

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

Health & Wellness[®]

MAGAZINE

November 2018

North Palm Beach Edition - Monthly



FREE

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**THE SCARY TRUTH ABOUT
"INVISIBLE BALDNESS"**

**PLASTIC SURGERY
AND CREATING A BETTER YOU!**

**GET A YOUNGER LOOK –
COURTESY OF YOUR
OWN CELLS**

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When pain persists from an illness or accident, it can disrupt the flow of your life. But the good news is there are more ways than ever to effectively deal with your pain: diagnose it, ease it, control it, or end it. This is what Resolute Pain Solutions does for countless patients. They specialize in advanced therapies, innovative modalities and multidisciplinary strategies to customize a

comprehensive care plan individually tailored just for you. They practice appropriate and responsible use of pain management medication for patients needing that type of therapy. And they do it all from a 360° holistic care perspective, addressing not only the physical manifestations of pain but also the emotional and psychological toll chronic pain often produces.

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What sets Resolute apart from other pain management providers? Many things do. Most notably, their depth of knowledge in the field of chronic pain and the professional collaboration that comes from being part of a larger family of pain mitigation experts: Resolute Anesthesia and Pain Solutions. The collective skill set they bring to your care, the proven experience behind it, the access to state-of-the-art tools, technologies and modern resources, their commitment to excellence, and their genuine culture of compassion — these all culminate in a level of pain care unprecedented in scope and leadership.

Resolute physicians are anesthesiologists and are field-proven and board-certified by the American Board of Pain Medicine, the American Academy of Pain Management, the American Board of Interventional Pain Physicians, and the American



Board of Anesthesiology. Possessing decades of hands-on practice experience across an extensive range of pathologies and modalities, their pain care physicians are supported each day by a highly skilled ancillary clinical team. Together, creating the pain care solution you need is their number one priority.

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“

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THE SCARY TRUTH ABOUT “INVISIBLE BALDNESS”

By Dr. Alan J. Bauman, MD, ABHRS Board-Certified Hair Restoration Physician

One of the scariest aspects of hair loss is that the process is often well underway before you can see it in the mirror. “Invisible baldness” is essentially the initial stage of a chronic hair loss condition such as androgenetic alopecia that is especially difficult to spot with the naked eye. Scientific research confirms that it generally takes about 50% of the hair to be gone before baldness or lack of coverage becomes visibly detectable (e.g., receded hairline, widening part, thinning on top, etc.). In general, hair loss is a chronic, progressive condition that gets worse over time without treatment – making it essential for men and women to learn their risk and take a proactive approach to managing and treating their hair loss.

Some of the factors that determine visible scalp coverage and perceived volume of hair include:

- **Density:** The number of hair fibers per area of the scalp
- **Diameter:** The thickness of each hair fiber
- **Length:** The length of each strand of hair

A CLOSER LOOK AT “INVISIBLE BALDNESS”

A common mistake when detecting hair loss is to rely on the “mirror test” before taking action. Relying on this type of visual confirmation puts patients at a disadvantage because, as noted above, by the time hair loss is noticeably visible, half of the follicles could already be gone.

We often hear from patients, “I’m finding a lot of hair on my pillow, or “lately there has been more hair than usual in the drain,” but in many cases, the hair loss simply seems to come out of nowhere. But the reality is, in these cases, the hair loss process has been underway for some time, without them knowing. These initial changes in hair volume and density are so gradual that they may only be detectable with the help of a microscope or other scientific tool like a HairCheck trichometer. For these patients, their hair loss appears to be quite sudden because it does not become noticeable to the untrained eye until the hair density dips below a certain threshold.

For these reasons, it is important to schedule a visit with a qualified Hair Restoration Physician when these symptoms are first observed. He or she will be able to run the proper diagnostic tests to determine the true cause of your hair loss, and what types of treatments might be needed. These tools make it possible to detect hair loss in its earliest stages, and in some cases, before it even begins. Hair restoration physician can also run tests that will help predict the likelihood of future hair loss.

EFFECTIVE HAIR LOSS

EVALUATION TOOLS INCLUDE:

- **Genetic Tests** – A new genetic test by HairDX can accurately determine a person’s risk for losing their hair, so they can begin preventive treatments early. The analysis uses a simple cheek swab and can determine the genetic risk of developing male and female pattern hair loss.
- **Hair Density Measurements** – The HairCheck® device is a highly sensitive hand-held ‘trichometer,’ which measures hair caliber and hair density together, and expresses them as a single number known as the Hair Mass Index (HMI). Hair restoration physicians and Bauman Certified HairCoaches routinely use this scientific measurement to accurately assess percentages of hair loss, growth and breakage on any area of the scalp. Not just diagnostic at the time of initial evaluation, this information also helps monitor and track the efficacy of any treatment regimen.



Hair Density Measurements with HairCheck

• **Scalp Exam** – Newly developed “Scalp Makeover” evaluations are highly effective at determining if an underlying problem with the scalp may be the root cause of a hair disorder. Patients are evaluated with non-invasive, pain-free skin diagnostic tests that check and measure the scalp’s pH, sebum and hydration levels to determine any imbalance. Scalp testing is available for both men and women.

• **HairCam™ Microscopy** – Specialized hand-held scalp microscopes with special dual-polarized LED lighting can detect miniaturized hairs vs. areas of depleted density as well as help diagnose rare hair loss conditions and other scalp problems.

The biggest takeaway should be that early intervention is the key to preventing and managing hair loss. Once you understand the cause of your hair loss, you need to determine the best way to stop losing more hair, enhance the hair you have and restore the hair you’ve lost. For most patients, this means using a combination, or ‘multi-therapy,’ approach: non-invasive treatments to protect the hair you have and hair transplantation to restore the hair you’ve lost. Some patients might accomplish their goals using only non-invasive treatments.

If you are interested in learning more about diagnosing “invisible baldness,” or would like to schedule a in-person or virtual consultation, visit www.baumanmedical.com or call 1-877-BAUMAN-9 or 561-394-0024.



Dr. Alan J. Bauman, MD, ABHRS

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 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman



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

was recently named one of the Top 5 Transformative CEO's in Forbes. His 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.

Hair Loss Study Candidates Needed!

While Bauman Medical has no active hair loss studies at this time we may in the future.

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PLASTIC SURGERY and Creating a Better You!

by Dr. Robin Sykes



Newer and better technologies are a part of the ever-changing field of plastic surgery. Dr. Sykes is always evaluating the newest technologies, and strives to adopt those that are proven to be safe and to have lasting benefits for her patients. Sometimes surgery is the best option, but in many cases it is possible to achieve great results with less invasive means. A consultation is an individualized evaluation of the possibilities of dealing with your unique situation, and can provide clear choices of the different alternatives which are available to you.

You may have heard of microneedling, or even tried it in the past. However, it was never fully tested and FDA approved until just recently. We are now offering a microneedling experience, which utilizes a very safe and effective set of individual use, very precise and sharp microneedles. The Bellus Skin Pen creates tiny microinjuries to your face, which heal without scarring, and which induces collagen growth in your skin. Topical anesthetic makes the procedure painless. The staff and our patients have been loving their results so far! This procedure can also be used all over the body! We are now offering a radiofrequency (Pelleve) and microneedling combination, which provides even more benefits, with minimal downtime.

More and more facial fillers are becoming available, and skillful use of these products can really make a difference in “turning back the clock” on your appearance. Artistic placement of product can recreate the volumes of your face that have been lost due to the passage of time, with weight loss, or to revitalize your looks after a previous facial surgery.

We have been pleased to offer Thermiva, which is a form of non-invasive, radiofrequency, non-wounding feminine rejuvenation. It can improve feminine moisture, tighten loose external skin, and improve urinary stress incontinence. Our patients have been very positive about its benefits.

Our latest new device is very exciting, because it treats two problems at once and very effectively. It is called “EMSculpt”, and it is now sweeping the country. This device uses highly focused electromagnetic energy to build muscle while also reducing fat on the abdomen. It can in fact give you an amazing abdominal wall appearance with just four treatments over a two week period, and its results are long lasting. It works by causing “supramaximal muscle contractions”, which would take many, many sit-ups to achieve. It can also be used to build muscle on the buttocks, creating a more youthful and uplifted shape. (Its results can be seen on MRI of the areas!) It can help to answer the question many have tried to answer with fat freezing and liposuction in the past, which is, “why is my belly not as good as it can be after these other treatments?”

The best way to see if any of these techniques or any plastic surgery procedure can help you on your journey to self-improvement is to make a consultation appointment. You might also consider attending one of our informative lunchtime seminars, or our November 15 “Night of Beauty”, to learn more.



Robin A. Sykes, MD is a Board-Certified Plastic Surgeon. She has a BA in Biology from Wells College, an MD from the Johns Hopkins University School of Medicine, General Surgery training at the University of Miami, and Plastic Surgery training at the University of Kansas. She is a National Merit Scholar and Phi Beta Kappa. In addition, she has many years of art training, and brings this to her work in aesthetic plastic surgery. Many new technologies as well as new aesthetic devices and products are available in her practice, so that she can offer a variety of surgical and nonsurgical treatments for your unique aesthetic needs and desires.



