

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

Health & Wellness[®] MAGAZINE

November 2019

North Palm Beach Edition - Monthly



FREE

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**FALLING FOLLICLES:
"BIOHACKING BALDNESS"**

**NAVIGATING
THE MEDICARE PUZZLE**

**MAINTAIN LEG HEALTH
FOR AN ACTIVE LIFE**

**"IMMEDIATE DENTAL IMPLANTS":
WHAT EXACTLY DOES THIS MEAN?**

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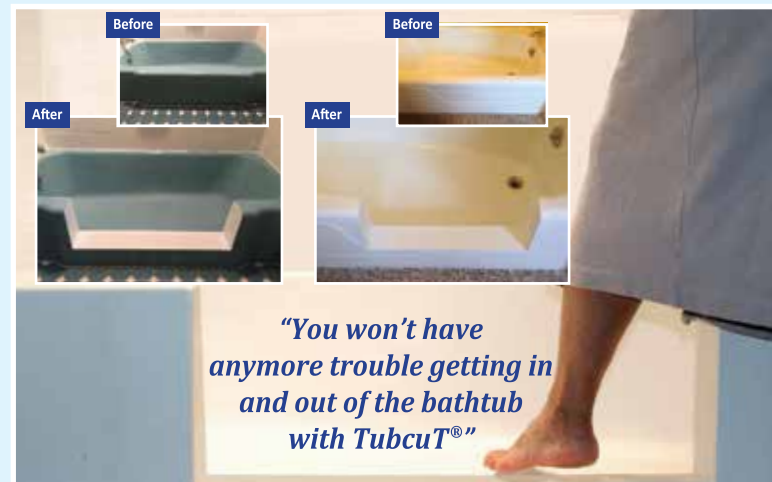
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FALLING FOLLICLES: “BIOHACKING BALDNESS”

By Alan J. Bauman, MD, ABHRS

FALLING FOLLICLES? You aren't alone. Over 80 million men and women in the U.S. are battling some degree of hair loss. While genetics play a key role in many hair loss cases, it's important to realize there may be other contributing factors as well. In fact, there are a host of other issues that can be contributing to your hair loss, such as illness, medications, stress, styling regimens, and other habits--which can all accelerate hair loss. Hair follicles, just like other parts of the body, such as skin, bones, teeth, brain, muscles, etc., are tiny mini-organs and require consistent and proper care, nutrition, and attention in order to keep hair youthfully thick and resilient as we age. While the hair strand itself isn't alive (like your fingernails), the underlying hair follicles are, and they need to be kept healthy or else you will soon find your hair becoming weak, brittle, dull, thin or even falling out.

If you are concerned about the health of your follicles, here are some tips, tricks, and treatments to help you “biohack” your hair loss with the help of a Hair Restoration Physician.

“BIOHACKING BALDNESS”

Today, thanks to a better understanding of the hair loss process, and a host of effective tools and treatments, we are able to protect and enhance the function of hair follicles at every stage of the process. While some mistakenly consider hair loss a cosmetic issue, the reality is, we are helping patients get back so much more than their hair. Hair restoration allows patients to feel younger, happier and more confident.

Hair restoration begins with data-driven “biohacking” methodology that is used to diagnose hair loss in its earliest stages when you have the best chance of slowing, or even stopping, the progression of hair loss. With the help of an advanced and highly sensitive scientific measurement tool known as HairCheck®, hair restoration physicians can accurately help you determine the amount and quality of hair growing in a given area of the scalp. This is an effective way to gauge the severity of your hair loss early on, and how well you are responding to restorative treatments in the critical time before the results are noticeable to the naked eye. Another breakthrough tool that is helping assess and diagnose hair loss are hand-held HairCam™ scalp microscopes with special dual-polarized LED lighting that can detect miniaturized hairs vs. areas of depleted density as well as help diagnose rare hair loss conditions and other scalp problems.

These advanced tools provide unique data that allows you and your hair restoration physician the opportunity to customize a treatment plan that not only avoids unwanted side effects but maximizes effectiveness and provide you with optimal results, based on what your follicles need to grow and be healthy. As with any health condition, each patient has different needs and will respond differently to treatment, so having the ability to gain this insight and data is invaluable when deciding upon or modifying a treatment regimen. *Advanced, leading-edge treatments that are available today include:*



HairCam™ scalp microscopes can detect miniaturized hairs vs. areas of depleted density as well as help diagnose rare hair loss conditions and other scalp problems.



The HairCheck® tool can accurately determine the amount and quality of hair growing in a given area of the scalp to gauge the severity of hair loss and measure results during treatment

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Hair Loss Risk Management – the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

For more information on the causes and treatments for hair loss, or to learn more about "biohacking" baldness, please visit www.baumanmedical.com or call **561-220-3480**.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRs
Hair Loss Expert

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated over 20,000 hair loss patients and performed over 9000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of "10 CEOs Transforming Healthcare in America" 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.



