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MAGAZINE

November 2022

North Palm Beach Edition - Monthly

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BREAST CANCER. LET'S START WITH THE GOOD NEWS!

A cancer diagnosis of any type is frightening, but for women, breast cancer is especially scary. Increasingly, there is good news when it comes to breast cancer.

Breast cancer death rates have decreased steadily in the past 20 years, thanks to better screening and early detection, increased awareness, and continuous advancements in treatment options. In fact, there are over 3.8 million breast cancer survivors in the United States!

One in eight women will develop breast cancer in their lifetime. It is the most commonly diagnosed cancer among American women, except for skin cancers. Although rare, men get breast cancer, too — nearly 3,000 American men are estimated to receive a breast cancer diagnosis this year.

There are many subtypes of breast cancer, and each must be treated differently. Scientific advances in screening, genetic testing, immunotherapy, and other targeted treatments continue to transform the way breast cancer is diagnosed and treated. For example:

- Genetic testing can detect specific mutations unique to each patient. This enables doctors to personalize treatment that is most appropriate for that particular cancer.
- Immunotherapies boost or change the body's own immune system to work harder and smarter to find, target, and attack cancer cells.
- New drugs, including some that block certain types of proteins, are showing great promise.

What exactly is breast cancer?

Breast cancer starts when normal, healthy cells in the tissues of the breast become changed or altered and begin to grow out of control. A build-up of these cells often forms a mass of tissue called a lump, growth or tumor. These cancer cells have the potential to get into the blood or lymphatic system and spread (referred to as metastasize) to other areas of the body. Breast cancer can occur in one or both breasts and can start from different areas of the breast.

What are the risk factors and who is most at risk?

While researchers don't know exactly what causes breast cancer, being female and getting older are the greatest risks. The American Cancer Society estimates that 12% of American women will develop breast cancer by age 85.

The risk nearly doubles if a woman has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. If you have a family history, you may want to discuss genetic testing with your doctor.

Our genes, lifestyle, and the environment around us may raise or lower our risk of getting many types of cancer. Many risks, such as obesity and alcohol use, can be moderated through healthy lifestyle choices.



Is screening for breast cancer important?

Absolutely yes! Early detection can be a lifesaver.

Many women with breast cancer have no symptoms, which is why regular screening is so important. Simple screening tests can detect breast cancer early, even before symptoms appear.

In its earliest stages, where the cancer is localized and has not spread outside of the breast, the five-year relative survival rate is 99%, according to the American Cancer Society. Sixty-one percent (61%) of cases are diagnosed at this stage.

Identifying any type of cancer at an early stage, before it has spread extensively (metastasis), provides a much better outcome for patients. That is certainly the case when it comes to breast cancer. The earlier cancer is detected, the easier it is to treat — and patients likely will have a more positive prognosis.

What are the recommended breast cancer screenings for women?

Mammograms, low-dose x-rays of the breast, are the best test physicians have to detect changes in the breast and find breast cancer early. An abnormal mammogram does not always mean that cancer exists, but follow-up tests may be necessary to get more details.

The American Cancer Society recommends these general guidelines for women with no family history of cancer:

- Yearly for women ages 45 to 54 (or at age 40 if they wish)
- Every two years for women ages 55 and older*

* The American Cancer Society recommends that women continue mammography screening "as long as their overall health is good and they have a life expectancy of 10 years or longer."

Mammograms are not routinely offered to men and may be difficult to perform if there is a small amount of breast tissue.

Rates of breast cancer vary among women and men of different ages and ethnicities. It's important to become familiar with how your breasts normally look and feel, and report any changes to your health care provider right away. Routine physicals and an annual Ob-Gyn visit for women are recommended.

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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. The majority of new cancer drugs recently 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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DE-STRESS YOUR TRESSES

Let Bauman Medical's "Head-Spa" Help You Relax and Grow Hair You'll Be Thankful For

by Alan J. Bauman, MD, ABHRS



IT'S ALMOST HERE—YOU KNOW—"THE MOST WONDERFUL TIME OF THE YEAR." BUT ALONG WITH ALL THE SPECIAL MEALS, FAMILY GET-TOGETHERS, AND MERRIMENT COMES STRESS, AND POTENTIALLY LOTS OF IT...SO MUCH TO DO! SO MANY DETAILS!

