

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

# Health & Wellness<sup>®</sup> MAGAZINE

April 2022

North Palm Beach Edition - Monthly

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**FREE**



**COLORECTAL/COLON CANCER**

**ARE YOU FOOLING YOURSELF  
ABOUT YOUR HAIR LOSS?  
WE CAN HELP – AND THAT'S NO JOKE**

**IMAGINE FAT REDUCTION  
AND MUSCLE TONING IN ONE:  
CHECK OUT TRUBODY BY CUTERA**

**AN ALTERNATIVE  
TO PAIN MEDICATIONS**

**I WANT A DENTAL IMPLANT  
BUT I WILL BE LEAVING SOON  
FOR THE SUMMER...  
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# Colorectal/Colon Cancer

**W**hen it comes to colorectal cancer, the facts can be scary. Fortunately, the availability of effective early screening and the ease of making simple lifestyle changes brighten the outlook.

Overall, in the U.S., 1 in 23 men (4.3%) and 1 in 25 women (4%) are at risk of developing colorectal cancer in their lifetime. It is the third most common form of the disease and the second leading cause of cancer death in the nation.

Colorectal, or colon, cancer encompasses cancer of the colon and the rectum, which are parts of our digestive system that process and help pass foods, water and waste material out of the body. The colon, or large bowel, is the first part of the large intestine and is about five feet long. The rectum and anal canal make up the last part of the large intestine, at six to eight inches long. The anal canal ends at the anus, the opening of the large intestine to the outside of the body.

This form of cancer occurs when cells grow out of control. These abnormal growths, called polyps, can over time become cancerous.

## Few Early Warning Signs

There are often no signs or symptoms of colorectal polyps or cancer, which is why screening is so important. As a tumor grows, it may bleed or block the intestine. The most common warning signs include blood in the stool or in the toilet after a bowel movement, dark or black stools, or bleeding from the rectum. Any symptoms should be reported to your primary health care provider right away.

## Early Screening Tests Matter

Screening tests can detect polyps at an early stage, so they can be removed before turning into cancer. According to the Colon Cancer Coalition, when detected in its early stages, colon cancer is more likely to be cured, treatment is less extensive, and recovery is much faster. The five-year survival rate when colon cancer is diagnosed at early stages (Stage 1 and Stage 2) is 90 percent.

## Know Your Screening Options

The risk of developing colorectal cancer increases with age. The majority of cases occur in adults age 50 and older. For colon cancer, the average age at diagnosis is age 68 for men and age 72 for women. For rectal cancer, it is age 63 for both men and women.

The American Cancer Society recommends regular screenings beginning at age 45. The five most common tests are summarized here by the National Cancer Institute:



- 1. Fecal occult blood test** checks for blood in the stool that can only be seen with a microscope.
- 2. Sigmoidoscopy** uses a thin, tube-like instrument to look inside the rectum and lower colon for polyps, abnormal areas or cancer. Polyps or tissue samples can be removed and checked under a microscope for signs of cancer.
- 3. Colonoscopy** is a procedure that looks inside the colon and can remove polyps or tissue samples to be checked for cancer.
- 4. Virtual colonoscopy** takes a series of x-ray images to show polyps or other abnormalities on the inside surface of the colon.
- 5. DNA stool test** checks DNA for genetic changes that may signal cancer.

Decisions about screening tests and preparing for them may cause anxiety. It's best to consult your doctor to gain a full understanding of the benefits and any risks, and determine which test is recommended for you and how often you should be screened.

## Know Your Risks and How to Reduce Them

If you have Crohn's disease, ulcerative colitis or other inflammatory bowel disease or a family history of colorectal polyps or cancer, you may be at higher risk. Radiation to the abdomen or pelvic area to treat prior cancers can also increase risk.

A lack of regular physical activity, being overweight or obese, a diet high in fat and lacking fruits and vegetables, as well as tobacco use and alcohol consumption, can also contribute.

A cancer diagnosis at any age can be life changing. Colorectal cancer treatments can include surgery, chemotherapy and radiation therapy. Your physician will personalize treatment options for your unique needs. Increasingly, thanks to ongoing clinical advancements, a growing number of patients diagnosed with colon cancer will go on and live a normal life.