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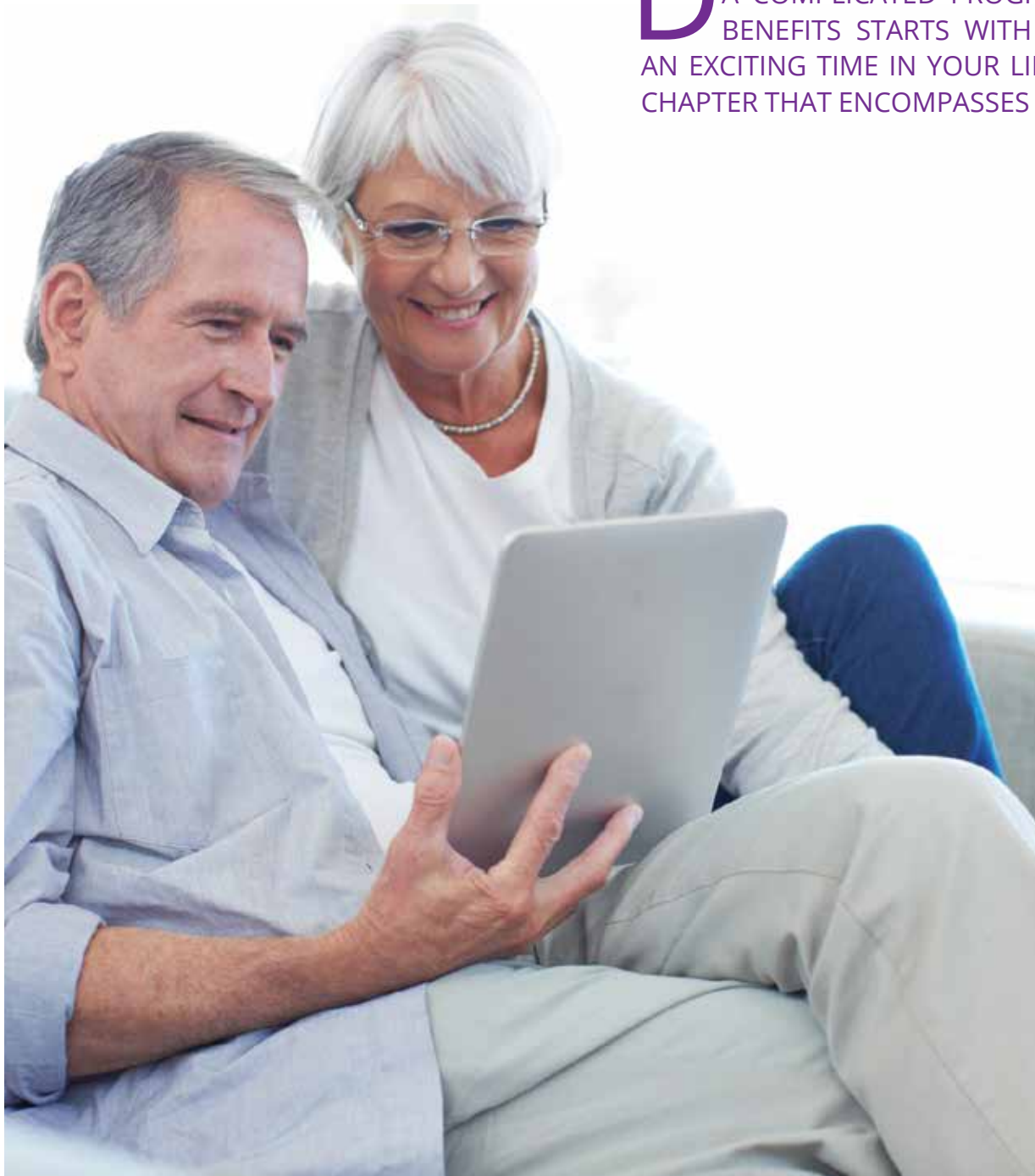
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TIPS ON FINDING A QUALIFIED HAIR RESTORATION PHYSICIAN

- A Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair growth.
- Look for full-time hair transplant surgeons who are certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Due to the limited number of full-time, experienced ABHRS-certified Hair Restoration Physicians worldwide, prospective patients should be prepared to travel and-or consult "virtually" via phone and video-call.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions about how to achieve your desired results and what should be done to maintain them.
- The ISHRS or International Society of Hair Restoration Surgery recently urged patients to avoid unprofessional clinics and unscrupulous practices that offer unsolicited financial incentives upfront. Ask yourself if a practice offering "free consultations," deeply discounted coupons, or financial rebates truly have your best interests in mind.
- Ask for a referral from your primary care doctor or dermatologist to a qualified, credentialed, full-time Hair Restoration Physician who is fully equipped, trained, and experienced in HairCheck, HairCam, and other technology to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

Navigating the Medicare Puzzle

DOES MEDICARE CONFUSE YOU? YOU ARE NOT ALONE. MEDICARE IS A COMPLICATED PROGRAM. WISELY MANAGING YOUR MEDICARE BENEFITS STARTS WITH UNDERSTANDING THE FACTS. AGE 65 IS AN EXCITING TIME IN YOUR LIFE. IT'S THE BEGINNING OF A WHOLE NEW CHAPTER THAT ENCOMPASSES THE WHOLE YOU (BODY, MIND AND SPIRIT).



Aetna Medicare is more than a typical insurer; we are a health company and we are devoted to helping you realize your health ambitions, big and small. We hope to join you in your health journey by turning your ambitions into achievements so you can age actively.

HOW DO YOU KNOW YOU'RE GETTING THE BEST ADVICE?

Guidance and support go a long way towards achieving your best health. That's why Aetna representatives help simplify Medicare and connect you to the right coverage, resources and care.

WHAT DO I NEED TO KNOW ABOUT MEDICARE?

Medicare is a sophisticated system, but maneuvering your way through the maze is the tricky part. You'll want to have the best coverage based on what your income will allow.

MEDICARE HAS SEVERAL PARTS:

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

Because (Original) Medicare only covers approximately 80% of Part B expenses, most individuals will need to enroll in supplemental coverage to cover the cost associated with outpatient services. We understand that a total



approach to health and wellness may be different for each of our members. That's why we offer a choice of Medicare Advantage, Medicare Supplement and Prescription Drug Plans (PDP) for supporting your unique health ambitions.

Having the right amount of coverage is key to taking care of the whole you. That's why we offer Medicare Advantage plans that cover your doctors (Part B), hospitalization (Part A) and prescription drugs (Part D) in one simple plan – some with added benefits for dental, vision care and fitness. Medicare Advantage includes PPO & HMO plans, which have co-pays or deductibles instead of the 20% balance that Medicare does not cover. The benefits depend upon the plan you select.

A Medicare Supplement plan (sometimes called, MediGap) may help protect your savings and peace of mind. Aetna Medicare Supplement plans are designed to fill the coverage gaps left by Original Medicare and place a firm limit on how much you pay each year. One of the benefits of pairing a Medicare supplement insurance plan with Medicare is the flexibility. You can use any doctor or hospital that accepts Medicare, and a network does not limit you. We have over

10 plans to choose from – to ensure you get the coverage you need, while minimizing out-of-pocket costs.

If you do choose a Medicare Supplement, it is important to add an additional PDP to cover your Prescriptions. Medicare Supplement plans do not include prescription drug coverage.

Sometimes feeling your best requires the right combination of prescription drugs. Since Medicare has no coverage for Part D, Aetna Medicare has a range of PDPs to support your health ambitions. They include a 60,000-strong pharmacy network. And, with a broad list of covered drugs – changes are good yours are on it.

HOW DO I FIND OUT MORE?

At Aetna Medicare, we understand the more you learn the more you know. In fact, Aetna has a legacy of caring for the whole person, providing care, trust and access to Medicare coverage since 1966. And, Aetna representatives advocate for our members' best health by helping them get the most from their benefits, building trust and always providing a clear path to care.