Please don't be pulling your hair out over this (literally or figuratively). We have easier – and more pleasant – ways to help you get through the upcoming weeks. So, prepare to give yourself a break and carve out some "me" time.

But I'm getting ahead of myself.

Can stress and hair loss be related? You bet. In fact, there are three common stress-related causes that I see in my practice every day:

1. Telogen effluvium. Excessive shedding occurs when significant physiological or psychological stress prematurely forces hair follicles into a resting stage. You may not notice it right away, but a few months down the line, it could be the reason you have started seeing a larger-than-normal number of hairs in your brush or shower drain.

2. Trichotillomania. If you catch yourself repeatedly twirling or pulling on your hair, you're probably "stressing out" and unconsciously self-soothing. Repeatedly doing so can make that hair fall out and damage your follicles.

3. Alopecia areata (AA). This hair loss occurs when your body's immune system attacks your hair follicles and interrupts their normal growing phases. Several factors can trigger AA. Stress is a biggie.

The common thread running through all these hair loss causes is a distressed scalp. After all, that's where the hair growth magic begins for all of us.

A healthy scalp (and healthy hair follicles) is the necessary foundation for growing the best hair you possibly can. Reducing your stress by pampering yourself while getting your scalp in prime condition is the best reason I can think of for you to visit Bauman Medical's unique "head spa." This spa, named the SalonB Trichology Lab, is located within the 12,000 sq ft Bauman Medical complex in Boca Raton.

By the way, trichology is the science of the structure, function, and diseases of human hair. The word "trichology" comes from the Greek word 'trichos,' meaning 'hair' and the suffix 'ology,' meaning "the study of."

I created SalonB to help patients maximize their scalp health and to offer them a relaxing spa experience aimed at reducing stress. In fact, many people without scalp issues come regularly to enjoy some self-indulgence and shut out the rest of the world for a while.

Here's what you can expect if you're experiencing hair loss from any of the conditions above or you simply want to find out the status of your scalp health.

STEP 1: TRICHOLOGICAL EVALUATION

This service consists of an in-depth evaluation of your scalp by Kimberly Jenkins, our Certified Trichologist and HairCoach™. It addresses every possible aspect of scalp health, including

- Determining the acid mantle (pH) balance of your scalp
- Assessing your scalp's hydration status and sebum production. (Sebum is the oily substance that moisturizes and protects the scalp). Is your scalp too oily, blocking the hydration element? Is it too hydrated, impeding the secretion of oil?
- Measuring your scalp's elasticity
- Taking magnified, close-up photos to see what's happening on your scalp (looking for inflammation, dandruff, and other abnormalities like evidence of microorganism overgrowth)



During a Trichological (Scalp) Evaluation, state-of-the-art technology is used to measure pH balance, sebum levels, and scalp elasticity, and microscopic photos to look for any scalp abnormalities.

- Noting details of your lifestyle, health, and stress levels that may be contributing to hair loss

Armed with this data, Kimberly formulates your customized treatment plan. She often recommends some of Bauman Medical's high-quality hair products, carefully chosen for your particular situation.

Note: Everyone's scalp is as unique as a thumbprint, and it can change over time. These recommendations remove the guesswork. You won't encounter this type of hair product customization by going to the drugstore, reading labels, and speculating on what the best product is for your scalp health. We've discovered that many people are using exactly what they shouldn't be using for optimal hair and scalp health. The idea with hair products is to help, not hinder, the health of your particular scalp, and we can help with that.

STEP 2: SCIENTIFIC SCALP MAKEOVER™

Now for the good part.*

My Scientific Scalp Makeovers™ are for everyone, not just for people who had a trichological evaluation. However, they're particularly geared toward helping reverse hair loss in people with the stress-related conditions I mentioned above.