## World-Class Cancer Treatment Close to Home

About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute (FCS) offers patients access to more clinical trials than any private oncology practice in Florida. In the past four years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists' participation.\* Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as Top Doctors by *U.S. News & World Report*.

Founded in 1984, Florida Cancer Specialists has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



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# ARE YOU FOOLING YOURSELF ABOUT YOUR HAIR LOSS?

## We Can Help – and That’s No Joke

By Alan J. Bauman, MD, ABHRS

April’s known for pranks – a jokester pins a silly sign on your back or puts salt in your sugar bowl, with everyone in on the joke but you.

But let’s face it – if you’re ignoring or trying to hide thinning hair, you might be pulling the biggest prank of all this month on yourself – and that’s no laughing matter.

Thinning hair isn’t likely to reverse itself without professional intervention. And that bald spot sporting a comb-over? For many men, that hair’s not coming back on its own, no matter how much you want it to.

But you likely already knew that.

Fortunately, you have a “secret weapon” at your disposal – actually lots of secret weapons. Hair problems in April or in any of the other months of the year are no match for Bauman Medical, where helping your hair look better than you thought it ever could again is no joke.

We’re internationally famous for our hair transplants (more about those below), but there’s so much more we can do. No kidding.

If there’s a way to regenerate your hair, we offer it. Here are three of our most popular regenerative technologies:

### BAUMAN TURBO LASERCAP®

In just five minutes a day, you can achieve improved hair growth at home with our medical grade Bauman TURBO LaserCap® which provides low-level laser therapy (also known as red light therapy). It’s FDA-cleared, portable, hands-free, cordless and rechargeable. It’s also drug and chemical-free with no risk of side effects.

Proper and consistent use of medical-grade low-level laser therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth.

### PRP (PLATELET-RICH PLASMA)

PRP is a comfortable in-office procedure that takes about an hour with no recovery time, downtime, or significant risk. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, and then painlessly applied into the scalp under local anesthesia where weak hair follicles exist. When performed using the appropriate concentration of platelets and proper application techniques, you can expect hair growth improvements that last a year or more from a single treatment.

### PDOgro™

Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp have been shown to stimulate hair regrowth. Typically performed in combination with PRP in a no-downtime “lunch-break” procedure, the threads are comfortably applied into the scalp. They dissolve and are absorbed over time, safely stimulating collagen production, new blood vessel formation, and a release of powerful rejuvenating growth factors.

### FUE HAIR TRANSPLANTS

Some people’s hair loss is too advanced for our regenerative approaches. Your hairline may be receded, your crown just too thin, or your hair follicles severely depleted or gone.

No time to fool around.

It’s time to harness the *power of the transplant*.

Luckily, hair transplant procedures have become more effective, comfortable, and 100% natural-looking in recent years due to major innovations in techniques and technology. The latest type is known as FUE (follicular unit extraction).

FUE hair transplantation allows for the harvesting of follicles without leaving behind a telltale linear scar and with the added benefits of a shorter, less restricted, and more comfortable recovery. Results are natural looking, not like the old-fashioned “plugs” that your father or grandfather may have had decades ago.

Bauman Medical employs several types of FUE depending on your particular need or situation. Among our most popular FUE procedures is the “No-Shave Long-Hair Preview” VIP/FUE™.

This breakthrough minimally invasive hair transplant procedure offers patients all the advantages of traditional FUE, including no staples, no stitches and no-linear-scar, and a more comfortable and less restricted downtime compared to outdated invasive linear FUT “strip” harvesting.





Before and 12 months after



Before and after FUE Hair Transplant by Dr. Alan Bauman

What makes it different? It's the only transplant procedure not requiring any trimming or shaving of the donor area. That means no dramatic change in your hairstyle after the procedure (such as looking like you had a buzzcut), making it totally discreet. It includes the unique benefit of the "long hair preview," which allows you to see the results of your transplant immediately after your procedure – making it the ultimate experience in minimally-invasive hair transplantation.

