men. It's only a problem for older guys.

Fact: Although erectile dysfunction is more common in men over 75, men of any age can develop erectile problems.

Erectile Dysfunction and Overall Health

Myth: ED may be upsetting, but there's nothing dangerous about it.

Fact: Although the ED itself isn't necessarily dangerous, ED is often one of the earliest warning signs of other underlying health conditions that can be quite serious. One of the most common underlying health conditions is diabetes. Erection problems can also be a symptom of heart problems such as hypertension (high blood pressure) or atherosclerosis, as well as hormone imbalances and neurological disorders such as Parkinson's disease.

That's why it is essential to see a doctor if you have erectile dysfunction. Not only can a thorough medical examination help you identify the cause of the problem and find a treatment that can return you to a more active sex life, it may also alert you to a bigger health condition that needs immediate treatment.



So if you are experiencing erectile problems, it is important to see a qualified physician specializing in men's health immediately for a complete physical examination and testing.

Myth: If you have trouble getting an erection, it's because you're not attracted to your partner.

Fact: There are many reasons why a man might experience erection problems. Although lack of sexual attraction to one's partner might be one of them, it's actually far more likely to be something else. ED can be caused by:

- Heart problems, such as high blood pressure and atherosclerosis
- Diabetes -- between 35% and 50% of men with diabetes experience ED
- A variety of prescription drugs, including medications for blood pressure, anxiety, and depression
- Neurological disorders, like Parkinson's disease and multiple sclerosis
- Hormonal imbalances
- Mood or emotional problems such as stress, anxiety, and depression
- Lifestyle habits such as smoking and drinking alcohol
- Certain types of prostate and bladder surgery



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Your best option for successfully and treating ED is to consult with a doctor specializing in men's health. At Maximum's Men's Clinic we specialize in all things relating to men's health. Dr Herbert Fishman, medical director at Maxim Men's Clinic has 30 years experience in family practice specializing in Men's Health and Sports Medicine. For your free consultation contact our team at 561-459-3000.

www.MaximMensClinic.com

Treating Erectile Dysfunction

Myth: If I have erectile dysfunction, I'll have to take pills for the rest of my life.

Fact: There are many options for treating erectile dysfunction. The FDA-approved medications specifically for ED treatment are effective for many men. These include medications taken by mouth, injected directly into the penis, or inserted into the urethra.

Because erectile dysfunction can also be the result of an underlying health condition like atherosclerosis, low testosterone levels, or high blood pressure, treating the condition may help alleviate your erection problems, too. If a prescription medication causes ED as a side effect, ask your doctor if you can be switched to another medication. Don't stop taking any medication before talking to your doctor. If pills don't work out for you, keep in mind that prescription medicines aren't your only option.

You may also be able to make a few lifestyle changes. Quitting smoking, losing weight, or decreasing your alcohol intake can significantly improve your sexual potency and help your erection problems.

Myth: I can treat ED myself without seeing a doctor by using herbal remedies and supplements for erectile dysfunction.

Fact: You run several risks when trying to take supplements for ED. The exact contents of many of the supplements marketed for ED are not known, and it's possible they could contain dangerous compounds or ingredients that might interact with other medications you may be taking.

In addition, many online sites will not advise you about the potential risks and side effects of taking the remedies they sell. And, of course, taking supplements without talking to your doctor means you aren't being examined for conditions like diabetes and heart disease that may contribute to ED.



Choroidal Neovascular Membranes

By Lauren R. Rosecan, M.D., Ph.D., F.A.C.S.

Choroidal Neovascular membranes (CNVM) are new blood vessels that grow beneath the retina and disrupt vision. These blood vessels grow in an area called the choroid, the area between the retina and the sclera (the white part of your eye). The choroid supplies oxygen and nutrients to the eye. CNVM occur when new blood vessels start to grow in the choroid and break through the barrier between the choroid and the retina. When CNVM leak in the retina, they cause vision loss.

CNVM are associated with many serious eye diseases, most commonly wet age-related macular degeneration. In addition, CNVM are found in patients with histoplasmosis, eye trauma and myopic macular degeneration, an eye disease in patients who are extremely nearsighted.

Choroidal Neovascular Membranes Symptoms

If you have CNVM, you may experience painless vision loss. You may notice blank spots in your vision, especially your central vision. Your vision may be distorted, so that straight lines appear bent, crooked or irregular.

Who Is at Risk for Choroidal Neovascular Membranes?

Because wet age-related macular degeneration accounts for most patients with CNVM, they are most commonly found in people age 50 and older, with the risk growing with age.

However, people with risk factors for different eye diseases or who experience eye trauma may develop CNVM at a younger age.

Choroidal Neovascular Membranes Diagnosis

If your ophthalmologist suspects you may have CNVM, he or she will take special photographs of your eye using fluorescein angiography and optical coherence tomography (OCT).

During fluorescein angiography, a fluorescein dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. Photographs are taken of your eye as the dye passes through the retinal blood vessels. Abnormal areas will be highlighted by the dye, showing your doctor whether you have choroidal neovascular membranes.



OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps in detecting abnormal blood vessels.

Choroidal Neovascular Membranes Treatment

Treatment of CNVM may vary depending on the underlying disease. Treatment for CNVM includes anti-VEGF treatment or/and thermal laser treatment. Depending on the progress of your disease, you may receive with one or more of these treatments.

Anti-VEGF treatment

A common way to treat CNVM targets a specific chemical in your body that causes abnormal blood vessels to grow under the retina. That chemical is



called vascular endothelial growth factor, or VEGF. Several new drug treatments (called anti-VEGF drugs) have been developed that can block the trouble-causing VEGF. Blocking VEGF reduces the growth of CNVM, slows their leakage, helps to slow vision loss and in some cases improves vision.