Lisa Sachs

Lisa Sachs is a licensed Field Sales Representative in Palm Beach County and has been a proud Aetna employee for ten years. She loves working with the senior community and is passionately dedicated to her clients. Lisa assists people with Medicare parts A and B, with enrollment in the HMO, PPO, POS and SNP (special needs plans for those with Medicaid) offered by Aetna. Her duties don't stop there though as she also specializes and assists members to see if they possibly qualify for additional government programs offered by the state of Florida such as Medicaid and the Extra Help program through Social Security. She believes in always being as available as possible and insists upon the highest level of customer service. "Sometimes just picking up your phone and sincerely showing that you care, is all someone might need at the moment", she says. "She makes a point to do just that by keeping her phone close to her at all times and even taking calls on weekends and holidays. "I feel the need to treat my clients the way I would want someone to treat my Mother or Father. Medicare can be a bit confusing and she prides herself on taking as much time as needed to fully explain the benefits of each plan and the enrollment process. For a phone or in house appointment Lisa can be reached at your convenience seven days a week at **(561) 267-1186**

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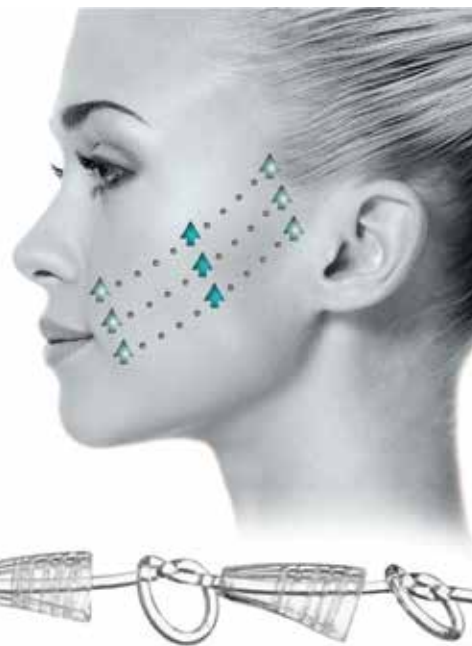
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This Silhouette technology is in a class of its own, it's not a filler and it's not your typical thread. It is both, "dual action" means it lifts and volumizes at the same time. It is an advanced micro-suspension technology that uses small (3D) 360 degree cones made from PLLA (also known as "Sculptra") to simultaneously lift skin and build collagen. The lifting effect is immediate while collagen production is gradual and peaks at about 8-12 weeks.

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Once the sutures are placed, the skin will be repositioned to obtain the desired lifting effect. The ends of the suture are then cut. The number of sutures applied depends on each individual patient's skin elasticity and condition of the skin. Possible side effects are, as with any procedure that involves needles, bruising and minor pain and swelling. This is an office procedure that takes about 45 minutes and lasts about 18-24 months. The Silhouette Instalift™ was FDA approved in April 2018 for use in the mid-face and was awarded the prestigious 2018 New Beauty Magazine breakthrough award. It has been popular in both South America and Europe for many years.

Silhouette Instalift™ now has different sutures with varying numbers of cones, depending on where on the body it is being used. The 8 cone suture is used on the face, whereas the 12 and 16 cone sutures can be used to lift butts, saggy skin above the knees, elbows and saggy belly skin. It also works well for cellulite.

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Medical Director, Daniela Dadurian M.D.
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Daniela Dadurian, M.D. received her medical degree from the University of Miami School of Medicine. She is certified by the Board of Anti-Aging & Regenerative Medicine and the Board of Laser Surgery. Dr. Dadurian has also completed a fellowship in Stem Cell Therapy by the American Board of Anti-Aging Medicine. She is a member of the International Peptide Society, the American Academy of Anti-Aging Medicine and the Age Management Medicine Group. Dr. Dadurian is the medical director of several medical spa and wellness centers in palm beach county with locations in West Palm Beach and on the island of Palm Beach. She is a leading expert in anti-aging & aesthetic medicine. Her state of the art facilities offer an array of anti-aging, functional medicine, cosmetic and laser therapies.

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WHAT IS BELL'S PALSY?

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



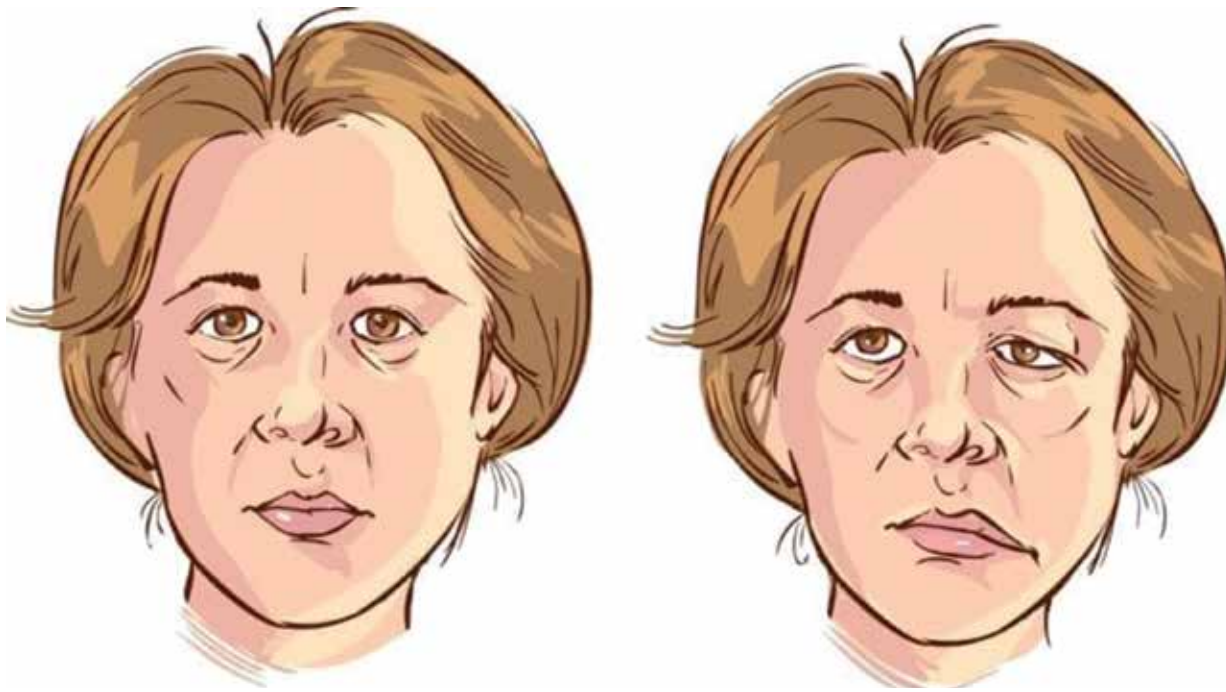
Bell's palsy is a nerve problem that affects the muscles of your face. It causes weakness or partial paralysis of the muscles on one side of your face. With Bell's palsy, your eyelid may not close properly and your smile may seem uneven.