The image that you project to the world is important to how you feel about yourself. At Jupiter Plastic Surgery Center, our mission is to help you to answer those questions that you have regarding that image.



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TOP 10 QUESTIONS

men want to know about

Testosterone Replacement THERAPY



1. What is hypogonadism?

Testosterone is produced by Leydig cells in the testes, in response to luteinizing hormone produced by the pituitary gland. Decreased production of testosterone by testes in men is characterized as hypogonadism, which is classified as primary, secondary, or mixed. Primary hypogonadism is failure of the testes to produce sufficient testosterone, whereas secondary hypogonadism is caused by decreased production of luteinizing hormone.

2. What are the signs and symptoms of low testosterone?

There are many physical and mental signs of low testosterone, many of which include: Low energy, decreased sense of vitality or sense of well-being, diminished muscle mass and strength, depressed mood, decrease in stamina, increased body fat, decrease in mental clarity and focus, low sex drive, decreased or absent morning erections, diminished work or physical performance, etc.

3. Is Testosterone Replacement Therapy right for everyone?

Not every patient with a low serum testosterone level is a candidate for therapy. A detailed history and physical is required to evaluate for any absolute/relative contraindications of therapy which include but not limited to breast cancer, polycythemia (hematocrit >54%), prostate cancer, PSA > 4ng per mL, etc.

4. How will Testosterone Replacement Therapy help me?

Many of our patients begin to start experiencing positive results within the first 6 weeks of therapy, specifically in regards to improvements in mental clarity, focus, mood and libido. Improvements in

sexual/erectile function soon follow within the first 12 weeks of therapy.

5. What is considered a normal testosterone level?

This is an excellent question as it is dependent upon the laboratory where your sample has been tested as each lab has different methodologies of analysis and hence specific parameters. Most experts agree that the goal serum testosterone level "should be in the midnormal range "(i.e., 400-700 ng per dL). As literature states, testosterone levels begin to decline around 30-40 years of age and they go onto saying that by 80 years of age, more than 50% of men will have testosterone levels in the low range (using a reference range defined by nonobese, healthy men YOUNGER than 40 years).

6. Are there any risks associated with Testosterone Replacement Therapy?

Like every medication, there can be side effects with taking testosterone. Some possible risks include rising prostate-specific antigen levels, worsening lower urinary tract symptoms, polycythemia, and increased risk of venous thromboembolism.

7. What is the role of Human Chorionic Gonadotropin (HcG) with Testosterone Replacement Therapy?

HcG when used in conjunction with Testosterone Replacement Therapy promotes weight loss but also assists in maintaining testicular volume by continuing to promote the natural testosterone production of the testes.

8. How should male patients be monitored while being on Testosterone Replacement Therapy?

Patients receiving testosterone therapy should be monitored to ensure testosterone levels rise appro-

priately, clinical improvement occurs, and no complications develop. Throughout therapy, patients may also need to routinely check PSA, Estradiol, CBC and Iron levels.

9. What are the different types of Testosterone Replacement Therapy?

WellingtonMD offers (2) forms of therapy to help manage symptoms of Low Testosterone.

(1) TRT also known as Testosterone Replacement Therapy consists solely of injections of testosterone.

(2) THRT also known as Total Hormone Replacement Therapy includes testosterone, HcG, and Anastrozole which if indicated is the preferred therapy where all hormone levels are maintained at an balanced state.

10. What is the cost of Testosterone Replacement Therapy?

The expected cost will differ from one center to another, however patients of WellingtonMD can expect to see the average cost of treatment to be approximately \$50 a week.



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GET A YOUNGER LOOK — courtesy of your OWN CELLS

QUESTION: I am a recent empty-nester. I want to look in the mirror and see the youthfulness I feel inside and remove some facial lines. Nothing too invasive, though. What procedures/treatments can you recommend?

ANSWER: I have always loved the expression, “Growing old is mandatory, but growing up is optional!” In the past, fillers and injectables were among the most common procedures practiced to obtain a youthful look. In addition to these, another alternative was platelet-rich plasma (PRP).

PRP has been used for many years for a multitude of modalities. It is a process where we draw blood on a patient and spin it down to separate the serum out of the blood. It is in that layer of serum where the platelet rich plasma resides. This is used in orthopedics for healing joints. It is also used in aesthetics for anti-aging of the face and chest. It is used to treat under eye hallowes and for over skin rejuvenation. This has been one of the gold standard approaches until now.

Now there is platelet-rich fibrin (PRF). It is processed the same way as PRP. However, the blood is spun at a lower rpm for a longer amount of time. Spinning at a lower rpm results in a higher concentration of platelets, higher concentration of white blood cells (which are great for anti-inflammatory response), and even some stem cells. That’s why we can now use this procedure for under the eyes or as natural fillers.

Whether my patients have had this procedure for brown spots treatment, acne scarring, wrinkles and fine lines, tear troughs, deep folds, or a full rejuvenated younger look and feel, they are in complete awe of how simple and effective PRF is. In fact, they love the fact that there is nothing but their own blood involved, so the risk for complication or rejection is virtually nonexistent. The results are immediate and the treatment is quick and painless.

For more information, please contact me, Dr. Dadurian, at MD Beauty Labs at **(561) 655-6325** or visit us at www.mdbeautylabs.com.



Medical Director, Daniela Dadurian M.D.
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 * 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 and array of anti-aging, functional medicine, cosmetic and laser therapies.

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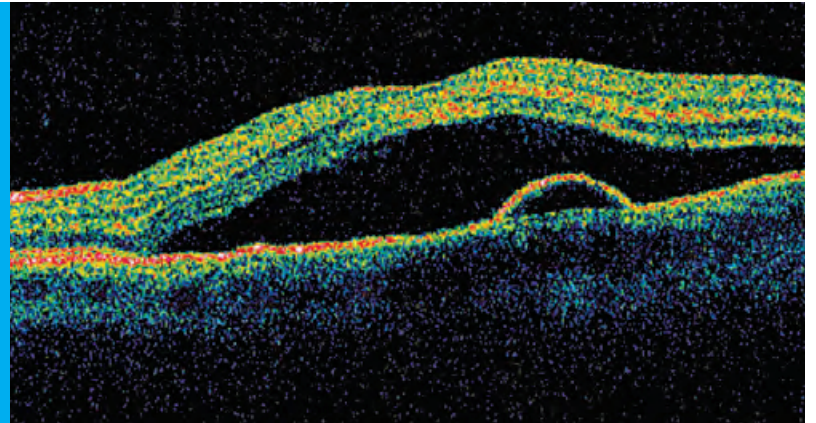
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What is **CENTRAL SEROUS RETINOPATHY?**

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

In central serous retinopathy (sometimes called central serous choroidopathy), fluid builds up under the retina and distorts vision. Fluid leakage is believed to come from a tissue layer with blood vessels under the retina, called the choroid. Another layer of cells called the retinal pigment epithelium (RPE) is responsible for preventing fluid from leaking from the choroid under the retina. When, for unknown reasons, tiny areas of the RPE become defective, fluid builds up and accumulates under the RPE, much as liquid in a blister collects under the skin. As a result, a small detachment forms under the retina, causing vision to become distorted.



Central serous choroidopathy usually affects just one eye at a time, but it is possible that both eyes may be affected at the same time.

CENTRAL SEROUS RETINOPATHY SYMPTOMS

If you have central serious retinopathy, your central vision will be distorted. In addition to distorted central vision, your vision may also appear blurred or dim. You may have a blind spot in your central vision. You may also notice a distortion of straight lines in your affected eye, or objects may appear smaller or further away than they actually are. When you look at a white object, it may appear to have a brownish tinge or appear duller in color.



WHO IS AT RISK FOR CENTRAL SEROUS RETINOPATHY?

Men are more likely to develop central serous choroidopathy than women, particularly in their 30s to 50s. Stress is a major risk factor. Some studies suggest that people with aggressive, “type A” personalities who are under a lot of stress may be more likely to develop central serous retinopathy.

Other factors that may increase your risk for central serous choroidopathy are:

- Use of steroids (by mouth, through a vein or even inhaled)
- Caffeine
- Hypertension (high blood pressure)

CENTRAL SEROUS RETINOPATHY DIAGNOSIS

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 central serous retinopathy.

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps to measure retinal thickness and detect swelling of the retina.

CENTRAL SEROUS RETINOPATHY TREATMENT

Most cases of central serous retinopathy clear up in one or two months without any treatment. During this time, your Eye M.D. will monitor your eye to see if the liquid is being reabsorbed. In some cases when the vision isn’t regained in a timely manner you Eye M.D may consider laser or Anti VEGF injection to help restore vision.

Most people with central serous retinopathy regain good vision even without treatment. However, vision may not be as good as it was before the condition appeared. About half of patients who have had central serous retinopathy will have it return. It is important to have regular, thorough follow-up exams with your Eye M.D. since long-term fluid accumulation can lead to permanent vision loss.



The Retina Institute of Florida

Lauren R. Rosecan

M.D., Ph.D., F.A.C.S.