Your makeover takes place in our SalonB "head spa" room, which is equipped with low lighting and soft music, just like a regular spa. It's your chance to relax, rewind and indulge yourself. It consists of a 90-minute-to-three-hour session during which you are treated to a variety of soothing services, including

- Aromatherapy
- A customized scalp mask treatment for optimum scalp health and hair beauty
- A deep scalp massage to stimulate and purify the scalp and increase circulation
- Deep cleansing shampoo
- A customized conditioner or hair mask



A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles.

*(Warning: these sessions are so relaxing you may head home afterward without stopping at the grocery store to buy your turkey).

Now that you know what you can do, stop stressing about your hair loss and contact Bauman Medical for an appointment. You'll be thankful that you came, and we will be, too.

To book your appointment or to learn more, I invite you to call us now at **(561) 394-0024**. For more information, you can go to our website, www.baumanmedical.com.

SUPER SUPPLEMENTS TO PROMOTE HAIR GROWTH AND HEALTH

At Bauman Medical, we offer a superb line of proprietary nutritional supplements to help anyone experiencing hair loss or thinning, or who just wants thicker-looking hair.

- **The Recruiter™:** This special blend of probiotics, plant extract, and Vitamin D3 promotes the release of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress). It increases the number of circulating stem cells in your body to promote hair growth and overall health.
- **The Good Guys™:** This hair probiotic complex infuses the gut with elements needed to optimize the digestive process and maximize overall health and wellness. It supports a robust scalp and strengthens follicles for optimal hair growth.
- **The Bodyguard™:** A unique blend of herbs and mushrooms, The Bodyguard™ supports a healthy immune system and defends against environmental toxins. Scientific research confirms the benefits of the formula's immune-enhancing herbs, together with the fungi, which include Asian mushrooms.
- **A-List Hair Vitamin Complex™:** It's called our "strategic supplement" because it's compounded with top-tier ingredients shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, and promote collagen renewal for hair, skin hydration, and wound healing.
- **The Hero Super-Biotin Mega Hair Support Caps™.** Biotin creates enzymes that strengthen hair and nails and assist digestion and cellular metabolism.
- **The Zenmaster™:** Contains the herb ashwagandha which helps address stress and its byproduct, cortisol. Excessive cortisol negatively affects the hair follicle as well as other organs in the body.
- **The Builder Hair Multi-Collagen Complex Peptide Protein Powder™:** Contains three proprietary ingredients that deliver vital proteins that multiply natural collagen levels, providing a boost to hair productivity, follicle strength, and a youthful shine.

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 12,000 hair transplant procedures and over 12,000 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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MD Beauty Labs is excited to bring a revolutionary technology taking the aesthetic industry by storm. We call it the “Non-Surgical Eye Lift.” Get brighter, more beautiful, rejuvenated eyes without pain or downtime.

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EndyMed has brought together two incredible technologies and made them safe for the delicate areas around the eyes. Before this, we were always very limited in how to treat around the eyes beyond the orbital rim up to the lash line. The face could be treated, but the delicate, thin skin so close to the eye had to be spared. Thankfully, that is no longer the case! By combining two different handpieces from EndyMed, we can now drastically reduce that “tired-look” by rejuvenating the periorbital skin.

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promote natural wound healing and subsequent dermal remodeling. It significantly reduces undereye bags, softens the looks of fine lines, and tightens the skin, opening the eyes for a more restful, youthful appearance.

Our protocol for success is to have our patients come in for three separate sessions, each four weeks apart. We found this to give the most optimal results. Book a complimentary consultation with our offices, and we can tailor this treatment specifically for you.



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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RESEARCHING “THE BEST OF BOTH WORLDS”