Your ophthalmologist administers the anti-VEGF drug directly to your eye in an outpatient procedure. Before the procedure, your ophthalmologist will clean your eye to prevent infection and will use an anesthetic to numb your eye with a very fine needle. You may receive multiple anti-VEGF injections over the course of many months. Repeat anti-VEGF treatments are often needed for continued benefit.

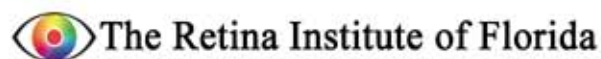
Thermal laser treatment

Another form of treatment for CNVM is with thermal laser therapy. Laser treatment is usually done as an outpatient procedure in the doctor's office or at the hospital.

The laser beam in this procedure is a high-energy, focused beam of light that produces a small burn when it hits the area of the retina to be treated. This destroys the abnormal blood vessels, preventing further leakage, bleeding and growth.

Following laser treatment, vision may be more blurred than before treatment, but often it will stabilize within a few weeks. A scar forms where the treatment occurred, creating a permanent blind spot that might be noticeable in your field of vision.

Usually the abnormal blood vessels are destroyed by laser treatment. However, patients who receive this laser procedure often need a re-treatment within three to five years.



Lauren R. Rosecan
M.D., Ph.D., F.A.C.S.

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The lymphatic system has no pumping organ to keep the lymph fluid circulating through the body. It is moved by exercise, deep breathing and manual massage. Because of this, the lymphatic system is at high risk for blockage. Blockages can occur from normal stress factors such as illnesses, tight fitting clothing, lack of exercise, bumps, bruises, exposure to heavy metals, pesticides, herbicides, food allergies, surgery, and of course, stress. Lymph fluid is supposed to look like skim milk, but when your lymph nodes become congested, the fluid becomes very thick accompanied with toxic build up and appears to be like cottage cheese. Lymph fluid is hard to move from the tissues into the lymph vessels, into the lymph nodes, and out of the body when it is thick and stagnant. This condition can lead to colds, flu, sinus problems, edema, water retention, heart disease, fibrocystic/tender breasts, cellulite, enlarged prostate, cancer and other threatening problems.



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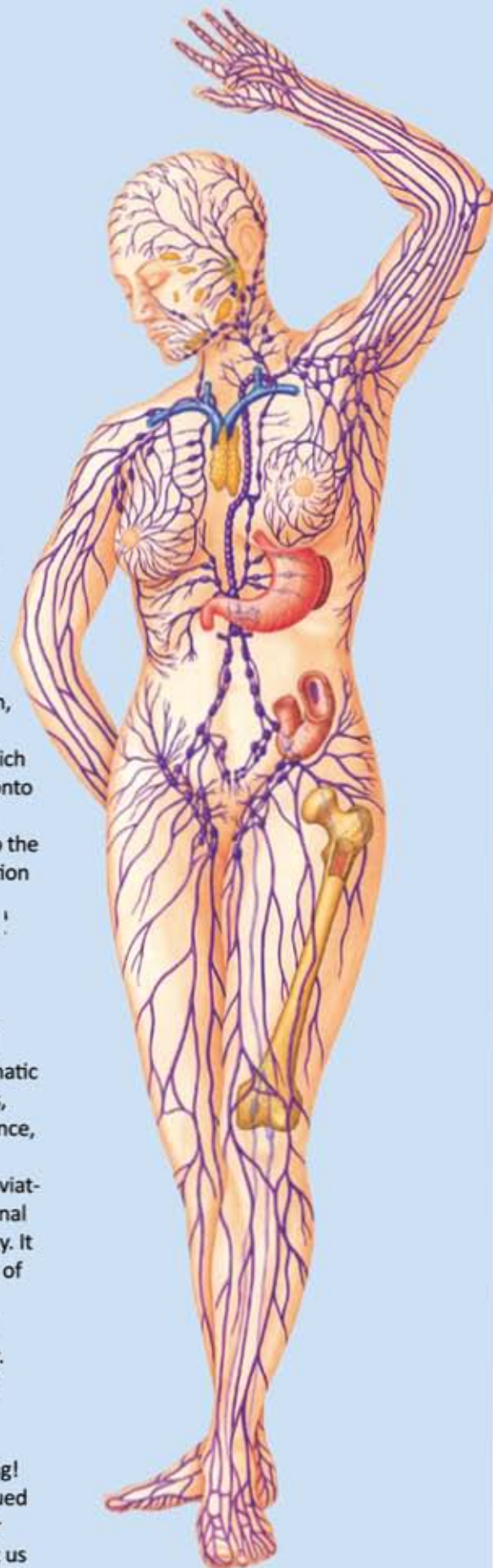
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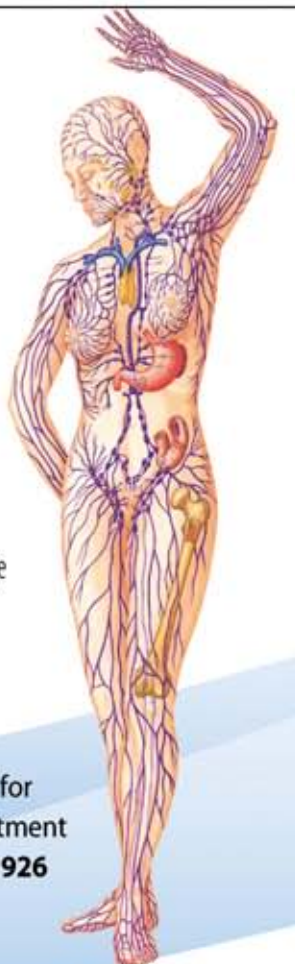


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Surgical Scars Are Now a Thing of the Past

By Daniela Dadurian, M.D.