The Retina Institute of Florida with four offices conveniently located in Palm Beach and Martin Counties.

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HEAR BETTER FOR THE HOLIDAYS

By: Dana Luzon Coveney, Au.D., FAAA, Board Certified Doctor of Audiology



HOLIDAY SEASON brings friends and family members together to celebrate and connect with each other. If you or someone you love is experiencing hearing difficulty, you might find these family gatherings frustrating instead of treasuring this time together. Hearing loss effects not just the ears, but brings on so many emotions including embarrassment and frustration when you are unable to participate in conversation with your loved ones. Family members express the same concerns when trying to communicate with their loved one who is having the difficulty. Hearing loss in the third most common health problem in the United States, and can affect anyone at any age.

The link between declining cognition and depression in seniors has been well documented, as well as the link between cognitive decline and untreated hearing loss. Untreated hearing loss has been associated with anxiety, memory loss, depression and dementia. Sadly, most people wait at least 7 years to treat their hearing loss.

Hearing testing is simple and painless. At Audiology and Hearing Aids of the Palm Beaches, we take a concierge approach to hearing care. We work closely with you to make sure we meet all of your hearing healthcare needs. If you are diagnosed with hearing loss, we work with you and your family to set goals for your hearing treatment. We follow your progress during a 75-day retraining period to make sure you are comfortable with how you are hearing and make sure those devices are meeting your listening needs. Included with the treatment plan are 3 years of office visits, 3-year manufacturer warranty including loss insurance, free batteries for the life of the devices and a home for your hearing healthcare.

Hearing devices are frequently used to improve everyday quality of life though improved communication abilities. When it comes to purchasing hearing devices, most patients see it as a “retail purchase” where buying the hearing aid is all they think they need, and some think they can be bought off the shelf. But, a hearing aid does not work without a trained professional to set up that aid, teach you how to use it and manipulate it specifically for you and the listening environments that are most important to you. Hearing loss is a health problem, requiring a health care professional to treat it. Hearing devices by themselves are not effective, they are not calibrated automatically. Hearing devices are not “one size fits all”. The ability to integrate your devices with your lifestyle is essential to achieving better hearing and a Doctor of Audiology is the most qualified, trained professional to do this. Investment in better hearing should be measured by the results you experience every day.

Come in to Audiology & Hearing Aids of the Palm Beaches and we will have you hearing better this holiday season! Just because hearing loss is common, doesn't mean it shouldn't be treated as soon as possible. Why wait to improve your quality of life, be engaged in group and family conversation, and love the way you hear this year!

Audiology & Hearing Aids of the Palm Beaches is having a free **Hearing Health Seminar** on **November 13th from 11:30am-1:30pm** at Duffy's Sports Grill in North Palm Beach.

Topics of discussion include:

- *Risk factors of hearing loss*
- *The relationship between untreated hearing loss and dementia*
- *What to look for in a hearing care professional*
- *The truth about the cost of hearing devices- value vs. price*

Space is limited for this event and attendees should RSVP before 11/12 by calling **561-627-3552**. Complimentary lunch is included, first time attendees only.

Dana Luzon Coveney,
Au. D. , FAAA,
Doctor of Audiology



Originally from Southern NJ, Dana Luzon received her undergraduate degree in Speech Pathology and Audiology from the Richard Stockton College of NJ, and continued on to receive her Doctorate of Audiology at Salus University's residential program. Her varied clinical experiences throughout her doctoral studies include: VA hospitals, rehabilitation clinics, ENT and private practice settings. Her professional interests include: audiologic rehabilitation and progressive tinnitus devices. Her interests in the field outside of the clinic include: Humanitarian Audiology, and Audiology Awareness. Dr. Luzon currently lives in West Palm Beach, FL.

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HOW DOES EXERCISE AFFECT YOUR HAIR?

Many factors influence your hair health. From diet to mental and physical health, it's all about keeping the body healthy and keeping hormone levels regulated. Exercise has many benefits for the body including stress relief, better blood circulation, and stabilized hormone levels. Stress is one of the leading contributors to hair thinning and hair loss, and when you're stressed, your general health will start to decline. You may notice dull skin and hair and, of course, more strands of hair piling up on your brush.



Regularly exercising increases serotonin levels, also known as the “happiness hormone” or the stress-reducing hormone. Serotonin helps to reduce cortisol, another hormone directly related to hair thinning and hair loss. The higher the cortisol levels, the more hair loss you might experience. Here's the thing, it's essential to find the right balance and exercise routine that works best for you because over-exercising can increase stress and lead to higher cortisol levels.

Each hair follicle has blood vessels that feed necessary nutrients and oxygen to the scalp to help hair thrive and grow strong. Exercise increases blood flow and circulation throughout the body and flushes toxins out of your system. Fresh blood and oxygen to the scalp allow for more nutrients that improve the hair's health and stimulate growth. Once again, over-exercising can cause more harm than good, so be careful with how you treat your body and never overdo it.

WHAT EXERCISES SHOULD I BE DOING?

The most important exercises to participate in for hair health are the ones that get your blood pumping—cardio, calisthenics, and yoga are the best.

Cardio: Do aerobic exercises or start running. Blood will pump through the body and scalp to release toxins and keep sebum levels regulated for stronger, healthier hair. All it takes is 30 minutes two to three times per day to start seeing results.

Calisthenics: Think stretching and lengthening routines that aid with overall strength and energy levels. You'll start to notice an improvement in your posture which allows blood to circulate more readily to the scalp.

Yoga: By performing inverted poses like headstands, downward-facing dog, plow pose, etc. blood flows through the body and reaches the scalp to allow for healthier hair growth. As a bonus, yoga is also known to reduce stress.

In addition to keeping your overall health in check, it's essential to maintain your hair from the outside too. After working out, it can be tempting to whip out the dry shampoo and call it a day, but such carelessness could be a detriment to your hair's health. Dry shampoo and other commonly used hair products could be the reason for dry, dull, and brittle hair. After a sweat session, it's better to wash or rinse the hair rather than piling on damaging haircare products. Be sure to use hydrating and nourishing products that will help to maintain that healthy hair that you've worked hard for.

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CURE Erectile Dysfunction and Peyronie's Disease

STOP the Pain – Don't Operate REGENERATE

Get Your Life Back with Stem Cell Therapy

REJUVAnation Medical Center is a leader and pioneer in the field of regenerative medicine and a R3 Stem cell clinic, a national leader in stem cell therapy. Amniotic and Umbilical Cord Stem Cell therapy has been used hundreds of thousands of times worldwide for regeneration and repair of body tissue. Stem cell therapy, from FDA regulated and approved biological labs, takes advantage of your own body's ability to repair itself naturally.



REJUVANATION MEDICAL CENTER
REGENERATIVE THERAPY IS SO
EXCEPTIONAL BECAUSE:

- Combines Amniotic and Umbilical Cord Stem Cells, PRP Platelet Rich Plasma and RejuvaWAVE®
- Has live stem cells from FDA regulated labs for safety which is our utmost priority
- No need to harvest anything from patients
- No rejection issues and no ethical concerns
- Very safe and studies show excellent outcomes

SAFE
CLINICALLY EFFECTIVE
NO REJECTION
NO SURGERY

WHAT IS A STEM CELL?

Stem Cells are undifferentiated biological cell types obtained from the amniotic fluid and amniotic membranes or from the umbilical cord that can differentiate into various cell types that can help your body repair, regenerative and restore your health and vitality.

Potential Benefits of REJUVAnation Stem Cell Procedures?

- CURE Erectile Dysfunction and Peyronie's disease. No Pills, No Needles, No surgery. Enjoy a spontaneous sex life again.
- Walk, run, golf and swim again PAIN FREE. Stop the pain, don't operate.
- Avoid knee replacement surgery.
- Alleviate the pain and inflammation of degenerative arthritis.
- Stop the progression of neuropathy and future damage.
- Sports injuries, tendonitis – optimize and speed up healing.
- COPD
- Kidney Failure
- Chronic conditions and autoimmune diseases
- Help heal chronic skin conditions and wound healing.
- Regrow your OWN hair without surgery
- Anti-aging: look and feel younger and reduce wrinkles. "Stem cell facelift"

CURE ED AND PEYRONIE'S: Instead of medicating CURE with RejuvaWAVE®

Simply Men's Health at REJUVAnation Medical Center revolutionized the field of men's sexual health by introducing and developing the ground breaking RejuvaWAVE® and RejuvaEnhancement™ Procedure to help reverse the inevitable aging process and treat ED and Peyronie's disease.