#### LEARN MORE

We take your situation very seriously, but it doesn't mean we won't try as hard as we can to fool other people into thinking that the hair we help you grow is completely natural.

Don't wait another day to find out about all we have to offer a man (or woman) who wants to restore their hair. Call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at [www.baumanmedical.com](http://www.baumanmedical.com).

## WHAT DO HAIR TRANSPLANT CREDENTIALS MEAN?

I know I'm not the only hair restoration surgeon you'll discover in your research, but I believe I'm one of the most well-qualified and experienced ones you'll encounter. Before choosing someone for this important decision, I encourage you to only settle for someone who meets all of these credentials:

- Certification from ABHRS – American Board of Hair Restoration Surgery. After more than 20 years, only approximately 200 doctors worldwide have received this certification through a rigorous written and oral board examination process. It is the only recognized certification in the field of Hair Restoration Surgery.
- A fellow of the International Society of Hair Restoration Surgery (FISHRS). Less than 10% of all ISHRS members worldwide have achieved the coveted "Fellow" status recognizing their continuing commitment to excellence and having met exceptional educational criteria.
- Membership in the International Alliance of Hair Restoration Surgeons (IAHRS). This elite group was hand-selected by the premier consumer organization dedicated exclusively to protecting hair restoration patients through their commitment to excellence. IAHRS members represent only the best in the discipline and the true leaders in surgical hair restoration.
- Membership in the American Hair Loss Association (AHLA). The AHLA is committed to educating and improving the lives of those affected by hair loss. They are the authoritative source of information for people with hair loss and the healthcare professionals that care for them.



## About Dr. Alan J. Bauman



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

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 33,000 patients, has performed more than 10,000 hair transplant procedures and over 10,000 PRP's since starting his medical hair loss practice, Bauman Medical in 1997.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS). Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive FUE Follicular Unit Extraction, VIP|FUE™, Low-Level Laser Therapy, PRP Platelet Rich Plasma, PDOgro™, eyelash Transplants and others.

Dr. Bauman was voted "#1 Top Hair Restoration Surgeon" in North America by Aesthetic Everything for the 6th consecutive year, "Top Hair Restoration Surgeon of the Decade", and received the 2022 "Lifetime Achievement Award in Hair Restoration". He was also recognized by Forbes as one of "10 CEOs Transforming Healthcare in America."



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# Imagine **Fat Reduction** and **Muscle Toning** in One:

## Check Out **truBody** by **Cutera**

**F**or so long we have been told that a proper diet and consistent exercise was the only way to meet our lifestyle goals or create a perfect body. In some ways, like valuing a healthy lifestyle in terms of diet and exercise, this still holds true; however, there is a protocol developed recently to not only blast away fat but tone and build muscle definition at the same time. For the first time in the aesthetics arena, two technologies, truSculpt iD and truSculpt Flex by Cutera were combined to create truBody, a protocol that targets fat and muscle in the same treatment plan. truBody is a solution for those hoping to achieve a specific appearance when dieting and exercise is simply not enough. This protocol is ideal for those who are already in shape or are enthusiastic in their workout routines and dedicated to a healthy diet and lifestyle; hoping to address those pesky areas that they continue to struggle with.

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Recently, many body sculpting technologies have been introduced to the medical aesthetic industry. However, no treatment has shown results such as those of truSculpt iD. truSculpt iD provides a hands-free and customizable fat-reducing treatment through non-invasive, Monopolar radio frequency platforms that use Real-Time Temperature Control. Real-Time Temperature Control works to treat an entire fat layer, which has been clinically proven to safely and permanently reduce an average of 24% of fat in an area, with no downtime. Because truSculpt iD has no downtime or required recovery, it makes the perfect first step in the truBody protocol. Additionally, truSculpt iD uses this industry disrupting radio frequency instrument to tailor each treatment to the patient's long-term body aesthetic goals. The radio frequency works to break apart and destroy fat through Apoptosis, which is a medical system that literally kills fat cells. Over the next 12 weeks,