Surgical scars can leave a lasting impression, whether you've had a breast augmentation, tummy tuck, hip surgery, any other surgery or even acne scarring. Scars can be a constant reminder of a part of your life that keeps resurfacing every time you look in the mirror. There are many different types of scars including hypertrophic, keloid, erythematous (red), hyper-pigmented (dark brown), depressed and hypo-pigmented (discolored) scars. Natural Scar Remedies may include applying lemons, honey, onion extract, aloe vera, olive oil and tea tree oil. However, there are many clinical solutions to reducing scars without any downtime. Some of these solutions may include laser treatments, steroid injections, microneedling, intense pulsed light, chemical peels and medical grade scar care products.

Hypertrophic and keloid scars are raised. The first treatment option would be to inject steroids to flatten them out. After they flatten out depending on their appearance the skin texture can be improved with microneedling. Microneedling consist of using an electronic device with small diameter needles that under topical anesthesia are used to puncture little channels into the scar tissue. This helps to break up the scar tissue under the skin and stimulates new collagen production improving the skin's texture. Depending on the severity of the scar several session may be required. Depressed scars are treated the same way except they do not require steroid injections. Microneedling with the dermapen is preferred to stimulate the collagen to fill in the depressed area.



Hyperpigmented or erythematous scars may require treatments with intense pulse light that improves the pigmentary irregularities. Intense pulse light is a laser type device that targets specifically the pigments red and brown. Depending on the intensity of the scar coloring, it may require several treatments.

Alternatively the Fractional laser can be used and is a highly advanced technology for many types of scars. Fractional is a 1540 nm laser that is used with a topical numbing agent to drill microscopic beams of laser damage into the skin thereby stimulating collagen production. What I especially like using with fractional or microneedling is PRP platelet rich plasma or tensesage ampoules. PRP is use of your own enriched platelets that speeds up healing and recovery time. Tensesage is a skin care ampoule that can be used daily to treat scars, but works effectively when combine with either of these two processes.

To further understand how these treatment may benefit you call 561-655-6325 or visit www.mdbeautylabs.com

Once the basic steps of evening out skin color and discoloration are achieved I like to compliment the results with the VI peel. The beauty of the VI peel that is that it not only compliments any of other scar options, it dramatically improves skin texture.

Lastly, I recently had two patients that visited me for scarring. In comparison they were two different surgical cases but in both cases the scars were severe in size and type. These scars were relatively new and because the scars were new, none of the above options were recommended to start. I recommended a Scar Care Repair Kit and the scars have diminished up to 85%. in less than four weeks. I highly recommend the Scar Care Repair Kit because it is antimicrobial, infused with Vitamin E and made with medical grade silicone.



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World-Class Car and Dealer and Premier Delray Beach Resort Added to Growing Sponsor List

Delray Beach, FL: WellFest™ Delray 2015 (www.WellFestUSA.com) is pleased to announce two important additions to its Sponsorship line-up for its weekend, March 7-8 event.

JM LEXUS, "the #1 Volume Lexus Dealer Since 1992" will be a Marquee (Overall Event) Sponsor, showcasing their latest "Green" cars, while The Seagate Hotel & Spa will be promoting its "5-star" spa services and impressive hotel.

JM LEXUS, who will highlight the "green" Luxury carline and other areas at WellFest Delray 2015 has long been recognized for their commitment to quality, service and value and is committed to providing a world-class experience for drivers in Delray Beach and surrounding areas throughout S. Florida. Their attendance at WellFest Delray 2015 underlines their support for Delray and neighboring communities.

When Patrick Halliday, our Executive Director, first told me that JM LEXUS was considering a top-tier Sponsorship at WellFest Delray I was delighted, but not surprised," states Bob Lipp, the event creator. "JM LEXUS is a great brand and with more car manufacturers offering electric and hybrid cars, it made sense for them to showcase their hybrids as well as other vehicles from Lexus line-up."

Delray residents, business people and those vacationers who prefer the finer things in life will also recognize The Seagate Hotel & Spa, a luxury boutique hotel, located in downtown Delray. Featuring an 8,000 square-foot destination spa, The Seagate offers a complete range of massage, skin care and body treatments, all exclusively featuring Elemis and Sodashi products. The Seagate Spa features seven private treatment rooms, a Vichy Shower, a manicure & pedicure suite and an exclusive spa suite, where guests can relax in their very own retreat.

JM LEXUS and The Seagate Hotel & Spa are among the impressive names of Sponsors, Exhibitors, Attendees and Speakers. These include wellness "personalities" like Serena Dyer, who recently wrote a book with her famous-father Dr. Wayne W. Dyer.

"With a mission to educate, entertain and inform people to stay fit, eat well, think positive, take a holistic approach to healthcare and go green, we are delighted at the opportunity to connect this content with the growing number of like-minded people," added Lipp. "As we did last year, a significant portion of the monies we collect (attendance is only \$5/day) will go to fund self-esteem programs at local schools and select animal rescue services."

The event is also attracting some of Delray's prominent leaders both public and private, since so many are recognizing the value WellFest Delray brings to the brand of this growing community.