RejuvaWAVE®
 only available at
 Simply Men's Health

- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

It's natural for men to experience a decline in sexual performance as they age. Almost everyone by the age of 50 to 60 will experience some decline in sexual performance. But with the advent of RejuvaWAVE® and Regenerative Stem Cell therapy, Erectile Dysfunction is no longer an inevitable part of aging. Kiss Viagra, the pills and needles goodbye. Simply Men's Health REJUVAnation Medical Center has revolutionized the standard of care by introducing the only ED treatment that CURES erectile dysfunction. RejuvaWAVE® is revolutionary, non-invasive, and HEALS the underlying cause of ED. RejuvaWAVE® uses FDA-cleared, scientifically proven technology of Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and to stimulate tissue regeneration, which creates new blood vessels in treated areas. Traditional ED treatments such as pills or injections, lose effectiveness over time and have to be

used every time a man wants to perform. Simply Men's Health RejuvaWAVE® treatment is about regenerative medicine and treating and curing the underlying cause of ED with regenerative medicine. Regenerative medicine shifts the body into a healing and restoration state and helps men return to their younger healthier selves and to enjoy a Spontaneous and Active sex life again!

IS RejuvaWAVE® SAFE?

Yes. RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used world-wide. RejuvaWAVE® uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology and anti-aging. RejuvaWAVE® has virtually no risk and no side effects. Although acoustic pressure wave technology has been used for over 15 years to treat ED in Europe, it is relatively new to the United States for Erectile Dysfunction. As the leader in men's sexual health, Simply Men's Health introduced this technology in the spring of 2015, and the results have been nothing short of amazing.

STEM CELLS for ED and Peyronie's: RejuvaEnhancement™ Procedure?

RejuvaWAVE® stimulates your body's own healing response and creates new blood vessels and regenerates tissue in the area treated. The RejuvaEnhancement™ Procedure combines the growth factors and stem cells from your own body with live, cryogenically-preserved multipotent stem cells and hundreds of growth factors and cytokines derived from human placenta, amniotic and umbilical cord tissues which activate your own body's stem cells. In addition, LIVE multipotent stem cells and fibroblasts in this allograft promote cell repair and tissue regeneration working synergistically with and magnifying the effects of RejuvaWAVE® to restore patients to their younger healthier selves. Rather than relying on oral medications or injections as a temporary fix before each sexual activity, patients enjoy can enjoy a spontaneous and active sex life again. Also, this procedure can increase both the length and girth of the penis by up to one inch.

THE POWER OF STEM CELLS?

Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged or worn out tissue. Multipotent stem cells, derived from amniotic-placental tissue and umbilical cord have virtually unlimited potential to become any type of cell in the body. Adult stem cells derived from either bone marrow or fat cells are limited to the type of cells they can develop into. In addition, as one ages the quantity and the quality of stem cells obtained from bone marrow and fat drops exponentially and 80% of the stem cells derived from fat die within two days.



ARE THE REJUVAAnation AMNIOTIC AND UMBILICAL CORD STEM CELL PROCEDURES SAFE?

Yes. The cryogenically preserved amniotic and umbilical tissue has a many year history with no reported recipient rejections since these tissues are immune-privileged and do not express HLA type antibodies.

The tissues are obtained only from live, healthy births. NO EMBRYONIC TISSUES OR NO TISSUE FROM ABORTED FETUSES ARE EVER USED. The amniotic and umbilical cord tissue is obtained through aseptic recovery techniques during a planned Caesarian section of full-term deliveries

from a healthy woman aged 18-35 who have been prescreened according to the FDA and American Association of Tissue Banks guidelines for infectious disease and have undergone extensive testing and screening.

HOW TO GET STARTED?

REJUVAAnation Medical Center and Simply Men's Health are dedicated to providing cutting-edge, minimally invasive methods to STOP and reverse the effects of the aging process and help your body to repair, regenerate, restore and heal itself. We see incredible results and can help you regain your vitality.

WHAT OUR PATIENTS ARE SAYING:

Testimonial: "I am celebrating my second anniversary since being treated at Simply Men's Health and I am maintaining the high level of performance I achieved with RejuvaWAVE® treatment. My spontaneity and stamina is back and my frustration and performance anxiety that goes along with it is gone. I am performing like I did decades ago. It's like magic! There are a lot of copycats out there, but Simply Men's Health was the first to provide this treatment and they are the best!" – Steve, Wellington

Testimonial: "I'm a 70 year old widow and have had ED for over twenty years. Unexpectedly, I met a wonderful lady and when we wanted to take our relationship to the next level, I couldn't perform. I came to Simply Men's Health and after several months I started to notice improvements... and after about six months ED is no longer a problem. I have sex regularly without any pills or needles." – Joseph, M

Testimonial: "I am in my 70's and have diabetes, high cholesterol, and had prostate removed for cancer several years ago. I had tried everything, and thought my sex life was over. I have been coming to Simply Men's Health for about six months, and the results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. The RejuvaWAVE® and RejuvaEnhancement™ Stem cell procedures are remarkable. I feel like Superman." – E.M.

Testimonial: "I have chronic renal failure and diabetes and am on dialysis and suffer from chronic symptoms and knee pains. I had IV stem cells treatment and I noticed a difference right away in my wound healing and my knee pain was gone." – Joshua

Testimonial: "I have been suffering from degenerative arthritis and was getting steroid injections for knee pain which didn't help much or for long. Several months ago, I had stem cell injections for my knees. The procedure was quite painless and after a month or so I notice remarkable improvements. I can walk pain free." – John M.



**Call TODAY,
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back tomorrow
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Bio-Electric DDS: A Total Health Balancer with Remarkable Results

Would you like to look better, feel younger, recover faster, alleviate chronic pain, have less fatigue, regulate your immune system, and increase your bodies Qi (energy flow)? There is a relatively new procedure that is a combination of pain relief, needle-free acupuncture, massage, lymphatic drainage, PH balance, and anti-aging benefits. This FDA approved Device was introduced in Southeast Asia but is now permitted in Europe and the United States for patient care.



This device, called Bio-Electric DDS, delivers precise doses of bio-electric current through electrodes that are placed on the skin in combination with herbal, organic serums to penetrate the skin muscles and organs.

BIO-ELECTRIC DDS' SCIENCE

Bio-Electric DDS (Digital Device System) is a perfect combination of Chinese Traditional Medical Theory and modern bio-electricity principles. The DDS machine is being used to implement traditional Chinese medicine and energize meridians within the body. Bio-Electric DDS is a drug-free therapy option for people in pain by prompting the body to produce endorphins to help relieve pain. It is a safe and reliable alternative for acupuncture, cupping therapy, therapeutic massage, etc. By applying a bio-electric field in conjunction with a specially formulated alkaline cream, the patients own body bio-electricity is enhanced. Bio-Electric DDS technology also aids in regulating the body's acid-base balance.

ONE DDS TREATMENT EQUALS:

- Same benefits of 10 whole body acupuncture treatments
- 45 lymph drainage treatments
- 6 hours of tuina body massage
- Running 3.7 miles and excess fat depletion
- 3x increase in your whole body fluid supply
- 3 hours of increased oxygen supply (ie oxygen bars)
- 50x oxygen opening the chest exercise (open the lungs, enhance breathing)
- 36,000 x enhanced movement of the cells
- Depletes 4.1 grams of internal toxins

BIO- ELECTRIC DDS THERAPY FEATURES:

- It is painless
- Provides the benefits of acupuncture (without the needles), body massage, scraping, and cupping
- Clears the blockage of meridians
- Helps relieve pain
- Helps promote wound healing
- Helps boost the immune system
- Helps with insomnia
- Helps anti-aging
- Helps to improve blood circulation
- Helps minimize fatigue
- Activates nerve and muscle tissue
- Regulates the digestive system
- Anti inflammatory effect



For over 20 years, Dr. Yanhong Meng has been practicing acupuncture and anitaging. She is a licensed Acupuncture Physician and Doctor of Oriental Medicine. Dr. Meng graduated from Shan Dong Traditional Chinese Medicine University in 1996. In 1996, Dr. Meng began practicing at the Shan Dong Lai Wu Traditional Chinese

Medicine Hospital, and for three years worked under the direct guidance of Dr. Gu Dao Xia, the inventor of Acupuncture Point Nutritional Injection Therapy.

Dr. Meng attended Shen Yang Western University from 1999-2001, where she deepened her knowledge

of Traditional Chinese Medicine (TCM) Theory and Practical application in conjunction with Western Medicine. In 2002, Dr. Meng completed a rigorous clinical rotation at the Beijing Traditional Chinese Medicine University.

Also, from 2002-2004, Dr. Meng operated a TCM Clinic in Dublin, Ireland. After moving to the United States, Dr. Meng graduated with honors from The Atlantic Institute of Oriental Medicine in 2007, where she received her Masters in Oriental Medicine. Since 2007 she has owned and operated Meng's Acupuncture Medical Center in Palm Beach Gardens, Florida.

If you want to alleviate pain, look younger, and increase your energy and health, please call **Meng's Acupuncture Medical Center** today at (561) 656-0717.

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5 Second Low Dose CT Scans for Dental Surgery

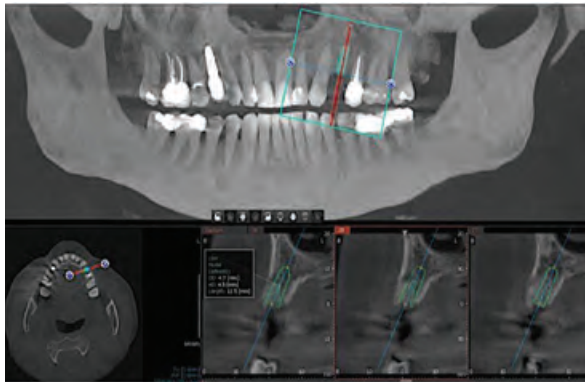
3D Technology has truly changed the way dental surgeons are able to plan and perform procedures. CT scans allow the surgeon to see anatomical structures in a very accurate fashion. In simple terms, having the ability to view the precise location of important areas such as nerves and sinuses prior to surgery can help avoid risky procedures and complications during surgery.