Bell's palsy usually affects adults only. It is more likely to happen to people who have diabetes, are pregnant, or have a family history of Bell's palsy.

WHAT CAUSES BELL'S PALSY?

Generally, it is not known what causes Bell's palsy. However, doctors believe it may be due to one or more of these problems:

- problems in your body's immune system (how it fights disease)
- reduced blood flow to a nerve that goes to your face (the 7th cranial nerve)
- infection from a virus, causing swelling of the facial nerves



BELL'S PALSYP SYMPTOMS

Bell's palsy symptoms can appear all of a sudden. You may notice that you cannot smile on one side of your face. You may have trouble speaking clearly, and you may lose feeling in your face. You may have some facial pain just before or as it becomes weakened or partially paralyzed.

Your eyes may become dry and you may have blurry vision. One eye may not close completely, and it may feel irritated.

You might not be able to taste food as well as you could before. Also, you could have hearing problems, such as having things sound distorted or unusual.

Tell your primary care doctor or ophthalmologist if any of your symptoms get worse.

If you have symptoms on both sides of your face, you may have something other than Bell's palsy.

If your symptoms do not improve in a few weeks, your ophthalmologist may recommend an MRI. An MRI is a scan that provides images of tissue inside the body.

HOW LONG DO BELL'S PALSYP SYMPTOMS LAST?

For about 8 out of 10 people, symptoms of Bell's palsy start to improve in about 3 weeks. Symptoms should be nearly gone in about 2–3 months.

Some symptoms may remain, such as a small amount of facial paralysis or reduced movement on one side of your face. For about 2 out of 10 people, Bell's palsy symptoms never go away.

Your ophthalmologist can tell you how to relieve uncomfortable eye-related symptoms with Bell's palsy.

BELL'S PALSYP TREATMENT

There is no treatment for Bell's palsy. In most cases, it goes away on its own in a few weeks. However, your ophthalmologist can help manage the symptoms affecting your eye. Eye drops or other lubricants provide relief if you cannot fully shut your eye.

In some cases, corticosteroids, antiviral drugs or other medicine may be prescribed to help you heal from Bell's palsy



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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LUNG CANCER UPDATE

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%, 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%. So, a patient's chances of surviving lung cancer are three times greater when it is detected early.

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. Screening is recommended for people with a history of heavy smoking, defined as 30 pack years or more. A pack year means smoking an average of one pack of cigarettes per day for one year (for example: one pack per day for 30 years or two packs per day for 15 years). Check with your physician to see if you could benefit from a CT lung scan. Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? 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.

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% of all lung cancer cases occur in people who are smokers or have smoked in the past. The remaining 15% 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 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. In some cases, 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 with surgery. It may also increase the effectiveness of radiation, and can destroy hidden cancer cells at the earliest possible time.

One of the more recent areas of lung cancer research focuses on creating cancer vaccines. Cancer vaccine research involves triggering the immune system to recognize and attack cancer cells without harming normal cells. Unlike common vaccines that are used to prevent diseases such as mumps or measles, cancer vaccines are used to treat, not prevent, lung cancer. Although the research in this area is showing some promise, vaccines are currently only available in clinical trials.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has 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
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For more information, visit FLCancer.com

“Immediate Dental Implants”: What Exactly Does This Mean?

Many of our patients start their consultation for dental implants very confused from the numerous advertisements they have read. Often times, patients are not clear exactly what a dental implant consists of or how it can be used to help replace a missing tooth or teeth.

THE BASICS:

Teeth consist of 2 parts: the Crown- the part you see when you smile and chew with and the Root- the part in the bone and under the gums that gives support. When teeth need to be removed and replaced (this can be due to a number of factors such as decay or bone loss), one option is to use a dental implant. An implant is often referred to as a “root placement”. When the entire tooth is extracted, the crown and root are removed. This leaves an empty space or socket in the bone where the old root used to live. An implant or “new root” can ultimately be placed in the site of the socket and over time the bone in the area can “glue” itself to this implant. Typically, this gluing can take around 3-6 months. Once this occurs, a new crown can be cemented onto the implant to complete the process of replacing the tooth.

Traditionally, when a tooth is removed, a bone graft is placed in the extraction socket to aid in regrowing bone in the site. After a period of healing, an implant is placed into the area with the newly formed bone acting as a support structure for this new root. Three to Six months after the implant has been placed into the area, a crown can usually be attached to complete the process.



IMMEDIATE DENTAL IMPLANTS:

A more advanced technique that can be utilized involves placing the dental implant into the tooth extraction site at the time the tooth is removed. This can be very tricky as variations in bone anatomy, shape and hardness can impact the stability and position your surgeon can place the implant. On the positive side, research has shown that placing an implant at the time of tooth extraction may help preserve the jaw bone structure around the implant area. In addition, fewer procedures may be needed if the implant is able to be inserted in the same appointment.

Due to the additional complexity of this procedure, we find the use of a 3D x-ray (CT scan) of the mouth area to be critical to helping decide if the use of immediate implant placement is appropriate in each individual case. Having an in-depth knowledge of the anatomy, including location of the nerves and sinuses, can help identify the safest and least invasive approach.

No tooth replacement site is the same and success can vary patient to patient and site to site. In some situations, such as areas of significant infection, the traditional approach to implant placement may be a better option. The more information your surgeon has regarding the areas being considered for treatment can help increase success and assist with determining the best approach for your individualized needs.

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 Periolas 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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FACIAL REJUVENATION THROUGH ACUPUNCTURE

Acupuncture has been around for centuries, providing the Yin and Yang properties to release the flow of Qi (energy) to pathways and vital organs for peak health and wellness. When the tiny flexible needles are placed strategically in the dermal layer of the face or neck area (depending on your concerns), the stimulation brings notable contour along with brightness and a youthful glow.

You will first have an advanced evaluation to see which channels are blocked in your body that may be exacerbating facial wrinkles, age spots, acne, laxity, dark circles, or other areas of concern. Many times the symptoms that show signs of aging on the face are brought on by blocked energy and inflammatory responses in our internal organs. The acupuncture needles will be placed strategically in specific areas on your face and neck in need of rejuvenation.

COSMETIC ACUPUNCTURE IS AN EFFECTIVE, SAFE, NON SURGICAL TREATMENT TO REDUCE THE SIGNS OF AGING.



The ideal solution to other toxic methods of facial rejuvenation is to utilize the micro-circulation technique through increasing the qi and xue (energy and blood), which creates the youthful luminosity that most people want to achieve. As the flow of energy improves, a greater amount of vitality and blood are circulated into the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin and muscle tone.