"WellFest is a unique event here in Delray," according to Executive Director Patrick Halliday, who sits on the board of Human Powered Delray, another WellFest Delray 2015 attendee. "With so many of Delray's ongoing events being about food and beverage, WellFest will address the growing movement to green up our environment, while enjoying the benefits of a "WellFest-lifestyle" in the personal choices we make. We think that's pretty important."

Others who have already committed to WellFest Delray 2015 at this time include:

1. Tesla Motors who will be showcasing vehicles and offering scheduled test drives.
2. The St. Patrick's Day Parade, who plan to have emergency service personnel on hand to discuss safety and fitness.
3. Fit Food Express, a growing prepared food company, who will be the exclusive Sponsor in that category.
4. Health & Wellness Magazine, who will be a Media Sponsor.
5. Emiliano Brooks, who will serve as the event's Official Photographer.
6. 4th Ave. Photo and Video, who will serve as the Official Videographer of WellFest.
7. A range of leading health, wellness and green businesses in and around the Delray area.

"WellFest™ Delray began in 2013 as 20 exhibitors in a gym," states Lipp. "With five months to go until the 2015 event, a large number of Exhibitors and Sponsors have already signed up, which is why we're expecting this to be a major and significant event for Delray in 2015 and moving forward."

"We believe strongly in the power of the content we are presenting at WellFest," adds Halliday. "With that in mind, we want the event to be affordable to all, and plan to give back to the community in more ways than one. A successful WellFest™ Delray can help to enhance the general area and attract like-minded residents, business and visitors."



For further information, contact Bob@WellFestUSA.com, call him at 561-921-5182 or sign-up at our automated website: www.wellfestusa.com/sign-up-now.html

National Physical Therapy Month

What's in Your Medicine Cabinet?

By Pat Trutner - Wellness Advocate for dōTERRA Essential Oils

As I mentioned in last month's article, I have reinvented the way I care for my family's health. And it was easy. DōTerra Essential Oils have replaced many over the counter and prescription medications in my medicine cabinet. When did we go from using natural remedies to improve health and wellness to pharmaceuticals? Natural solutions for health concerns have been around for thousands of years. They are even in the Bible: The wise men brought baby Jesus Frankincense and Myrrh. So if they have been around for so long, why are natural solutions considered "alternative medicine?" I do not know anyone who can answer that. Don't get me wrong! There is a time and place for modern medicine. Without it, many people would be seriously ill or worse. It's just that we seem to pop a pill more often than maybe we need to instead of looking for something that doesn't have side effects. Modern medicine and natural remedies need to live in harmony. We need to be open to both avenues to better health. Sometimes we have to drive in the middle of that road using both modern medicine and natural remedies, and sometimes we can choose which lane to stay in.

Think about what's in your medicine cabinet: Allergy medicines? Headache remedies? Pain pills? Remedies for stomach and digestive issues? Essential oils for many health concerns are in my medicine cabinet. Natural essential oils have also helped me lose weight. And Lavender essential oil is amazingly calming.

October is National Physical Therapy Month. Patients can benefit from using dōTerra Essential oils as part of their therapy. Essential Oils have properties such as anti-inflammatory and anti-spasmodic among others. These can be beneficial in physical therapy.

Essential oils do not treat or cure anything. They help your body to heal itself. And that's how you can reinvent the way you care for your family's health. I will be holding classes in your area.

Contact Pat today at 631-584-5862 or email ptrutner@icloud.com, for class availability or any additional information.

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(Pat Trutner is an educator and Wellness Advocate for dōTERRA International Essential Oils.)

HOW TO NATURALLY HEAL THE SKIN YOU'RE IN

By Sarah Crane

Not many people wake up in the morning wondering how they are going to heal a skin graft or flap, especially once it has medically failed. Traditional wound care treatment would suggest replacing the graft (a sort of second attempt), hoping that, this go around, it doesn't fail. After all, our typical response if something doesn't work is: "Replace it." We've become so complacent in relying on replacements that, in general, we aren't as resourceful as we once were -- when your car doesn't work, you take it to the shop, and they replace the broken part. There's a certain mysticism in automotive mechanics—we never quite know how they fix our cars; they just do fix them. There is a similar mysticism in medicine: we never quite know how doctors fix our broken bodies; they just do fix them most of the time.

This article is designed to help educate physicians on the medical uses of hyperbaric oxygen therapy, indicating how failed skin grafts and flaps can be healed—not by pharmaceuticals, but with a completely natural, organic medicine. Sounds too good to be true, doesn't it? —The answer is: oxygen.

Yes, that's right: Oxygen. Now, that's not to say that you can drive up to a local oxygen bar, take a few puffs, and have a cured skin graft. Like every doctor or mechanic, the proper tools are required. The tool that is best used to administer pure oxygen is a hyperbaric chamber. The word association most people will report when prompted with "chamber" is "metal," which does not sound like a pleasant experience at all. While it's true that all hyperbaric chambers have some metal components, there are some chambers that are not made of metal—in fact, the areas patients recline in are made of Plexiglas. You can recline on a padded bed and watch your favorite TV show while experiencing hyperbaric oxygen therapy. Now that we've demystified the tool, let's explore the process and why hyperbaric oxygen therapy helps heal skin grafts...

Skin grafts can fail for several reasons, but the most common cause is hypoxia (i.e., a lack of oxygen). Hypoxia can result from several issues: previous radiation to the area, restricted circulation due to diabetes, certain infections, nutrition, age, or smoking. Additionally, the graft itself is stripped of all blood and oxygen before it is applied. Oxygen is not restored to the graft until new capillaries adhere it to the host body and allow circulation.