TRADITIONAL X-RAYS:

Traditional x-rays are an excellent tool to help your dentist determine if you have cavities. Unfortunately, this method of x-ray (including a “panoramic” image that can show your entire mouth at once) is a flat, 2D image. In other words, it does not let you see “inside” the jaw bone in a 3D fashion. Therefore, identifying the location of exact anatomical features is not possible.

3D / CT SCANS:

CT scans are completely different than traditional dental x-rays and they provide a drastic difference in the amount of information your surgeon has regarding your anatomy. Let’s use an example of a loaf of bread. If we look at an uncut loaf from the side, we truly cannot see where the raisins inside are located. This outside view is similar to what a



traditional x-ray would provide. If we were to cut a slice of the loaf and pull it out, we have the ability to identify the exact spot the raisin resides left to right and up and down.

A CT scan allows us to see inside your jawbone in the same fashion as the slice of bread example. Imagine how much information your surgeon can gain by seeing inside your bone to that level of detail. These images are amazing when planning dental jaw surgery, sinus procedures, bone grafting and dental implant placement. As a surgeon, I would always prefer to know the exact location of nerves, sinuses or other important anatomy prior to starting a surgical procedure.

NEW TECHNOLOGY:

It is true that CT scans can mean more radiation as compared to traditional dental x-rays. One must weigh the benefits the scan offers vs. the radiation being used. An incredible break-through with 3D scanning technology has recently been developed which offers a 5 second CT scan with an ultra-low dose of radiation. Incredibly, this new technology has been shown to use up to 70% less radiation than other similar technology in the marketplace while offering high image quality scans.

Improvements in technology truly allow both the patient and surgeon the best of both worlds. Safety is always paramount and lowering the scan time and dose of radiation to patients is important. Coupling this with the ability of your surgeon to see critical anatomy prior to surgery with high resolution scans truly is a win-win for everyone.



Lee R. Cohen, D.D.S., M.S., M.S.

Lee R. Cohen, D.D.S., M.S., M.S., is a Dual Board Certified Periodontal and Dental Implant Surgeon. He is a graduate of **Emory University** and **New York University College of Dentistry**.



Dr. Cohen completed his surgical training at the **University of Florida / Shands Hospital** in Gainesville, Florida. He served as Chief Resident and currently holds a staff appointment as a Clinical Associate Professor in the Department of Periodontics and Dental Implantology. Dr. Cohen lectures, teaches and performs clinical research on topics related to his surgical specialty.

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the **Periolase Dental Laser (LANAP procedure)** to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in **Pinhole Gum Rejuvenation**, which is a scalpel and suture free procedure to treat gum recession with immediate results.

Dr. Cohen uses in-office, state of the art 3D **Green 2 CT** imaging which offers **Hi Resolution 5 Second Low Dose Scans** to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both **IV and Oral Sedation** procedures. **Botox®** and **Dermal Fillers** are also utilized to enhance patients' cosmetic outcomes.

Dr. Cohen formerly served on the Board of Trustees for the **American Academy of Periodontology** and the **Florida Dental Association**. He is past president of the **Florida Association of Periodontists** and the **Atlantic Coast District Dental Association**. Dr. Cohen is a member of the **American College of Maxillofacial Implantology** and the **American Academy of Facial Esthetics**. In addition, he has been awarded Fellowship in the **American College of Dentists**, **International College of Dentists** and the **Pierre Fauchard Academy**.



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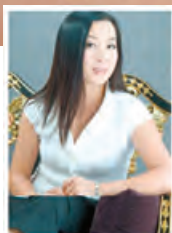
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Lee R. Cohen, D.D.S., M.S., M.S.
Dual Board Certified, Periodontics and Implant Dentistry
NYU, Emory and University of Florida Trained
Clinical Associate Professor, Shands Hospital (UF)
State Certified, IV & Oral Sedation
LANAP (Laser Periodontal Therapy) Certified
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PROGRESS AGAINST LUNG CANCER

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States. More people die of lung cancer in a year than from breast, prostate, colon and pancreatic cancer combined. Lung cancer is the second most common cancer in both men and women – it ranks just behind prostate and breast cancer, respectively.

EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 16.3 percent, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 52.6 percent. So, your chances of surviving lung cancer are three times greater when it is detected early. If it is found while still in Stage 1, which is the earliest stage, there is an average five-year survival rate of over 80 percent.

The bad news is that only about 15 percent of all lung cancer cases are diagnosed at an early stage because, often in the early stages, there are no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

Recent studies have found that, through the use of low dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes incurable, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest X-rays. Check with your physician to see if you could benefit from a CT lung scan. Researchers are also exploring other detection tools, including a blood-based test. So far, however, results are mixed.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.



About 85 percent of all cases of lung cancer occur in people who are smokers or have smoked in the past. The remaining 15 percent of cases occur in non-smokers, for reasons not yet fully understood.

Newer immunotherapy treatments have significantly improved survival rates for some lung cancer patients. A recent study, presented at the American Association for Cancer Research (AACR) Annual Meeting in April 2017, demonstrated that, for a small subset of patients, immunotherapy can work for a very long time.

LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

With some types of lung cancer, research has shown that receiving chemotherapy before radiation or surgery may actually be helpful. Chemotherapy may shrink the tumor, making it easier to remove it with surgery. It may also increase the effectiveness of radiation and it can destroy hidden cancer cells at the earliest possible time.

More research needs to be developed for even more effective treatments for lung cancer. Currently, there are no cures for lung cancer and even the best options don't help all patients. However, doctors are able to offer more treatment options with better outlooks for patients than a decade ago.

World-Class Cancer Treatment

Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.



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1309 North Flagler Drive
West Palm Beach, FL 33401

For more information, visit FLCancer.com

Medicare Enrollment

Getting the most from your health plan is important to many seniors but it is not always easy to navigate your way through all of the benefit plans and options. Your plan choices may vary depending on the county in which you live, the medical conditions you have, and your financial status.

It is important to review your benefits each year between October 15th and Dec 7th. Unless there is a special exception, this is the time you can enroll, disenroll or change your plan.

WHAT DO I NEED TO KNOW ABOUT MEDICARE?

Medicare is a sophisticated system, but maneuvering your way through the maze is the tricky part.

Medicare has several parts:

- Part A (hospital)
- Part B (physician & out-patient services)
- Part C (Medicare Advantage Plan)
- Part D (prescription drug coverage)

At age 65, most people enroll in Medicare Part A & Medicare Part B. Medicare only covers about 80% of Part B expenses. You are responsible for the other 20%.

When you opt to enroll in Medicare Part C (Medicare Advantage Plan), it combines Part A, Part B and sometimes Part D coverage. This is similar to PPO & HMO plans, which have co-pays or deductibles instead of the 20% balance that Medicare does not cover. The benefits depend upon the policy you select.

WHAT IS MEDICARE OPEN ENROLLMENT?

The annual Medicare Open Enrollment period has started (on October 15) and continues until December 7. For 2019 coverage, open enrollment will run from October 15, 2018, to December 7, 2018.

During the annual enrollment period (AEP) you can make changes to various aspects of your coverage.

- You can switch from Original Medicare to Medicare Advantage, or vice versa.
- You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another.
- And if you didn't enroll in a Medical Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria.

- You must be enrolled in Medicare Part A and B.
- You must live in the plan's service area.
- You cannot have End-Stage Renal Disease (some exception apply).

IS AUTO RENEWAL AVAILABLE?

If you're enrolled in a Medicare Part D prescription plan or a Medicare Advantage Plan and you don't want to make changes to your coverage for the coming year,

you don't need to do anything during open enrollment, assuming your current plan will continue to be available. If your plan is being discontinued and isn't eligible for renewal, you will receive a non-renewal notice from your carrier prior to open enrollment. If you don't, it means you can keep your plan without doing anything during open enrollment.

But be aware that your benefits and premium could change from one year to the next. So even if you're confident that you want to keep your current coverage for the following year, it's important to make sure you understand any changes that your current plan is still the best available option. The available plans and what they cover changes from one year to the next, so even if the plan you have now was the best option when you shopped last year, it's important to verify that again before you lock yourself in for another year.

Having an experienced agency guide you through this intricate process is ideal so that you and your family are certain not to be left without coverage.

Because this is the season for open enrollment, it's critical to review your plan and to seek help if you're considering making changes to an existing plan. Joanne Foley offers free consultations to help you prepare to make these decisions.

Joanne Foley Insurance is dedicated to assisting the senior population with their insurance needs. With Joanne's experience, seniors rely on her guidance to find the most comprehensive, suitable yet affordable coverage for their specific needs.