Cosmetic Acupuncture is an effective, safe, non surgical treatment to reduce the signs of aging. Celebrities and the elite have been getting acupuncture facials for the past 20 plus years now, but even more notable is that the treatment has been growing in popularity by the general population that realizes the toxic free effectiveness of the method. That is why cosmetic acupuncture is on the rise.

BENEFITS OF FACIAL REJUVENATION PROGRAM:

Tightens pore, minimizes fine lines, improves muscle tone, and evens facial color and tone by:

- increasing circulation and oxygenation of the skin
- reducing acne outbreaks
- nourishing the skin for a healthy, natural, more radiant glow
- brightening the skin to reduce dull complexions
- increasing collagen and elastin production
- increasing lymph circulation
- leaving skin feeling refreshed and rejuvenated

In 6000 BC acupuncture originated in China. Instead of needles, at the time they utilized tiny hair thin bones. Cosmetic acupuncture for skin rejuvenating purposes has been the treatment of choice for thousands of years in China. As early as the Sung Dynasty (960AD- 1270AD), acupuncture was performed on the Empress and Emperor's concubines. For centuries, the Chinese have known that beauty radiates from the inside out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance.

Several years ago, a study was conducted in the International Journal of Clinical Acupuncture, which reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The results included: the skin becoming more delicate and fair, improvement of elasticity of facial muscles and leveling of wrinkles, a bright complexion, and overall rejuvenation.

Trusting your delicate face in the hands of a practitioner can be intimidating, that's why when you choose to have cosmetic acupuncture, its imperative to see an experienced licensed Acupuncture Physician and Doctor of Oriental Medicine like Dr. Meng.

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For over 20 years, Dr. Yanhong Meng has been practicing acupuncture. 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 look younger, please call
Meng's Acupuncture Medical Center today at
(561) 656-0717**

Dr. Meng, MD (China), AP, received her medical degree from the prestigious Shandong University in China and has also completed several advanced training courses in oriental medicine from well-respected TCM hospitals in China. She has over 18 years of experience as a doctor of Chinese medicine. She has owned and operated Meng's Acupuncture Medical Center since 2007.

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Maintain LEG HEALTH for an Active Life

FEET AND LEG PROBLEMS HAVE
A SEVERE IMPACT ON QUALITY
OF LIFE BUT CAN EASILY BE
PREVENTED BY MAINTAINING
OUR SECONDARY HEARTS.

WHY DO SO MANY PEOPLE SUFFER FROM PROBLEMS WITH THEIR FEET AND LEGS? SWOLLEN FEET AND ANKLES, NIGHTTIME LEG CRAMPS, RESTLESS LEG SYNDROME, VARICOSE VEINS, NON-HEALING LOWER LEG ULCERS, LOSS OF SENSATION IN THE TOES, ALL ARE REMARKABLY COMMON AMONG MIDDLE-AGED AND OLDER ADULTS.

Blame our upright posture, gravity, and soft skin. When we are sitting or standing, gravity is pulling the fluids in our body down into our legs. Because our skin is so soft, it stretches, allowing fluid to pool into our feet and legs as long as we continue to sit or stand. Older Americans sit, on average, for over 9 hours a day, while individuals who have desk jobs commonly sit for a total of over 13 hours each day.



FLUID POOLING

Blood pooling into the veins of the legs is one of the most common complications of our sedentary lifestyle and often becomes evident at a relatively young age. Venous pooling first appears as spider veins, then progresses over time to varicose veins. If not corrected, varicose veins can lead to venous insufficiency, a condition that can be very painful, and even dangerous, if it results in the formation of a venous embolism (blood clot).

Fluid pooling into the soft tissues of our legs (muscles, ligaments, tendons, and dermis) results in swollen feet and ankles and can lead to aching joints and nighttime leg cramps. The increased fluid pressure in the feet and legs also constricts blood flow to the nerves causing loss of sensation, typically starting in the toes.



HOW OUR SECONDARY HEARTS PREVENT FLUID POOLING

What normally prevents fluid pooling into the legs is our “secondary hearts.” The “secondary hearts” are the soleus muscles in the calves of the legs. These specialized muscles collect fluid which pools in the legs and pumps this fluid back up to the heart. The soleus muscles are postural muscles which are generally used to help us maintain a squatting posture. Our ancestors squatted much of the day, and in doing so kept their soleus muscles in good shape. In the modern world, we tend to sit when we rest, and so as we age our soleus muscles lose their pumping ability.

HOW TO RETRAIN YOUR SOLEUS MUSCLES

Fortunately, it is possible to protect your soleus muscles from weakening, or rebuild them if they are failing you. Performing toe-stands throughout the day is very helpful, as is squatting, instead of sitting, and Tai Chi and Yoga can involve substantial use of the soleus muscles.

Of course, postural muscles such as the soleus muscles require several hours per day of exercise to stay in shape, or to rebuild. This can be difficult for many people to fit into their daily routine or sometimes too challenging for older individuals.

Various types of exercise equipment have been developed to assist individuals in rebuilding their soleus muscles. The HeartPartner offered by Sonostics, for example, is a passive-exercise device utilizing technology to activate a reflex which stimulates the soleus muscles into action. It is easy and convenient to use at home or work

while sitting in an easy chair, or at a desk or table, for just a few hours over the course of a day. It also allows the individual to keep their socks and shoes on during use.

Feet and leg health complications have a severe impact on quality of life, but such complications can easily be prevented by maintaining our secondary hearts. Whichever secondary heart training strategy you select, make an effort to exercise each day to maintain not only the health of your feet and legs, but whole-body health as well.

“I would highly recommend it. I do think it’s had a positive impact for my initial use of just wanting to downplay my varicose veins and then also with my hands not being cold, it’s been a game-changer.”

Johanna, Endicott NY



DR. KENNETH J MCLEOD, Ph.D.

is President and Chief Executive Officer at Sonostics, developer of the HeartPartner. He also serves as Director of the Clinical Science and Engineering Research Center at Binghamton University in New York. Dr. McLeod received his Ph.D degrees in Bio-medical Engineering from the Massachusetts Institute of Technology.

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DO YOU HAVE KNEE PAIN? Does it keep you from certain activities? Do you take medication for knee pain? Do you have knee pain after exercise? Do you have difficulty going up and downstairs? Are you considering knee replacement surgery? Have you tried everything to get rid of knee pain without success? If you have answered yes to any of these questions you need to know your options.



Currently, an estimated 27 million people suffer from knee osteoarthritis, making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think their only option is surgery. Knee replacement surgery is indeed necessary for some people; however, there is a less invasive approach to relieving knee pain and potentially avoid surgery.