patients' bodies will naturally remove these dead cells from the area and of the body. Another benefit of this treatment is that depending on which area the patient wants to address, it can be performed quickly; sometimes receiving the treatment in less than 15 minutes. truSculpt iD is tailorable but also incredibly versatile as the design of the technology allows for treatments on small areas and large areas of stubborn fat. Unlike competing body sculpting technologies like CoolSculpting, the applicators and devices used with truSculpt iD allow even more specific or rounded areas to be targeted, in combination with larger or flatter areas, all at once. truSculpt iD is almost completely pain free, with little discomfort ever disclosed by patients. While it is not a system for weight loss, truSculpt iD provides an option to patients hoping to truly meet their body sculpting needs, before proceeding with the next step in the protocol, truSculpt Flex.



truSculpt Flex is the second technology used to create a lean and defined appearance that is typically hard to achieve. A muscle defining and sculpting device, truSculpt Flex has the ability to perform personalized treatments on patients following their truSculpt iD experience, customizing the second treatment in the protocol based on the patient's fitness levels, goals, and current physique. Using Multi-Directional Stimulation (MDS),

truSculpt Flex produces a method of electrical stimulation of the muscles using three treatment modes, which replicate intensified crunch, squat, and twisting actions. Only truSculpt Flex has been able to achieve fast results and treat multiple areas of the body at the same time; unlike its competitor, Emsculpt. This technology can treat up to three areas of the body at once, making it more convenient for patients who want to sculpt more than one part of the body. Over a 45-minute treatment session and using two to sixteen applicators, the treatment is completed. As previously noted, there are three unique modes used during these 45 minute treatments: Prep, Tone, and Sculpt. Patients will have a customized experience based on their specific needs, but mainly, their current fitness levels. Prep Mode is the recommended and best choice for starting this treatment cycle, as it works to elongate and stretch muscles, preparing them for toning and sculpting in the following sessions. It is

important to note however, that Prep Mode may only be used in a cycle once for someone who is already lean and defined versus an individual who needs a muscle memory refresher. Regardless of the timeline of each patients' protocol, the results over the next few weeks will be successful, as the technology is multifaceted.

As a standalone treatment, truSculpt Flex is the only technology available that can perform a non-surgical buttlift by strengthening the gluteus muscles.

Initially, two treatments per week are performed. There is a recommended amount of six treatments in the protocol in order to establish the type of results patients hope to see. Therefore, it is recommended that patients receive 4 treatments in a time frame of 2 weeks, no closer together than two days and no further apart than seven. Following the consecutive weeks of treatment, a maintenance program will be designed by Dr. Dadurian for each patient and their individual goals and needs.

Together, these truSculpt iD and truFlex iD have the ability to burn fat and define muscle in even the most stubborn places, with quick results and no downtime. Spend less time in the gym and call MD Beauty Labs today to book a complimentary consultation.



**Medical Director, Daniela Dadurian M.D.**

\* Board Certified Anti- Aging Medicine

\* Board Certified Laser Surgery

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

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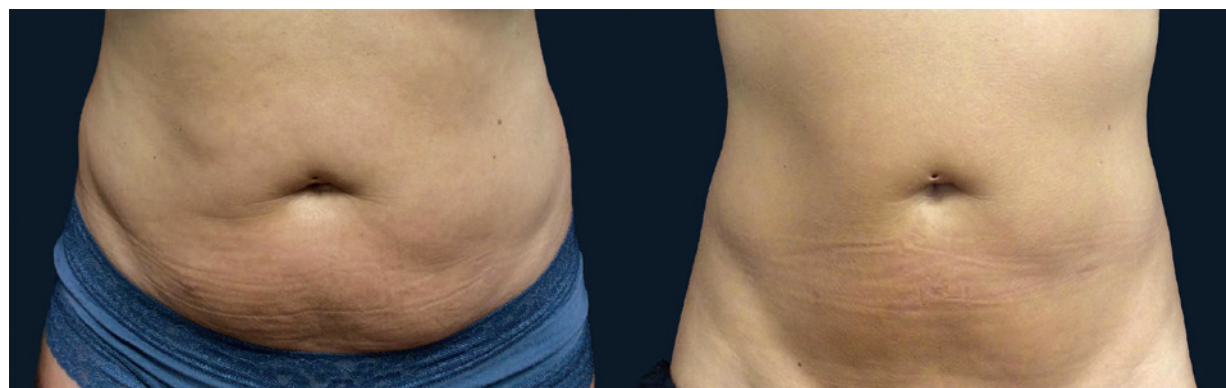