To find out more, please call Joanne Foley Insurance to arrange a no obligation explanation of these Medicare choices. They represent a carefully selected group of financially sound and reputable insurance companies to offer you the best service possible and most comprehensive coverage at competitive prices. They do more than sell insurance; Joanne Foley Insurance provides peace of mind.

For more information on Joanne Foley Insurance and how they can partner with you to get you on the right track, please call (845) 494-3414, or visit their website at JoanneFoleyinsurance.com.

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Seminar Schedule

& Medicare & You

**Join us on the following dates
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Hobe Sound Public Library

10595 Federal Highway, Hobe Sound

Tues., 11/14 – 5:30 p.m.

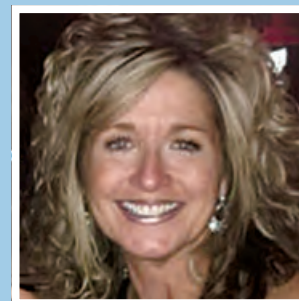
Fri., 11/16 – 10:30 a.m.

Robert Morgade Library

5851 SE Community Dr. Stuart

Thurs., 11/1 – 10:30 a.m.

Wed., 11/7 – 6:00 p.m.



Joanne Foley Insurance
561-316-0120

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JoanneFoleyinsurance@gmail.com

BREAKING THE CHRONIC PAIN CYCLE OF FIBROMYALGIA

By Dr. Jonathan Chung

Chronic pain takes many shapes and forms, but we know that it has a huge social and economic burden. The Institute of Medicine reports that roughly 116 million, or 30% of the population suffer from pain lasting a year or longer. Although chronic pain isn't a life threatening issue, it's certainly a problem that has a dramatic effect on the **quality** of someone's life. After taking care of hundreds of people with conditions like fibromyalgia, I know that these people experience quite a toll both physically and emotionally.



Perhaps the worst part about fibromyalgia is that there is no known cause or cure. It's basically invisible to any blood tests or MRI studies, and most of the drugs available are for pain control. People with fibromyalgia may often be depressed, have anxiety, and have a sense of isolation because they don't feel that their friends and family understand their struggle. This often compounded by the fact that their doctors have told them that the pain is psychosomatic, or just in their minds because no tests can reveal an underlying disease process.

In recent years, fibromyalgia has become one of the most published topics in medical journals. As a result, we are starting to develop an understanding of the disease on a deeper level to know that it's certainly NOT just in the patient's mind. Research is pointing to problems within the central nervous system and tiny blood vessels in the skin as likely causes of the deep body-wide pain. But what does this mean in terms of treatment?

For most people, drugs that target the nervous system like Lyrica or Gabapentin are the first line of treatment and many have had success. However, some patients can be sensitive to drug reactions, or their bodies may develop a high tolerance for the dosages. In cases like these, many patients start to seek out alternative therapies like acupuncture, reiki, and homeopathy.

Traditional chiropractic has also been a source of relief for many people seeking help with chronic pain. However, many people with the chronic pain of fibromyalgia can feel apprehensive about seeing a Doctor of Chiropractic because manipulations can seem too rough for someone who can barely stand to be touched.

NOT ALL ADJUSTMENTS ARE BUILT THE SAME

In chiropractic, there are dozens of techniques and approaches to correcting the spine. Some are heavy

handed and require a lot of force, but others are very gentle and rely more on precision. It's not to say that one is better than the other, but some are just designed for specific patient populations in mind.

In my office, I attract many patients with fibromyalgia, trigeminal neuralgia, and TMJ problems that are Secondary to a Structural problem in the neck called Atlas Displacement Complex. Most of these people are afraid to be touched, and gravitate to a lighter approach. This type of condition requires a precision type of adjustment called an **Atlas Correction**. This type of adjustment is so light, **that most people often wonder if I even touched them**, and then they start to feel their body change. Currently, only about 1000 doctors in the country are trained in this type of care.

This approach is effective because of the spine's influence on the central nervous system. When the top of the neck shifts abnormally and moves improperly, the nerves firing into the brainstem become distorted. In this way, the brain is like a computer that relies on spinal positioning to operate normally. When there are garbage signals going into the brain, then garbage signals come out in the form of pain. This phenomenon in fibromyalgia patients creates a condition called central sensitization. This is the reason why people with fibromyalgia can feel excruciating pain from a light touch. It's not that there's a physical injury, but the nervous system is getting scrambled signals and is primed to experience pain.

This is NOT designed to cure you. The cure lies in the fact that the body is capable of healing itself. When you remove interference to the body's self-healing ability, I find that people can return to a level where life is livable again. By breaking the pain cycle through the nervous system, you can impact the way stress affects the body and the immune system. By no means is this a cure all, but it can be a great catalyst to being

steered back on the path towards a normal life. I've seen numerous patients who've been able to go from disability to working or resuming exercise again in a matter of months.

One of the greatest joys of doing this type of work is giving people a glimmer of hope. So many people are convinced that they have to live in pain, or have been told that the problem they're having is all in their head. In my office, I've helped hundreds of people recover from chronic pain with this gentle procedure. However, it's not for everyone. Only people with a problem in their Atlas can receive this type of care, and that requires a detailed Upper Cervical Chiropractic Examination to identify the problem. Sometimes a little bit of hope is all a person needs to start healing again.

DR. JONATHAN CHUNG is a Doctor of Chiropractic who focuses on Structural Correction and is primarily concerned with Structural Shifts of the spine. He graduated from the University of Central Florida with a B.S. in Microbiology and Molecular Biology. Dr. Chung then went on and received his doctorate from Life University's College of Chiropractic. Dr. Chung is certified in pediatrics from the International Chiropractic Pediatric Association, and is a Structural Chiropractic Researcher who has been published in scientific peer-reviewed journals. Read more from Dr. Chung at chiropractorwellington.com/blog



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An Alternative to Pain Medications



Chronic pain affects many people in the United States. It's diagnosed when a person has experienced pain for at least three months or longer. Many individuals suffer for your years in silence before they seek medical help, but unfortunately, the standard of care for chronic pain is to mask it with drugs or injections.

With the epidemic of people becoming addicted to pain relievers like oxycontin and other narcotics, educating the public on proven alternative methods that actually heal the body to reduce pain instead of "numbing it" is helping many people to overcome their painful conditions.

COMMON CAUSES OF CHRONIC PAIN

Injury & Trauma
Disease & Infections
Fibromyalgia
Spinal compression
Arthritis
Neuropathy (Nerve Damage)

Neuropathy is associated with many of the above-listed types of pain, as it's common for nerve damage to have occurred in individuals with diabetes, chemotherapy treatment, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a build-up of toxins, and vascular disease.

In the United States alone, neuropathy affects nearly 20 million people. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and unsuccessful.

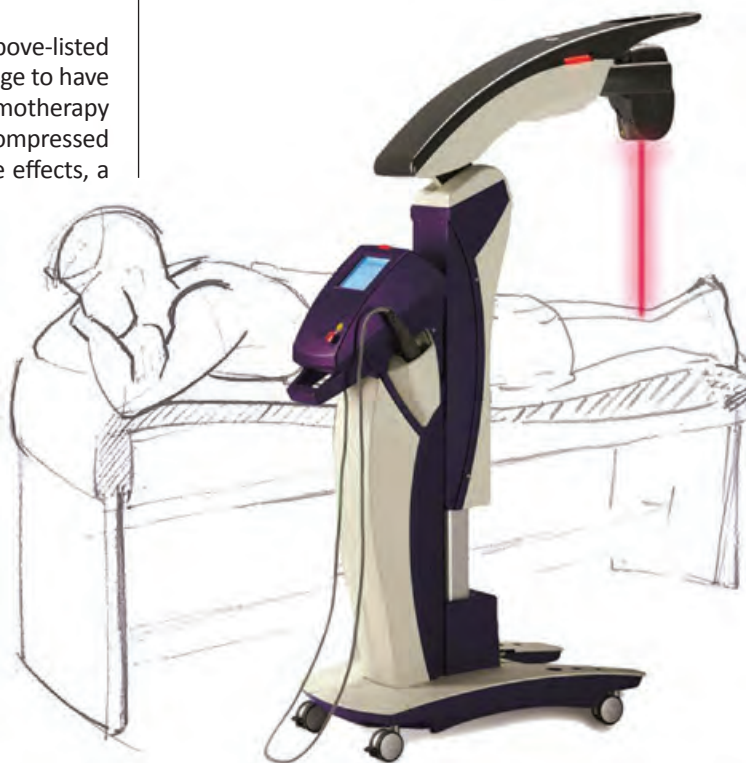
SYMPTOMS OF NEUROPATHY MOST OFTEN INCLUDE THE FOLLOWING SENSATIONS

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling

- Impingements
- Electrical vibrating sensations
- Falling & stumbling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

HOW LASER THERAPY WORKS

As mentioned, the most common treatment for pain and nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body.



Over the past decade, Laser Therapy has proven effective in treating and reducing chronic pain and neuropathic issues.

Laser Therapy uses no thermal or heating effect; it creates microcirculation around the soft tissue and nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light beam.