Hyperbaric oxygen therapy helps heal skin grafts by supplying the host wound area with oxygen. Coupled with the pressurized environment that hyperbaric oxygen therapy embraces as its administration method, the oxygen-rich environment helps skin grafts heal by executing three actions:

◊ **Hyperbaric oxygen therapy reduces edema.** A reduction in edema results in reduced amounts of swelling. Importantly, as this post-surgery swelling is decreased, the amount of space between the host site and skin graft is reduced, making it easier for oxygen to travel from the body into the skin graft.

◊ **Hyperbaric oxygen therapy introduces hyperoxygenation.** This mechanism increases the oxygen tension between the skin graft and host body, which makes the plasma more effective. (Note. It does not increase the plasma, but just makes the plasma at the skin graft site work better.) Once the oxygen tension levels reach a certain tipping point, additional

cellular mechanisms are activated or increased: macrophage migration, proline synthesis, and neovascularization (i.e., the growing of new vascular systems and angiogenesis).

◊ **Hyperbaric oxygen therapy decreases reperfusion injury when neovascularization starts.** If blood is reintroduced too quickly into areas where blood flow was either previously restricted or devoid, it can damage the frail capillary networks in these tissues. This kind of damage is called “reperfusion injury.” Therefore, it is important to limit the amount of damage that can occur when blood flow is reintroduced. If (Read the previous benefit of hyperbaric oxygen therapy to understand what triggers neovascularization.)

Skin grafts and flaps are a relatively taboo topic; they aren’t what people think about when they wake up in the morning. However, it is important to know how to help skin grafts and flaps before they fail, because it is possible to regenerate them with a truly natural medicine.

Standing Orders in Drug Treatment Programs: How to Avoid Waving a Red Flag

By: Karina P. Gonzalez, Florida Healthcare Law Firm

Medical necessity is the driving force for the payment of any service, but is especially worth noting when discussing laboratory testing. Standing Orders for urine drug testing in residential treatment settings are not prohibited, per se, but this practice must be built upon detailed policies and procedures that are precisely followed and are directed to individual patient needs.

The following conditions may help to determine whether Standing Orders are appropriate in a residential treatment setting:

- Each test ordered must be appropriate and necessary for the patient's personal set of clinical circumstances.
- The frequency and number of repeated testing and duration must not be greater than what is medically necessary and the diagnosis must be indicated for each test to permit accurate coding to the greatest level of specificity.
- The treating physician must review each test result in order to make adjustments and changes for both frequency and number of repeated tests, as necessary, based entirely on medical necessity.
- The treating physician also needs to include the reason for the testing, for example, whether it is to be used as part of the patient's medical or drug treatment plan.
- The treating physician needs to review the laboratory test result and the documentation must support the clinical or management action taken.
- Standing Orders should not routinely include a panel of all drugs of abuse. The tests should be focused on detecting specific drugs of concern.



Laboratories must have on record and available a physician-signed, patient-specific order for every test performed and report. Standing orders that specify "No patient/MD contact" should never be a part of the practice and procedure.

Generally speaking, non-specific Standing Orders are not considered reasonable or necessary for patient management and will be denied for reimbursement purposes. When there is no medical necessity information available for the patient and for each drug test ordered, the test will be considered a "Routine Test Order" and will be excluded from coverage by payors, leading to a denial of the claim. In many recent cases the denial of a claim is only the beginning of a domino effect that has led to an audit and/or an overpayment demand.

Standing Orders can be a worthwhile tool during an extended course of treatment but they should be clearly defined in written policy and periodically reviewed to ensure legitimacy and confirm that the foundation for reimbursement is solid.

Attorney Karina Gonzalez of the Florida Healthcare Law Firm has over 20 years experience representing payors and healthcare businesses. She has focused her practice on contract disputes, medical practice audit defense, managed care issues and has joined FHLF to represent providers who have healthcare dispute and rates & reimbursement disputes with payors. She can be reached via email karina@floridahealthcarelawfirm.com or at 561-455-7700.



October is National Breast Cancer Awareness Month

Breast Cancer Facts

October is National Breast Cancer Awareness Month. This is a very personal issue with me because I am a 7-year survivor of breast cancer.

October is also the month of my cancer diagnosis. Every anniversary of my diagnosis is a reason to celebrate. Each year that I am able to walk in the Survivors' Walk at Relay for Life is a fresh victory.

Many great strides have been made in the fight against breast cancer—in both the search for better treatment and more knowledge of how to have early diagnosis of the disease. Women and men alike have struggled with this dreaded diagnosis.

Key Statistics

Breast cancer is the most common cancer among American women, except for skin cancers. About one in eight US women will develop invasive breast cancer.

The American Cancer Society estimates for breast cancer in the US for 2013:

- About 232,340 new cases of invasive breast cancer will be diagnosed in women
- About 64,640 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive & is the earliest form of breast cancer)
- About 39,620 women will die from breast cancer

After increasing for more than 20 years, female breast cancer incidence rates began decreasing in 2000, then dropped by about 7% from 2002 to 2003. This significant decrease was attributed to the decline in the use of hormone therapy after menopause that occurred after the results of the Women's Health Initiative—a study linking the use of hormone therapy to an increased risk of breast cancer and heart diseases—were published in 2002.

Breast cancer is the 2nd leading cause of cancer death in women, exceeded only by lung cancer. Through earlier detection and increased awareness, as well as improved treatment, death rates from breast cancer have been declining since about 1989.



Risk Factors

Aging: Risk of breast cancer increases as you get older. About one out of eight invasive breast cancers are found in women younger than 45, while about two of three invasive breast cancers are found in women age 55 or older.

Genetic: About 5-10% of cases are thought to be hereditary.