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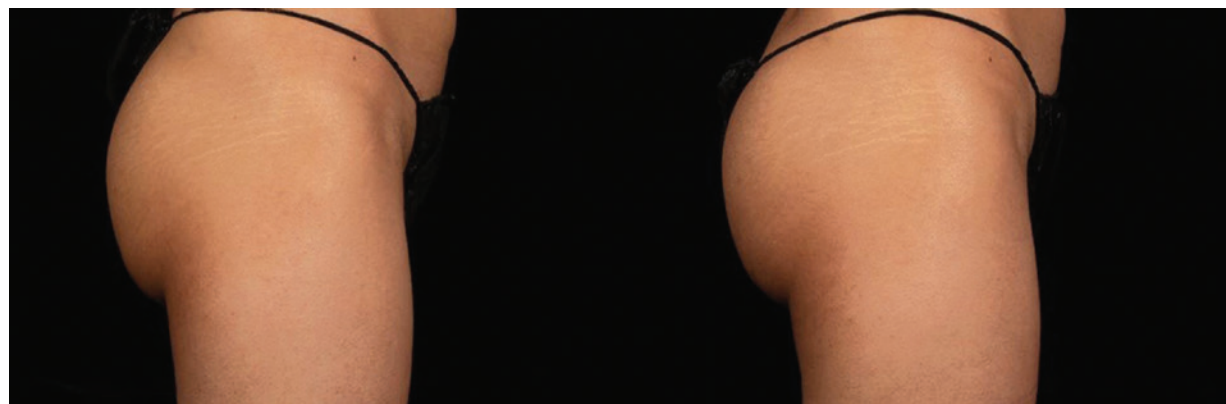
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Before

truSculpt® iD

12 weeks after 1 Tx



Before

truSculpt® flex

Immediately After 4 Txs



# An Alternative to Pain Medications

**C**hronic 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.



**W**ith 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.

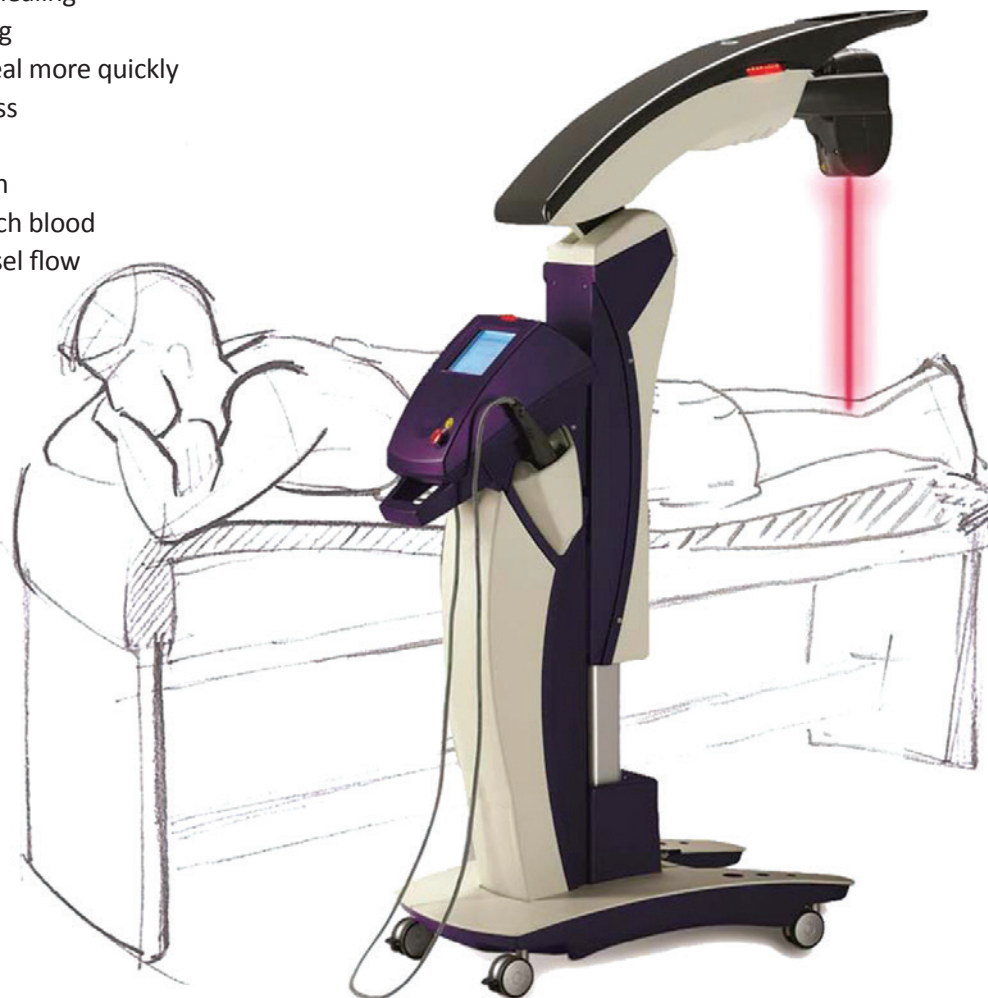
Laser Therapy uses no thermal or heating effect; it creates microcirculation around the soft tissue and nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light 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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## I Want a Dental Implant But I Will Be Leaving Soon For the Summer... What Can I Do?