Laser Therapy is quick, painless and highly effective. The laser light's infiltration, an increase in ATP (Energy) and mitochondrial cell function, increases and produces the healing and stimulation of damaged tissues and nerves.

ADVANTAGES OF LASER THERAPY

- Decreases inflammation
- Stimulates tendon healing
- Incites nerve healing
- Helps wounds to heal more quickly
- Decreases numbness
- Decreases tingling
- Improves circulation
- Increases oxygen-rich blood
- Improves microvessel flow
- Relieves back and spinal inflammation
- Remove toxins

It is often beneficial to co-treat severe cases of chronic and neuropathic pain by combining laser therapy and synergistic approaches. These are regularly sought after by patients to improve mobility, functionality and alleviate pain faster.

SYNERGISTIC TREATMENT

- Decompression
- Electrical nerve stimulation
- Manual stretching
- Massage therapy
- Natural supplementation to regenerate the myelin sheath
- Therapeutic ultrasound

Treating the underlying cause of your pain is essential. Having a comprehensive evaluation to define your level of discomfort and conditions are critical steps to eliminating your pain naturally and improving your long-term outcomes.

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Seven Reasons Why The DRX9000™ Is the Ultimate Non-Surgical & Painless Solution for Herniated and Bulging Discs, Sciatica, Leg Pain, Back Pain And More...

Just about every patient that comes in for treatment on the DRX9000™ has tried many treatments before coming to us. I'm sure you've tried numerous things to relieve your pain, too.

And when I discuss a new patient's case, we always go over what they've tried and the result they got from those treatments.

Obviously, all the other treatments didn't work. If they had – they wouldn't be sitting in front of me. There'd be nothing to discuss.

So basically, it's a laundry list of failed, time consuming and often expensive treatments.

Recently, I've started to ask a question after a patient tells me about a treatment they tried and failed.

And, I ask this question after each and every treatment they tried.

And, each and every time – without fail – I get the same answer to that question.

So what's the question?

The question is: "Why did you try that treatment?"

Answer: "Because my doctor told me to."

Same answer, without fail. Every time.

But here's the real kicker: Not too long ago, I started asking a second question. And I started getting the same answer to my new question, too

My new question is: "Why didn't you try the DRX9000™ sooner?"

And the answer: "Because my doctor didn't tell me about it."

Boy that's a shame. Why?

Because you should have a better reason for doing or not doing something than simply, "My doctor told me to."

And that's why I'm giving you 7 reasons why the DRX9000™ is the ultimate non-surgical and painless solution for herniated and bulging discs, leg pain, back pain and more. And here is the list:

1. PROOF: The first thing you should always look for in a treatment for your pain is proof. And there should be two kinds. First is scientific. Are there studies that prove that treatment can relieve your

pain? In the case of the DRX9000™, it is not only FDA cleared but there are studies showing an amazing success rate with herniated and bulging discs. There are also studies demonstrating on Magnetic Resonance Imaging (MRI) scans that the DRX9000™ can actually reduce bulging discs and herniated discs. THE DRX9000™ IS THE ONLY NON-SURGICAL TREATMENT TO DO THIS.

The second kind of proof comes in the form of testimonials from not just satisfied, but overjoyed patients. And the DRX9000™'s countless testimonials from patients all over the country.

2. PAINLESS: Besides results and proof another thing that separates the DRX9000™ from all your other treatment options is that the treatment is painless. You simply lie on you back and either listen to your favorite music....or...go to sleep.

3. FAST: One of the most important reasons the DRX9000™ has become so popular is because it works so fast. The average treatment plan is only 20 visits and many patients start getting relief right away.

4. ACTUALLY FIXES THE PROBLEM: Unlike drugs that only mask the problem and surgery that cuts out pieces of your disc... which could be a temporary fix and leave your structure weakened... the DRX9000 can sometimes reduce the size of the herniated disc so the disc can heal naturally. Which is important so....

5. YOU MAY NOT HAVE TO KEEP COMING BACK FOREVER: I'm sure you've had doctors tell you, you were going to have to keep coming to treatment for the rest of your life. Not so with the DRX9000. Because the DRX9000™ often corrects the underlying problem so you may not have to come back forever.

6. NO SIDE EFFECTS: This is a big one. Everyone knows the side effects from drugs and surgery. And they can be deadly. On the contrary, there are no known side effects to the DRX9000™. That's why, if you are thinking about surgery, you may want to give the DRX9000 a try first. The worst thing that can happen is the DRX9000™ does not work for you. After that, you can always get surgery. If you get surgery first, however, you may get worse and no longer be a candidate for the DRX9000™. Doesn't it make sense



to try the least invasive and least risky treatments first? And with a good success rate – chances are you'll never even think about surgery again.

7. TRUE NON-SURGICAL SPINAL DECOMPRESSION:

They often say imitation is the finest form of flattery. I'm not sure if that is true – but I do know there are a lot of other companies claiming to be non-surgical spinal decompression and claiming the same results as the DRX9000™. That's why we invite you to come in and see the DRX9000™ with your own eyes. See how it works. And talk to our satisfied patients. And we also urge to check out all the cheaper units out there. We are confident once you experience the DRX9000™ there will be no comparison and your choice will be easy.

If you'd like to see and experience the DRX9000™ with your own eyes and see if you are a candidate, gather up your MRI report and give us a call today: (561)967-6655.

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions and actions must be done through the advice and counsel of a health care professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a consultation, thorough exam or appropriate referral. If you have any further concerns or questions, or for a complimentary consultation call our office at (561) 967-6655.



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SECRETS OF A GOOD NIGHT'S SLEEP *Without Medication*

By Gwen Carden



IF YOU HAVE TROUBLE GOING TO SLEEP OR STAYING ASLEEP, IT'S LIKELY A SUBJECT NEVER FAR FROM THE TOP OF YOUR MIND.

Sleep is a complex issue, but with some lifestyle changes and neurofeedback, almost everyone can learn to sleep better, according to Iza Boesler, M.D.

"People think insomnia happens to them, but in reality people often inadvertently do it to themselves," said Dr. Boesler. Dr. Boesler is a sleep medicine physician and Medical Advisor for Sleep at the Center for Brain Training.

"With repeated sleep disturbances, people begin to associate being in bed with being awake, and it can become a vicious cycle."

Sleeping Medications – a Poor Long-Term Solution

"Sleeping medications are not the answer," said Dr. Boesler. "They were never intended for long-term use. I don't prescribe them much because they cause undesirable long-term changes in the brain,

which are more difficult to treat than the initial sleep problem. And they *all* have side effects."

Can neurofeedback help?

"Despite what pharmaceutical companies tell us, the key to good sleep health is the brain being able to regulate *itself*," said Dr. Boesler. "That's something neurofeedback does really well, and I recommend it to many of my patients. When it comes to sleeping, neurofeedback is priceless. It works far better, *without side effects*, than any prescription or non-prescription medication on the market. It allows the brain to calm down and engage in a natural sleep pattern."

"Most of the clients who turn to the Center for Brain Training for help with sleep tell us they have tried 'everything,'" added Mike Cohen, Chief of Neurotechnology and Director of Center for Brain. "In fact that's usually the first thing we hear.

"The second is that they're *desperate* to find a way to have normal sleep. By the time we see them, many are experiencing memory problems, mood swings, inability to focus and chronic exhaustion. Medication may have stopped working or made things worse.

"At the Center for Brain Training we have computerized neurofeedback tools. These tools are customized for every client and applied with scientific precision. They help you train your brain and nervous system to function as they did in those days when you 'slept like a baby' – before something caused them to malfunction."

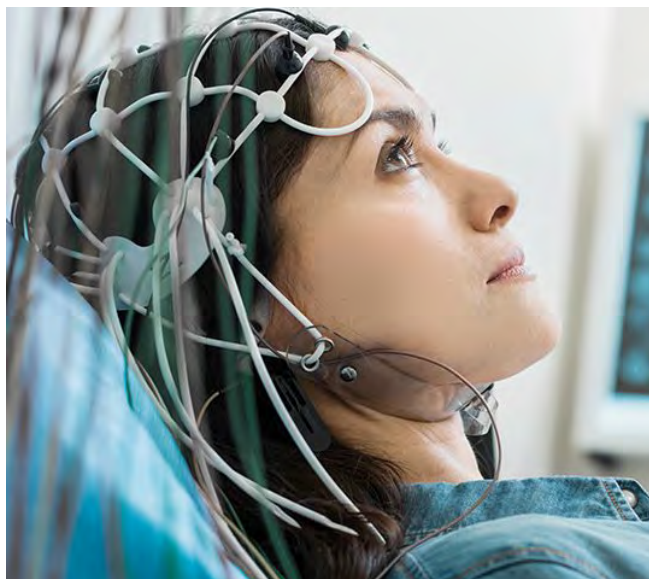
Neurofeedback is biofeedback for the brain. It uses innovative computer technology to gently guide your brain into *changing itself* so all the parts work better together. When your brain works better you sleep better. It's that simple!