Causes of knee osteoarthritis

- Joint misalignment
- Postural imbalance
- Trauma
- Repetitive strain or overuse
- Abnormal gait pattern
- Age
- Previous knee injury
- Overweight
- Improper joint alignment

If you've been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take—there is another option. With knee arthritis, the cartilage breaks down and wears away leaving the bones to rub together causing pain, swelling, and stiffness, and limited range of motion in affected joints.

The American Academy of Rheumatology recommends the use of Supartz for one potential treatment option for osteoarthritis of the knee. Supartz has been shown to be effective for thousands of individuals relieving their knee pain without surgery.

At the Advanced Spine & Joint Institute, their goal is to give you the best chance of preventing knee replacement surgery, which is what arthritis frequently involves if left unprotected or untreated.

With knee replacement surgery, once done, there is no turning back to a more conservative approach. A total knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis.

Supartz is a gel like substance similar to the synovial fluid in your knees, which reduces inflammation and increases cushioning and lubrication of your knees immediately. Supartz is a purified compound, which is found naturally. This treatment protocol is used to treat the symptoms associated with arthritis.

Countless numbers of patients have experienced successful results with the Supartz treatment and are now experiencing life once again without knee pain.



"I was told I was bone on bone and needed replacement surgery. Knees are very important to me, as I am a dancer. I decided to address the problems and began injections. What a difference this is made in my life. Words cannot express how grateful I am for all that has been given back to me. Icing on the cake is I'm getting triple twirls (I'm 82 years young), which I have not done in years I highly recommend this treatment." – Patricia M.

Why do knee injections often fail? What is different about the Supartz procedure?

- They perform blind injections without image guidance
- They use antiquated equipment from as far back as 2001, even in some of the largest hospitals.
- They use Cortisone, which can have side effects

Most blind injections result in needle misplacement. With this much inaccuracy, it's no wonder most people never find relief. When properly injected into the knees, supartz helps to cushion and lubricate the knee joint, nurturing the cartilage for natural pain management. This solution helps to restore normal function to the knee, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.

The Advanced Spine & Joint Institute offers the latest therapies and technology to relieve joint pain more effectively without drugs or painful surgery. Their protocol system offers many

people a safe and straightforward technique to relieve chronic joint pain. They offer a no-cost, no-obligation consultation where you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options will be for your specific knee pain issues.

Benefits

- No surgery
- Little to no recovery time
- Immediate reduction in pain
- Return to normal activities shortly after treatment
- Accepted by most major insurances and Medicare

With so many people suffering from knee arthritis, the demand for this procedure has been overwhelming. Therefore, the Advanced Spine & Joint Institute had to limit the number of no-cost, no-obligation consultations. Please call **(561) 721-0492** now to confirm your appointment. To learn more, please visit their website at www.advancedspineandjoint.com.

**ADVANCED SPINE
&
JOINT INSTITUTE**

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Do the Holidays Make You Feel Even More Anxious?



Enjoy the holidays this year with less anxiety and less reliance on medication

By Michael Cohen
Director and Chief of Neurotechnology
Center for Brain Training

Holiday time is often stressful for everyone, but it can be almost unbearable for people who suffer from chronic anxiety and panic attacks.

DO YOU SUFFER FROM CHRONIC ANXIETY?

Take a moment to answer these questions:

- Do you feel fearful?
- Do feelings of fear “come out of nowhere?”
- Do you worry excessively?
- Do your worries result in physical discomfort such as sweating, irritability or difficulty making decisions?
- Do you have trouble concentrating, even on important matters?
- Do you have difficulty falling asleep or staying asleep?
- Do you have panic attacks?
- Do your symptoms make it hard to carry out day-to-day activities?

If you said “yes” to two or more of these questions you probably have anxiety – and you also probably already know it, especially if you’ve been plagued by these symptoms for six months or more.

Maybe you’ve tried medications and they didn’t help much, or you don’t want to take drugs.



For someone like you there's a solution called **neurofeedback** – and it doesn't involve drugs.

Why can't I talk myself out of my anxiety?

People who don't understand anxiety may tell you to calm down and not let things bother you. You may even tell yourself that, but if it were that easy you'd already be doing it!

Anxiety and fear are a normal state of mind when there's a true threat or danger. For most people, when the danger has passed, the mind goes back into a calm state.

People prone to anxiety have often suffered trauma either as a child or as an adult which wasn't dealt with through therapy or other means. This impacts their feelings of safety. The brains of people subject to chronic anxiety get “stuck on high alert,” making it difficult to go about daily life. No amount of logic changes how you feel. How can you concentrate, trust people or have normal interactions when your brain is telling you that your life or well-being may be at risk?

What is neurofeedback?

Neurofeedback is one of the most powerful technologies in the world for reducing anxiety and panic attacks. It helps the brain get “unstuck” from high gear and operate the way it should when going about day-to-day living.

Neurofeedback takes advantage of “neuroplasticity,” the brain's ability to change itself. It teaches the brain another way to respond to stimuli like everyday triggers. A computer

analyzes the brainwaves, then “talks back” to the brain using customized sounds and images. This feedback encourages positive brain activity, such as relaxation, focus and attention, and discourages the type of brain activity that causes anxiety. With repeated training, the brain learns to slip more easily back into a state of calm.

Do I have to do neurofeedback indefinitely?