**M**any of our “snowbird” patients run into this dilemma during the late winter and early spring. This particular question is one we are asked routinely with good cause. Understanding the steps of dental implant therapy can help simplify the decision process when it comes to timing treatment around your schedule.

### THE PROCESS:

Dental implants can be used in many different ways. They can serve to replace a single tooth, multiple teeth or even help restore a smile and chewing function for your whole mouth. The easiest way to understand a basic dental implant is to think about a single tooth. A tooth has 2 parts: the crown (which you see when you smile) and the root (which anchors the tooth in the bone). A dental implant is nothing more than a replacement root.

Once the tooth is extracted, a new root (the implant) can be placed in the empty socket where the old root used to live. The implant is typically hidden under the gum tissue and is not visible. As the area heals, the implant “glues” to the bone. This typically occurs with a high probability of success, but as with any procedure, there are no guarantees. It is also important to remember that medical issues and personal habits, such as smoking, can impact if the dental implant “takes”. The time for this healing and gluing can vary. The range of time is determined by a number of factors based on your individual situation, but often ranges from 12 weeks to 6 months. After successfully gluing to the bone, the implant root is ready to have your dentist fabricate the crown.

### THE WAIT:

In a typical treatment, time is needed for the implant or implants to glue to the jaw bone. If the implant and bone have not fused and a crown is attached, it is possible to injure the site and require the implant to be removed and replaced. This can be compared to pouring wet concrete around a pipe and moving the pipe before the concrete sets. On the other hand, waiting slightly longer than necessary for the implant to fuse, does not carry the same risk.

The fact that implants need time to fuse to the bone actually fits very well with the schedules of our snowbird patients. Many of them choose to have their implants placed prior to leaving for the summer. This option allows them to use the summer months to let the area heal while forgetting the treatment has been started. When returning to the area in the fall or winter, the implants are typically fused to the bone and ready to have the dentist fabricate the permanent crowns. This sequencing is similar to baking a cake. The initial work is completed and then forgotten about until the timer is up. Spacing treatment to utilize the summer months as healing time can be an effective way to continue your treatment without delaying the final results.

Every patient’s treatment needs are not the same. A complete examination is necessary to develop a plan that will meet your individual desires. In many cases, the use of the summer months as healing time can help keep your treatment on track without unnecessary delays.