– Mike Cohen,
Chief of Neurotechnology and Director,
Center for Brain Training

So, in addition to doing neurofeedback, what can you do to create the best foundation for overcoming your sleep problems?

Here are Dr. Boesler's tips:

- ✓ Don't go to bed unless you are sleepy.
- ✓ Make your bedroom quiet, dark and cool.
- ✓ Minimize worrisome thoughts. Writing them down can help.
- ✓ Reserve your bed for just two things: Intimacy and sleep.
- ✓ If you are not asleep after 20 minutes, get out of bed.
- ✓ Begin rituals that help you relax each night before sleep (such as a warm bath or reading).
- ✓ Avoid caffeine, alcohol or stimulants six hours before bedtime.
- ✓ Do not exercise within three hours of bedtime



Learn more about how neurofeedback helps sleep, anxiety, ADHD and other conditions without medications at our free seminar:

Wednesday, November 14 6-7:15 p.m.

Call our office or visit our website for details.

- ✓ Avoid naps.
- ✓ Try to wake up at the same time every morning (even on weekends and holidays).
- ✓ Avoid sleeping pills.
- ✓ Ask your doctor if any medications you are taking could interfere with sleep.
- ✓ Don't try to "make up" for lost sleep by staying in bed longer on another day. "This just makes the sleep cycle worse," Dr. Boesler cautioned. "Keep to a pattern as much as you can."

THREE SYSTEMS IMPACTING SLEEP

According to Dr. Boesler there are three systems that impact sleep: circadian rhythm, *homeostatic drive* and the *hypothalamic-pituitary-adrenal axis (HPA)*. If any one of those is disrupted, sleep disturbances can occur.

CIRCADIAN RHYTHM

The circadian rhythm is the body's "clock" – it regulates body temperature, hormone secretions and metabolism. It also regulates activities such as sleep, thoughts and behaviors that occur regularly during a 24-hour period.

"To keep the circadian rhythm intact one should avoid interrupting it," said Dr. Boesler. "This means getting up and going to bed at the same time, avoiding bright light at bedtime and not doing stimulating activities around bedtime like paying bills or writing business e-mails."

HOMEOSTATIC DRIVE

The "homeostatic drive" is powered by adenosine, a neurotransmitter. Adenosine starts building up in the brain from the moment a person awakens until there's so much that it creates an irresistible urge to sleep. During sleep, the adenosine is absorbed back into the neurons. Once completed, the person awakens. Factors such as stress and medications can override the effects of this neurotransmitter and result in the inability to go to sleep or stay asleep.

HYPOTHALAMIC-PITUITARY ADRENAL AXIS (HPA)

This "axis" controls how much of our hormones are secreted and when during any given 24-hour cycle. An excess of one hormone in particular, cortisol, can be problematic for sleep. Cortisol normally diminishes around bedtime, then surges in the early morning to assist in awakening. However, if one's nighttime environment is stressful, elevated cortisol levels will keep you awake.



About Iza Boesler, M.D.

Dr. Boesler is Medical Advisor for Sleep at Center for Brain. A doctor of internal medicine, she specializes in sleep disorders, stress-related disorders, autonomic dysregulation, fibromyalgia and obstructive sleep apnea for both children and adults. She is director of the sleep laboratory at Riverview Medical Associates in Tinton Falls, New Jersey. She interprets sleep studies, runs

a CPAP clinic and treats an array of sleep issues. She also founded a biofeedback laboratory for patients with stress-related disorders.

Dr. Boesler was chosen as one of New Jersey's top physicians by New Jersey Monthly magazine four years in a row.




Michael Cohen, Director and Chief of Neurotechnology

Mike is one of the leading experts in brain biofeedback. For more than 20 years he has helped children and adults feel better who suffer with a wide range of problems including ADHD, anxiety, insomnia, and learning and processing issues. He has taught neurofeedback to over 2,500 healthcare professionals, including medical doctors, all over the U.S. and the world.



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Health & Wellness MAGAZINE





ROLLING WITH THE CHANGES

Rolling with the changes continues for Florida Medical Marijuana Health Centers as they plan to grow into America's first Marijuana based national chain. The owners of the centers, Jerry Lee and Rob Fronrath recently signed an agreement with Canovis Health Centers of America. A merger that parlays into a name change and a national company. In the weeks to come you will see sign changes and label differences, but still delivering clean medical grade CBD oils and HEMP products manufactured in America. The health center's staffs are well prepared for the switch. They've been professional, knowledgeable, and helpful through a simple process in receiving a medical marijuana card. They specialize in the recommendations in obtaining your Florida Medical Marijuana card. They have licensed doctors Dr. Nicola Masse M.D. and Dr. Bennet Lewis M.D. on staff who are certified in the medical marijuana field. Here's a quick bullet point informational on the whole procedure.

Schedule an appointment with our doctor

- 10-15-minute examination
- If you have a qualifying condition, you will be entered into the state system and given a patient number
- We will supply you with the state required forms and instruct you on the application process
- Once your application has been submitted to the state you will receive an email in about 3 to 4 weeks with your card number
- Once your card number has been received you are able to purchase, possess, and use the medical marijuana according to your prescription

- Your actual card will arrive in the mail shortly there after

The switch from Florida Medical Marijuana Health Center to Canovis Health Centers of America will happen smoothly since they've maintained the entire medical and professional staffs. That eases the pressures of moving forward in the industry and becoming the first medical marijuana national chain. Rob and Jerry did not set out to be pioneers. They believe so much in the benefits from these oils they wanted to help make it available to everyone around. October 2017, they open the doors to the public.

Only 90 days into business they found themselves opening two more locations. Florida Medical Marijuana Health Centers now has 3 locations and 3 additional locations in conversations. It has been only six months since then and they just merged with Canovis Health Centers of America. And now their help concept will reach more people than they ever dreamed possible. Rolling with the changes is changing people's lives.



TESTIMONIALS:

"My 13 year old, 80 pound, chow/lab mix had to be helped to stand because of arthritis in her rear hips. I bought the CBD oil from this establishment and one hour after the first dose she actually stood on her own. She is also walking up and down the steps on her own. It hasn't turned her back into puppy status, but it sure has eased her pains. I started her on 7 drops, twice a day. Last week I upped it to 8 drops, twice a day. A 1 ounce bottle has lasted just over 2 months. Many thanks to the helpful, knowledgeable, and friendly staff at Florida Medical Marijuana Health Center for their excellent service and advice. Great place to go!!"

"I had the best experience ever in front of me when I had my appointment with Fla medical marijuana health. Center The doctor was so concerning and helpful in making my decision on getting my card. I would recommend this health center to anyone. Great experience!"

"Professional service with informative doctor and staff to help make the process go smoothly. I would highly recommend to anyone considering a medical marijuana card. They also have great quality CBD products."

"I have been with the Clinic since around September 2017 and I love these guys! They have helped me through the process to receive my MMJ card at an affordable price. I have even renewed there at my 6 months because the Medical Marijuana helps to relieve some of the pain I have due to a Tarlov Cyst 1.1cm on my S3. It helps with depression caused by the Cyst pain. The MMJ helps relieve some of the pain which allows me to be able to stand longer and walk better. I also suffer Wet AMD and take quarterly eye injections to prevent further blindness which is depressing too. I take it before receiving the shot which calms me. At night I use the Concentrate which improves my sleep. The clinic has an office lady named Stephanie that has helped me through issues when I was first certified. The owners have worked with changing their doctor that is much more understanding to patients needs. I will continue to use this place because I know I am taken care of!"



LOCATIONS:



**700 W Boynton Beach Blvd.
Boynton Beach, FL 33426
561-223-0743**



**6266 S Congress Ave.
Suite # L-8, Lantana, FL 33462
561-429-2105**



**804 U.S. 1, West Palm Beach, FL 33403
561-328-8384**



**Canovis Health Centers of America
7158 N. Nob Hill Rd., Tamarac, FL 33321**



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How Doctors Choose Surgeons

By David A. Goldman MD

When it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a "renowned" surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



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, micro-incisional 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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Developing Discipline

Here's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: **WHY ARE YOU NOT DOING IT?**

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, *"People who accept discipline are on the pathway to life, but those who ignore correction will go astray."* NLT

Here are three "Disciplines of Being Disciplined".

1. Persistence – "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.



2. Advance Decision Making – "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

3. Delayed Gratification – "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood

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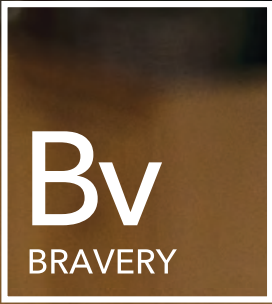
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When Pamela Klein discovered she had a rare form of lung cancer, being around for her family was all that mattered. After learning the survival rates for her specific cancer, she knew more had to be done. Pamela’s doctor referred her to Florida Cancer Specialists where she was put on a targeted therapy trial. In the past 3 years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation. Within months of her treatment, Pamela’s health dramatically improved, proving that when hope and science join forces, great outcomes can happen.

“My doctors at Florida Cancer Specialists and the clinical trials they offer are the reason I’m here today.”

-Pamela Klein, Patient & Lung Cancer Survivor

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