Family history: Having a mother, sister, or daughter with breast cancer doubles your risk. Having two relatives with breast cancer triples it.

Personal history: A woman with cancer in one breast has a 3-4-fold increased risk of developing a new cancer in the same or other breast.

Race & ethnicity: White women are slightly more likely to develop breast cancer than African-Americans, but African-Americans are more likely to die of this cancer.

Having children: Women with no children or who had their first child after age 30 have a slightly increased risk.

Birth control: Women using birth control pills have a slightly greater risk. This risk seems to go back to normal over time once the pills are stopped.

Hormone therapy after menopause: Hormone therapy with estrogen combined with progesterone increases the risk and also increases the chances of dying with breast cancer. The risk seems to return to that of the general population within five years of stopping hormone therapy.

Use of alcohol: Those who have two to five drinks daily have about 1 ½ times the risk of women who don't drink alcohol.

Overweight/obese: Being overweight or obese after menopause increases breast cancer risk.

Physical activity: Evidence is growing that physical activity in the form of exercise reduces breast cancer risk. In one study, as little as 1.25 to 2.5 hours per week of brisk walking reduced risk by 18%.

HEART TO HEART



Women and Heart Disease

Heart disease is the leading cause of death in women in the United States

If someone were to ask you what the #1 cause of death in American women is, what would you answer? Many women who are asked this question get it wrong. It's not cancer or any of the diseases that first spring into your mind. It's heart disease. Heart disease claims more lives in the U.S. every year than all forms of cancer combined. Someone's wife, mother, sister or daughter dies every minute from heart disease. And most of these deaths could have been prevented.

Many women are poorly informed about the risk factors for heart disease. They are also unaware of the symptoms of heart disease and disregard or dismiss these signs when they appear. In this article I hope to provide a little information to counter this lack of knowledge, and thus help you to avoid or get early treatment for this mostly preventable disease.

As a woman, what do you really need to know about heart disease?

First, you need to know how common it is. One in three women in the U.S. is living with cardiovascular disease (CVD), most without knowing it. This includes nearly 50% of African-American women, and one-third of Caucasian women.

Second, you need to know how easy it is for heart specialists to diagnose and treat heart disease. It has been estimated that over 80% of heart attacks and strokes could have been prevented or successfully treated if the women suffering them had just known that they were at risk and had sought early medical attention.

Third, you need to know about your risk factors for heart disease and recognize when you are having a heart attack or Acute Coronary Syndrome (ACS). ACS refers to any condition brought on by sudden, reduced blood flow to the heart. Symptoms are the same as those of a heart attack - and should be taken just as seriously. These symptoms are important for you to observe, because women experience different symptoms of

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heart distress than men. If all that you know about what a heart attack “looks like” comes from TV and movies, chances are it’s wrong for most men, but terribly wrong for women.

What are the symptoms of a heart attack or ACS in women?

Many women experience typical discomfort or pressure in the center of the chest lasting a few minutes. In addition, some women experience discomfort in the arms, neck, jaw, back, or other areas of your upper body. You may experience shortness of breath, or break out in a cold sweat, accompanied by nausea or lightheadedness. Many women having heart attacks experience stomach or abdominal pain and sudden, unexplained feelings of fatigue, weakness or anxiety especially after a period of exertion or exercise.

If you experience any or all of these symptoms, call 911. Don’t take chances. Call for assistance and allow an ambulance to speed you to an emergency room as soon as possible. As a proactive measure, crush or chew a full-strength aspirin and take it with water to thin your blood and prevent further clotting. Don’t fall for the “TV version” and assume that you’re not having a heart attack unless you are experiencing crushing chest pain. Women have a variety of symptoms which can often go unnoticed until damage to the heart has already occurred. The good news is that ACS is treatable if diagnosed early and quickly.

What are the risk factors for heart disease?

Factors that increase your risk of having heart disease include genetics (if other members of your family have had a heart attack), obesity, high blood pressure, high cholesterol levels, smoking, diabetes, and physical inactivity. If you have any of these risk factors, you are far more likely to suffer a heart attack than other women. The bad news is that you cannot change the risk factors that you inherited from your family. The good news though, is you can do something about lifestyle risks, and in the process reduce your likelihood of acquiring heart disease by as much as 80 percent.

What can you do to prevent a heart attack?

First, see your cardiologist or heart specialist and work with him or her to properly assess your current health and your level of heart risk. Be prepared to talk about your family medical history, to take a few simple, painless



tests to measure your blood pressure, cholesterol, screen for diabetes and to discuss your overall lifestyle honestly. If you really only exercise one or two times a month, then be honest and just say so. Making heart healthy choices like eating more lean meats and fish, decreasing intake of fatty foods, exercising regularly, avoiding smoking, and decreasing salt, sugar, and alcohol intake can all help to decrease your risk of heart attack.

Your heart specialist is your friend. He or she wants to help you avoid heart disease or, if it is already present, treat it and prevent permanent damage to the heart. In most cases, with medicine and lifestyle changes, they can successfully do so. But the first step is to see your cardiologist, have a complete physical and assess your risk factors. Only then can he or she work with you to avoid heart disease and help you avoid becoming a statistic.



Andres F. Ruiz, MD
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The truth about your diet.

By George E. Sadowski, MD

Approximately 70 % of Americans are either overweight or obese. A large proportion of those who are obese are also diabetic. Despite consuming more than the required calories, obese individuals suffer from many vitamin and micronutrient deficiencies. Many of these deficiencies are thought to contribute to disease. If persons who eat a standard American diet in excess of 100% of required calories are deficient in micronutrients what does that mean for the rest of us?