### 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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# About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

If we were to walk across the fields in summertime to some undisturbed spot and mark off a piece of ground say four feet square then examine this little area minutely, we would find an astonishing variety of life. There would be many species of plants; possibly a mouse's nest, and other small creatures. Then resorting to a microscope, we would observe an incredible host of microorganisms functioning in association with the larger life forms.

In that little square of ground we would have seen an interdependent community of life in which

birth and death were continuously taking place and in which diverse life forms were sheltering and nourishing one another. Written in the rocks beneath was a story of a similar process going back through eons of time.

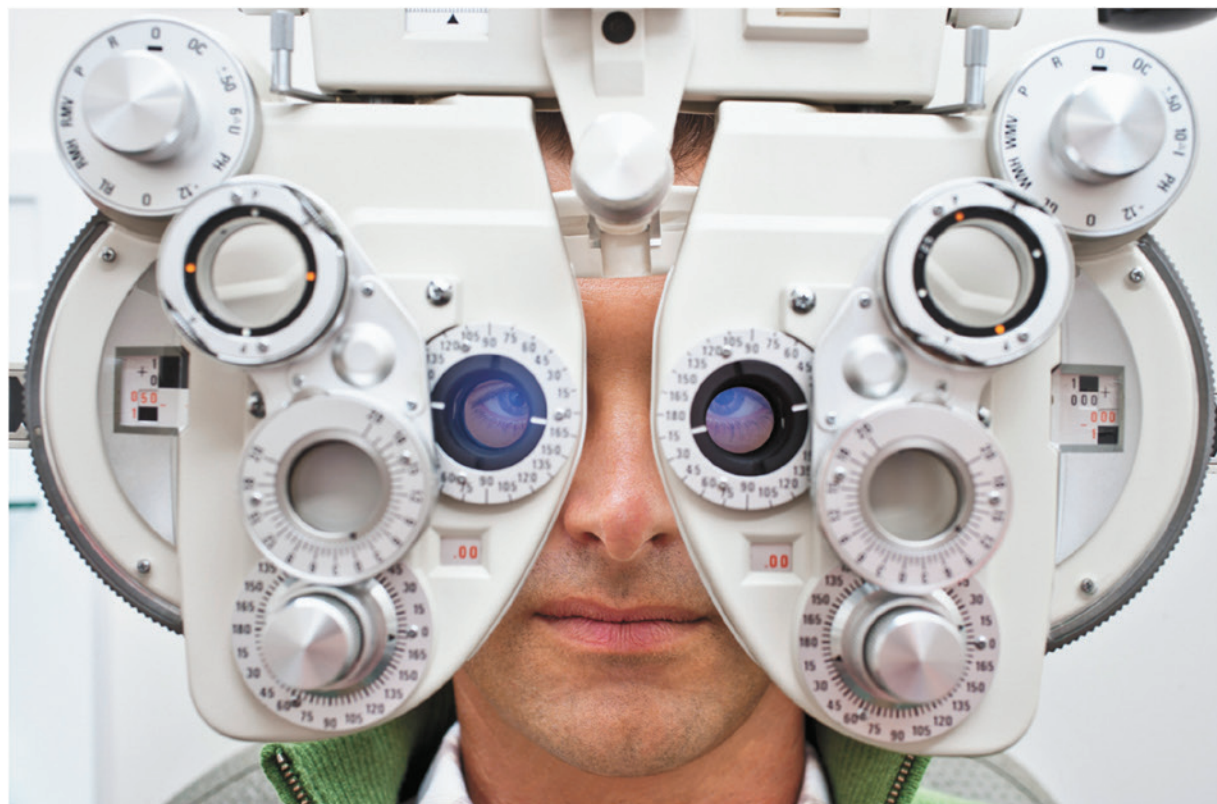
Humankind is part of the ongoing community of nature, on a world scale, subject to the same cycle of birth and death which governs all other creatures and, like them, totally dependent on other life. Sometimes we tend to forget this. Birth and death are as natural for us as for the myriad of creatures in that little square of ground.



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# SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

**T**hroughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



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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# I Have A Wait Problem

Brent Myers



**Y**ou're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

## Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual

or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

## God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

## Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

## Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!

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