Electro medicine, Herbs, Ozone, diet were part of daily life in 2014. I first heard about Doctor Raymond Royal Rife’s scientific work during a conversation with a health coach. He mentioned to me that I should get a device that broadcasts radio frequencies to kill pathogens. The scientific device named the Beam Ray machine was invented by a gifted scientist Raymond Rife, born in 1888 who studied bacteriology at John Hopkins University. Doctor Rife began his experiments using electronic frequencies on viruses and bacteria in 1920. The doctor used powerful microscope to see microbes invisible at the time. He claimed that each microbe has its resonance frequency. With Rife technology, he bombarded the microbes with light frequency, which marked the microbe at an intense level. Doctor Rife claimed that after flooding, the microbes would either explode or shrivel up and die. Hence, I decided that it is worth finding a similar device. I went ahead to search for more information, a quest that led me to meet Dr. RL. Dr. RL’s herbal products and knowledge have been priceless and contributed significantly to understanding my husband’s recovery journey. When it comes to electricity, frequencies, HZ Etc., Dr. RL is highly knowledgeable helping me through the years and still helps me whenever I need his help, prayers and support. I have since learned other modalities using frequencies even remotely. Despite it being challenging, we took every event that happened in our lives as a lesson, example, and opportunity to explore different ways of thinking and seeing life. Everyone we met was very special to us as they offered their support and brought the knowledge to our lives. Proteolytic, digestive, and pancreatic enzymes were the core of the entire treatment; for they function to digest and break down proteins into amino acid components. These components are essential for the body’s immune system. Cancer patients usually need help with their food digestion. Dr. K took it upon him to teach and help me follow Dr. Gonzalez’s treatment, which he initially learned from Dr. Kelly. He taught me everything I needed to know about metabolism and rebuild the body through nutrition and detoxification. Dr. K is a mentor and a teacher who helps people like me to get through with knowledge, and thanks to him, I was able to meet and understand enzymes which are one of the most magnificent substances I know. The Journey was full of hope, emotions, and expectations. Cancer is always something that brings fear to our lives because it leaves us without knowing how much time we have. With no clear-cut cure, we are only left to hope that the trials we understand all along

the way will work. Sometimes I felt as if I was in dark tunnels holding on to the hope to see the light with faith as my pillar and desire to see my husband recover. Every day my husband was feeling better, with more energy and strength.

Boston, Massachusetts, was our next stop in our healing journey, a beautiful city full of life. I love life in the city, the trolleys, shopping, the people and long walks exploring the streets. We had gone to see one of the world’s most famous Oncologists at Dana Farber Cancer Institute. We wanted to hear his thoughts on treatments available for Multiple Myeloma.



We were referred to Dana Farber by our local Physician as the institute is home to most of the best doctors. I remember getting to the hospital; my heart filled with high expectations. The first impression was a homely place as the staff members were friendly, supportive, and exceptional, which was all we could ask for. I was granted the chance to see a nutritionist for cancer. I wanted to be advised on how I would safely use a combination of herbal products and chemotherapy. Dr. Richardson was so friendly and compassionate to us. He explained the protocol they do, and he mentioned that a transplant was going to be the route, but we had to see when would be the best time for it because it was just a matter of time. However, I felt that if a transplant were to happen,



it would be at God’s time. The visit had gone well, and we went to the cafeteria to find out something for my husband, but I was shocked to find only the regular meals. Being a cancer center, I expected the cafeteria to have healthier meals. He only had a salad, after which we went to whole foods to buy all kinds of greens, flaxseed oil, coconut water, and many others that I would make his juices. I used to travel with my blender to make him his vegetable juices any time of the day. While researching in my room, I had come across stories of people healing through alternative and conventional treatments. Since I love everything natural, I decided to contact them directly and ask them how they would treat blood cancer. I was aware that everyone had a different modality and different way of thinking regarding cancer. Through every doctor or patient that I spoke to I have learned so much that I could understand both worlds with the aim to heal and better.



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Not only are we celebrating the grand opening of our state of the art location in East Boca Raton, we are introducing a revolutionary procedure that is a game changer in the size department.

Does size really matter? You bet it does, to both sexual pleasure and your confidence. Girth has been a “size” issue we just could not safely address in the medical community until now.

RejuvaMAX™ is an innovative, safe and effective, minimally-invasive, non-surgical penile girth enhancement procedure. This procedure increases penis girth about 20-30% in both the flaccid and erect state. As a result, this enhancement procedure improves self-esteem, helps you feel more confident in your

physical appearance, and increases sexual pleasure during intercourse.