Studies show that the availability of low cost, nutrient poor foods made available over the last 40 years contribute to a trend in obesity, diabetes, cardiovascular disease, and cancer. We take note that many of the products may not even qualify as foods due to the scant proportion of over-processed food-like ingredients compared to the chemical and preservative additives. In addition, the recognizable food ingredients are likely processed to such an extent that very few nutrients remain.

So what can we do? With so many additives it is not practical to learn which are worse than others. Our recommendation is to eat as close from nature as possible. The longer timeline from farm to table requires processing with depletion of nutrients and a greater temptation to add preservatives to prevent spoilage and preserve profit. For those who find it difficult to avoid products that come in a box or a bag, it may be necessary to avoid those that portend to be low fat. It is a marketing scheme, where they tell you that it is low fat but omit to tell you that it is high in sugar. Somehow we have been conditioned that eating fat will make you fat but eating sugar will make you skinny. How is that working for you? Better yet, take a look around to see whether it's working for anybody else. I bet that you'll find that it isn't.

Worldwide several populations enjoy good health and longevity while consuming fats. The most popular reference is the Mediterranean diet which is high in omega 3 fats contained in olive oil, fish and nuts. These are the essential fatty acids required for

human survival which humans cannot make themselves and are required to eat. Of course, an active lifestyle has a lot to do with it as well. Walk instead or riding, and engage in as much physical activity as you can safely tolerate.

A recent department of agriculture study found that approximately 47% of Americans are deficient in B vitamins. The foods tested were also severely nutrient deficient compared to those produced 25 years ago. In addition, the agricultural soils tested were also deficient. This reveals an impending crisis in our food growing culture that is already impacting our health. Present policies encourage the production of cheap, nutrient poor foods that are implicated in causing disease. In this case our cheap food does not buy us much health. It's simply not possible for us to take out any nutritional benefits that our foods didn't put in.

The next logical step is to have your micronutrient and vitamin levels tested at Wellness and Hormone Centers of America. Don't live with deficiencies that produce a lifestyle that you assume is due to old age. The extent of testing may depend on what your insurance covers, your wishes and whether you have the funds to cover the costs. Before you make up your mind please know that "wealth without health has no meaning". Wealth with disease and suffering is something we all want to avoid. Without a plan you'll get what's coming.

So, preserve your independence by being proactive. Stretch and exercise to preserve the function you need to be able to take care of yourself at any age. We at Wellness and Hormone Centers of America will measure and correct any deficiencies that we find, including hormones and nutrients so that you can feel better and look younger than you are. Don't accept feeling your age. There won't be much to your wealth when you're all out of health.



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George E. Sadowski, MD, presently the Medical Director of the Wellness & Hormone Centers of America, is a physician with a thriving surgical practice with the Surgical Associates of North Florida in St. Augustine. He received his undergraduate education from the University of Rochester and his medical degree from the prestigious St. George University. Dr. Sadowski has shared his expertise with various hospitals around the country including Greater Baltimore Medical Center and Flagler Hospital. In addition to a fellowship at the Greater Baltimore Medical Center, he has received certifications from both the ACLS and the American Heart Association for his outstanding work in many areas of the medical profession.

The Lime

By Ronna L. Clements, Natural Health & Wellness Innovator

Limes are native to southeastern Asia and they have been cultivated for thousands of years.

Historians started mentioning limes around the time of the Crusades, and in 1626, Sir Thomas Herbert spoke of finding oranges, lemons, and limes on the island of Mohelia, off Mozambique.

Lime trees grew on the island of Haiti as early as 1514 and the cultivated lime spread from the West Indies to Florida. Wild lime groves found in the Florida Keys were planted by a gentleman named Henry Perrine in 1838. Congress granted him land for growth of economical plants.

Today, Florida grows most of the limes in this country. California is second in production and Mexico is a close third.

The therapeutic value of limes is very high as they are one of the most alkalizing foods. They are extremely good for arthritis because of their high Vitamin C content.

A drink mixed of lime juice with coconut water is a wonderful cooler for the brain and nervous system. Limes are good for a brain with a great deal of "hot blood" in it, which usually shows itself in anger, hatred, or other brain disturbances.

Like lemons, limes are very high in Vitamin C, are a good source of Vitamin B1, and are rich in potassium.

Limes make a delicious dressing for fish, and when added to melons, bring out the natural flavor of the melon.

Sub-acid fruits, such as apples, pears, plums, peaches, grapes, and apricots tend to digest well with this citrus fruit.




Limes spoil easily and if they have a dry and leathery skin, they should be avoided. They are best stored in a cool, dry place.



So, when you want to add a spring to your step and a little bit of zest to your life, put some lime juice on your food or in your coconut water.

The vibrant taste is refreshing any time of the day. Enjoy!

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Trouble Falling Asleep? Up at Night? Sleep better without drugs.

New technology focused on brain health can help you fall asleep easier and get a good night's rest.

By Michael Cohen, Founder, Center for Brain Training

If you struggle to fall asleep, have trouble staying asleep, and can't remember the last good night's rest you've had, you are not alone. Studies show that between 50 and 70 million Americans don't get enough sleep.

Many resort to supplements or prescription drugs in order to slumber more easily. Perhaps the supplements you've tried aren't effective. What if you can't tolerate medications, or you're concerned about the effects of taking drugs long term?

Sleep and the brain

Sleep is important to overall health and wellness. Studies show that over 40 million Americans suffer from chronic sleep disorders every year, and another 20 million experience occasional sleep problems.