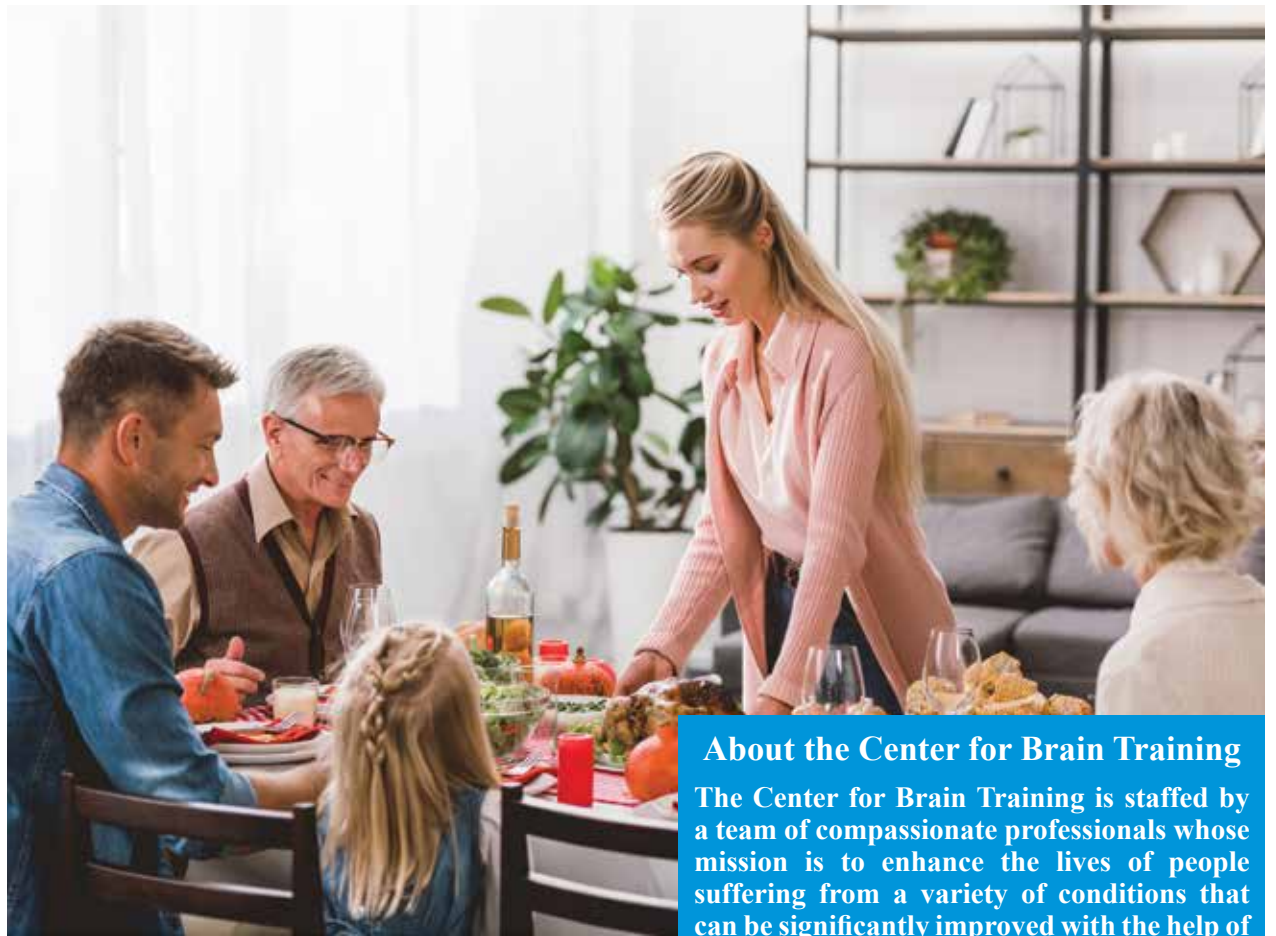
No. The number of sessions varies depending on the individual, but 25-30 sessions are sufficient for many people to have retrained their brain for long-term improvement.

Does neurofeedback do the same thing that medication does?

In some ways, yes, but in one important way, no.

Both neurofeedback and medication calm the brain. The difference is that medication doesn't have any permanent impact on brain function. Once the medication wears off, you're right back where you started.

Neurofeedback, on the other hand, teaches the brain a different way to handle the stimuli of life, reducing its tendency to overreact to the situations encountered in day-to-day life. Many of our clients have been able to reduce or eliminate anxiety medications.



About the Center for Brain Training

The Center for Brain Training is staffed by a team of compassionate professionals whose mission is to enhance the lives of people suffering from a variety of conditions that can be significantly improved with the help of neurofeedback and other brain technologies.



**Michael Cohen, Director
Center for Brain Training**

Mike Cohen is a leading expert in brain biofeedback. For over 20 years he's worked with clients, taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate into their practices new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems

**Learn more about neurofeedback at
our free informational seminar
Wednesday, November 20, 6-7:30 p.m.
Call **561-377-0124** for details or visit www.centerforbrain.com**

CLIENT STORIES

Cecily, 52, had suffered from anxiety and depression since her late 20s following a serious car accident. Medications helped at first but eventually did not. Doctors ran out of ways to help her, and her anxiety surged.

Cecily became increasingly fearful. She stopped participating in normal activities and felt completely overwhelmed. An intensive and comprehensive intervention of neurofeedback and other therapies at the Center for Brain Training, along with an adjustment of her hormones, and acupuncture, broke her cycle of anxiety and depression. Today she is sleeping without medication and living a calm and peaceful life.

Brett, 24, had become so paralyzed by panic attacks that he had been unable to work or drive for two years. He was on heavy-duty mood stabilizers, an antipsychotic medication and other drugs. The medications helped somewhat but not enough for him to function.

After one month of neurofeedback sessions 3-4 times per week his panic attacks and extreme anxiety diminished, and he was able to drive again. Now that he knows how to calm himself he reports feeling “completely normal.”

Melissa, 47, had anxiety so severe that she was unable to drive, couldn't pay attention to anything and was afraid to leave her house. She took numerous medications for anxiety and sleep but did not improve. By the time Melissa came to the Center for Brain Training, she had been suffering extreme anxiety for a solid year with very little relief.

After a month of neurofeedback, Melissa began feeling much calmer and was sleeping better. She started leaving the house and was even able to get and keep a job. Following three months of treatment Melissa appeared in our office bright, cheerful and engaging, without any anxiety symptoms.



**Center for Brain Training
is located at:**

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**561.744.7616
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Want to put the spark back in your relationship? REJUVAation Medical Center offers two revolutionary procedures RejuvaWAVE® and RejuvaEnhancement that turn back the clock on sexual vitality and vigor. With these advanced procedures, men of all ages can enjoy a spontaneous, active sex life once again, as they did in when they were much younger.

Simply Men's Health REJUVAnation Medical Center is a leader and pioneer in the field of men's sexual health. They use exclusive, patented, state-of-the-art equipment RejuvaWAVE® (acoustic-pressure wave) combined with RejuvaEnhancement (umbilical stem-cell procedure) to reverse and cure the underlying cause of erectile dysfunction. No pills. No needles. No surgery.



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

RejuvaEnhancement® Amniotic Stem Cells



- REPAIR
- REGENERATE
- RESTORE

These procedures naturally improve blood flow to the penis by stimulating the growth of new blood vessels and opening up blood vessels by removing micro-plaque. They optimize sexual performance, enhance size and fullness of erections, increase sensation, and reverse ED and Peyronie's Disease. Patients have seen incredible results in a very short amount of time.

"I'm in my '70s and have diabetes, bypass surgery and prostate cancer," says one patient. "I had tried everything and thought my sex life was over until I came to Simply Men's Health. The results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. I feel like Superman!"

Owner of Simply Men's Health REJUVAnation Medical Center, Joan Katz, M.D., a Harvard-trained



physician in preventive and anti-aging medicine adds, "Simply Men's Health was designed to be a haven for men to confidentially restore men's sexual vitality. With our exclusive RejuvaWAVE®, we reverse the underlying cause and restore spontaneity."