Worldwide, an undiscussed men’s concern is their penis size. The age-old question, what makes the most difference in sexual satisfaction length or girth is answered. After decades of research and studies related to the sexual health of both men and women, we have been able to conclude that **girth always comes ahead of length**. 8 out of 10 woman prefer a man with a thicker penis over a man with a longer but thinner penis. A woman’s vagina is shallow, merely 4 inches deep, the vagina offers the most elasticity in circumference. Larger girth provides more sexual stimulation and satisfaction to both partners.

Over the years men have resorted to all sorts of stretching devices, pumps and risky surgery as well as fat injections and dangerous silicone injections to beef up their package with unsatisfactory results. No longer is this the case with the advanced RejuvaMAX™ enhancement procedure that uses a proprietary combination of hyaluronic acid fillers, growth factors, Platelet-Rich-Plasma and mesenchymal messaging factors.

Benefits of the RejuvaMAX™ Enhancement Procedure:

- In-office procedure less than 30 minutes
- No surgery, no incisions, no general anesthesia, no scars
- No downtime, resume sexual activity in 7 – 14 days.
- Increased penile girth (possible small increased in length)
- See immediate results
- Improved satisfaction with body image
- Improved self-esteem and boost in sexual confidence
- Enhanced sexual pleasure and enjoyment
- Improved circulation and blood flow
- Increased sensitivity
- Improved sexual stamina
- Increased erection firmness

Penile Girth Enhancement Procedure

RejuvaMAX™



To learn if RejuvaMAX™ is right for you speak with one of our medical professionals directly at **561- 459 -5356** or Come visit us at our NEW location in East Boca 3301 NW 2nd Ave #100 Boca Raton, FL 33431



**3301 NW 2nd Ave #100
Boca Raton FL 33431**

**Grand Opening Specials:
25% off all services**



www.SimplyMensHealth.com

Simply Men’s Health, the leader in Men’s sexual health, REVOLUTIONIZED the treatment of ED with the introduction of RejuvaWAVE® in 2015; now introducing RejuvaMAX™ non-surgical penile enhancement.

Reverse Gum Recession Without Pain

Gum recession affects nearly 80% of us. Did you know it's reversible?

Palm Beach Gardens Periodontist Dr. Lee R. Cohen restores gum tissue with the state-of-the-art Pinhole Technique. That means no scalpel and no sutures.

Rapid Restoration of Gum Health

The Pinhole Technique is a modern way to reverse gum recession without painful gum grafts. The results are gums that are healthy in function and appearance.

- No Scalpels
- No Sutures
- No Downtime

With the Pinhole Technique, Dr. Cohen makes a small opening, the size of a pinhole, above your affected tooth. Then, he moves healthy gum tissue into place.

There is little to no downtime with the Pinhole Technique. Most folks return to their normal activities, including eating and drinking, within a couple of hours.



Accepting New Patients

561-691-0020

website: www.pbcperio.com

location: 4520 Donald Ross Road, Suite 110
Palm Beach Gardens, FL 33418

Dental Implants

Pinhole Technique

LANAP Gum Rejuvenation



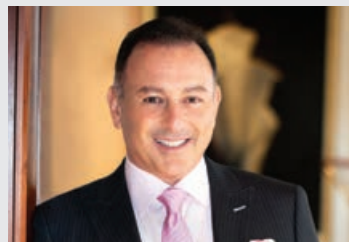
Karen, actual patient

We Care A Lot

Everything in our periodontal care practice begins with a conversation about you.

- We talk and learn about you
- Review your needs
- Make a plan to prioritize health and appearance

Treatment begins when you're ready. Dr. Cohen's gentle touch, friendly chairside manner, and consistent follow up get rave reviews.