Getting enough sleep isn't a luxury. Chronic insufficient sleep doesn't just make you drowsy – it can contribute to a whole host of health problems, including increased stress, lowered immune functioning, decreased cognitive functioning, depression, anxiety, ADHD, and other emotional and behavioral challenges. Often times, sleep problems are brain issues.

Our brain regulates our sleep. When your brain is functioning optimally, it smoothly transitions from an alert and awake state, to a relaxed state, and then into a sleep state, allowing a healthy amount for rest for your entire body to recharge and repair itself. If the brain's timing is out-of-synch, the brain has difficulty switching to these states, if at all.

Sleep problems can become more pronounced and difficult to manage if the brain waves are too fast or too slow. If we're struggling with sleep issues, our brain may need a tune-up in order to help it function better and maintain healthier patterns.



"Tuning Up" The Brain

Neurofeedback is one option that consistently and effectively helps improve sleep. Neurofeedback helps your brain change itself and create healthier patterns – without medication. It's a powerful tool to help regulate sleep naturally.

Cheryl, a woman in her 60s, came to us because she had struggled since high school with falling asleep and staying asleep. She shared that she had averaged about four hours of sleep for most of her life, and rarely slept for more than five hours. She was always tired and concerned about cognitive decline.

She began brain training with neurofeedback and within three months her sleep gradually increased.

She's now able to fall asleep more quickly and reports sleeping up to seven hours most nights.

"I feel much more energy and optimistic as a result of the increase in sleep. It's made all the difference," shared Cheryl.

How Neurofeedback Works

Neurofeedback is a painless, non-invasive technique that helps change brain patterns naturally. It measures your brain's rhythms and rewards the brain when it makes healthy patterns. With sleep problems, for instance, certain patterns in the brain are often moving too fast. Neurofeedback helps your brain learn how to make healthier patterns by giving your brain a reward when it slows down.

With repeated training, the brain learns to maintain these healthier patterns. Correcting sleep issues with neurofeedback just takes practice and reinforcement.

Another client, Bill, came to us because he was unable to sleep before 1 or 2 in the morning. He needed to wake by 6:15 am in order to get to work, and this ongoing inability to sleep was starting to affect his work performance and his family life.

We were already working with one of Bill's kids for ADHD. When his wife mentioned his sleep problem during a brain training session with their son, we suggested Bill try neurofeedback as well.

In just over two months of neurofeedback, Bill was able to fall asleep between 10:30 pm and 11:00 pm almost every night.

Why Haven't I Heard of Neurofeedback for Sleep? Many doctors aren't aware of neurofeedback, or its role in helping improve sleep. Often, improved sleep is the first significant change noticed by people when they start neurofeedback, even if they came to neurofeedback for something completely unrelated to their sleep struggles.

We know that sleep hygiene, the habits before sleep, can play a role in improving sleep, as can other behavioral modifications, yet many people resort to medication because medications are commonly known, and doctors are trained to provide prescriptions to help relieve their patients' problems.

Once doctors learn about the positive results in their patients, they are generally very receptive to neurofeedback and want to learn more.

Contributory factors, such as sleep apnea, need to be assessed in combination with neurofeedback training.

Does Neurofeedback Work for Kids and Adults? People of all ages can have brain patterns that cause disruptions to their sleep. Neurofeedback is an excellent tool for kids and adults because it's similar to playing a video game, except the game is played with your brain.

Many parents report to us that their child's sleep is much improved, which can improve behavioral and emotional responses. People often see a noticeable improvement in sleep within the first four to six sessions.

Neurofeedback can also be beneficial for kids with difficulty falling asleep, kids who have nightmares or bedwetting problems, and kids who are difficult to wake in the morning.

About The Center for Brain Training We offer a variety of other biofeedback and brain tools that can be helpful with sleep problems, and we encourage our clients to try different methods to see which works best.

Neurofeedback is a powerful tool to help regulate sleep. If you are interested in additional information about how neurofeedback can help your sleep issues, call our office at 561-744-7616.

The Center for Brain Training is a team of compassionate professionals whose mission is to enhance the lives of people suffering from a variety of conditions that can be significantly improved with the help of neurofeedback. We have offices in Jupiter and Boca Raton. Learn more at www.CenterForBrain.com

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Michael Cohen, President and Founder of the Center for Brain Training is one of the leading experts in brain biofeedback. For 16 years, he's taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.



Renee Chillcott is a Licensed Mental Health Counselor and is the clinical director of the Boca Office of CenterforBrain.com. She has been practicing neurofeedback for almost nine years. She has worked for years using neurofeedback with anxiety, panic attacks and depression. She reports that neurofeedback has helped her clients achieve far more success than with just psychotherapy or medications. The Boca office works with children, adults and families. Renee obtained her Master's degree from Nova Southeastern University in counseling. She has also received continuing education in the diagnosis and counseling of attachment disorders, teaching positive parenting skills, and peak performance neurofeedback.





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Protecting Your Eyes

By David A. Goldman MD

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

For all eye injuries:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

If your eye has been cut or punctured:

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

If you get a particle or foreign material in your eye:

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

In case of a chemical burn to the eye:

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

To treat a blow to the eye:

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

To treat sand or small debris in the eye:

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

DAVID A. GOLDMAN



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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

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#selfie

By Brent Myers, Pastor of Community Life

Every year, Oxford Dictionaries announces a “Word of the Year”. This is a word or expression that has attracted a great deal of interest throughout that year. This year’s word is: Selfie.

A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

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

And probably more than you even realize.

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

We are God’s selfie.

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

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

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

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

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

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

You are God's selfie.



Brent Myers @brentdrewmyers

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