All exams and procedures are done by male physicians and medical providers. Men of all ages can benefit from the treatments exclusively found at Simply Men's Health, including younger men who want to enhance size, optimize their sexual performance and improve their sexual health.

The medical center, specializing in regenerative medicine, also treats and cures other common issues, including hair loss and low testosterone, and uses stem cell therapies for anti-aging, sports injuries, knee pain, arthritis and chronic conditions.

- RejuvaWAVE® Shockwave Therapy to Cure ED and Peyronies Disease (PD)
- Non-Surgical Hair Restoration
- RejuvaEnhancement Priapus Shot
- Bio-Identical Testosterone Hormone Replacement
- Umbilical and Amniotic Stem Cell Therapies for Auto Immune Conditions and Chronic Diseases
- Knee and Joint Umbilical and Amniotic Stem Cell Therapies
- IV Anti-Aging Regenerative Medicine
- Medical Profiles Special Advertising Section

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TubcuT[®]

Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.

Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

The TubcuT® is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT® as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT® creates an opening that fits your needs. Unlike cap systems, The TubcuT® adapts to you and what your lifestyle requires. With TubcuT's® exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT® threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® Follows the same exact contour of your tub there, and there is no ledge on the threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT® is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!



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CANNABINOIDS MAY BE USEFUL in TREATING The Side Effects of CANCER AND CANCER TREATMENT

By federal law, possessing cannabis (mariju*na) is illegal in the United States unless it is used in approved research settings. Yet, a growing number of states, territories, and the District of Columbia have passed laws to legalize medical mariju*na.

Cannabis contains cannabinoids, also called phytocannabinoids, which cause drug-like effects in the body, including the central nervous system and the immune system.

The main psychoactive cannabinoid in Cannabis is delta-9-THC, while another active cannabinoid, cannabidiol (CBD), might alleviate pain and lower inflammation without causing the high of delta-9-THC.

The website of The National Cancer Institute, which is part of the US Department of Health, indicates that 'cannabinoids may be useful in treating the side effects of cancer and cancer treatment'.

The website also adds that no ongoing studies of cannabis as a treatment for cancer in people have

been found in the CAM on PubMed database maintained by the National Institutes of Health. Yet, small studies have been done, but their results have not been reported or suggest a need for larger studies.

Cannabis and cannabinoids have been studied as ways to manage side effects of cancer and cancer therapies, including pain, nausea, appetite loss, as well as pain, and anxiety.

The National Cancer Institute suggests that laboratory and animal studies have shown that cannabinoids may be able to kill cancer cells while protecting normal cells. They may inhibit tumor growth by causing cell death, inhibiting cell growth, and blocking the development of blood vessels needed by tumors to grow.

Note that both explicitly declare that ongoing studies on the matter are mostly laboratory and animal studies, and the only published clinical trial on humans found “no significant clinical benefit.”

Researchers added that, at the time, there is a lack of evidence that recommends patients to inhale or ingest cannabis as a treatment for cancer-related symptoms or side effects of cancer therapy.

In US states where it is legal for medicinal application, cannabis has been commonly used by cancer patients as a way to alleviate pain.

However, The Cancer Research Charity cautiously explains that there isn’t enough reliable evidence to prove that cannabinoids, whether natural or synthetic, can effectively treat cancer in patients, although research is ongoing around the world. Therefore, even though cannabis and its derivatives may help to alleviate disease- and therapy-related symptoms, there is still no clinical evidence of its anti-cancer efficacy.

As medical mariju*na can help with certain conditions, researchers investigate its possible positive effects on various diseases, including cancer. For instance, it has been recognized as one way of dealing with nausea caused by chemotherapy.

Also, one 2014 study on using cannabinoids and radiotherapy to tackle aggressive brain cancer has shown promising results, but we are still at the “inconclusive evidence” stage.

The FDA says that the claims that certain CBD-based products can kill off cancer cells or combat tumors in any way are simply unfounded, and companies should stop advertising them as anything close to being cures for cancer.

Yet, it also points out that we still don’t know enough about cannabis, but the recent moves



to legalize it urge scientists to gather detailed evidence about its effects on our body.

The agency also published a consumer update on its website to address some of the numerous claims surrounding this prevalent cannabinoid and attempts to dispel the notion that it is some kind of risk-free miracle drug.

On the website, the FDA claims that it recognizes the significant public interest in cannabis and cannabis-derived compounds, particularly CBD, but there are many unanswered questions about the science, safety, and quality of products containing it. Therefore, they now work on answering them.

It adds that CBD products are still subject to the same laws and requirements as FDA-regulated products that contain any other substance. Moreover, the FDA explains that it has not approved the use of any other CBD product that the one prescription drug product used to treat rare, severe forms of epilepsy.

EDITOR’S NOTE:

The article was previously published with a title: “U.S. Government Finally Admits Cannabis Really Does Kill Cancer Cells”, indicating that the National Cancer Institute (NCI) “admits that mariju*na kills cancer”. However, this was later found to be untrue, as the NCI fact sheet clearly states that the use of mariju*na in cancer patients is limited to “treatment of cancer-related side effects”, and that cannabis has not been approved for use in anti-cancer treatment.

What is true is that it argues that mariju*na is used to alleviate various symptoms in cancer and other illnesses, and this has been supported by the NCI PDQ Summary on cannabis and cannabinoids.

The article also overstated the importance of the finding of “a men’s health study” that showed that cannabis use was correlated with a lower risk of bladder cancer. In reality, the study itself emphasizes the fact that it did not establish a cause-and-effect relationship.

Note that the studies featured in the NCI articles declare that ongoing studies on the matter are mostly laboratory and animal studies, and the only published clinical trial on humans found “no significant clinical benefit.”

While an increasing body of evidence shows that cannabinoids work against cancer cells from many angles, we still lack the demonstration that the in- vitro effects translate into any benefit for people living with cancer.

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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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Faith. A powerful element in fighting cancer.

Joyce Dean has more energy than most 70-year-olds. She’s full of stories about love, family and her days as the first African American professor at Edison Community College. 25 years ago, Joyce went for a routine annual physical. She was diagnosed with advanced multiple myeloma—a cancer with a grim prognosis at the time. She was referred to Florida Cancer Specialists, and she’s been a patient ever since.

Living with cancer hasn’t been easy, but with over two decades of compassionate, cutting-edge care, and a little faith, Florida Cancer Specialists has shown Joyce that when hope and science join forces, great outcomes can happen.

“Without Florida Cancer Specialists, I wouldn’t be here.”

-Joyce Dean, Patient & Cancer Fighter

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