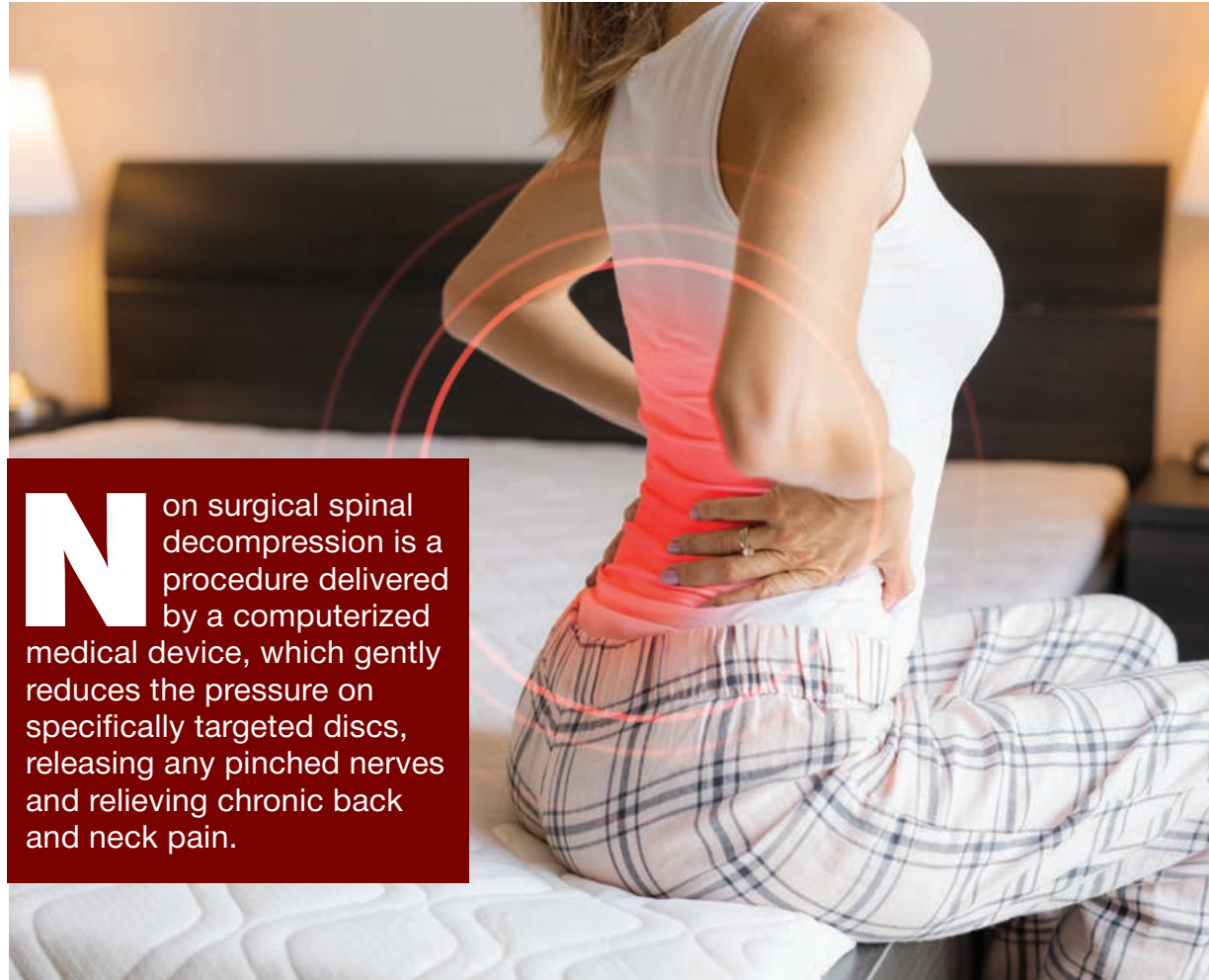
About Dr. Lee R. Cohen

Dr. Lee R. Cohen, D.D.S., M.S., M.S. is a dual-board certified periodontal and dental implant surgeon.

- NYU, Doctor of Dental Surgery; Master's in Health Policy & Management
- University of Florida, Master's of Science in Periodontology, served as chief resident
- Emory University, Bachelor's in Biology

NON SURGICAL SPINAL CARE

DO YOU SUFFER FROM HERNIATED OR BULGING DISCS?



Non surgical spinal decompression is a procedure delivered by a computerized medical device, which gently reduces the pressure on specifically targeted discs, releasing any pinched nerves and relieving chronic back and neck pain.

The gentle stretch and release protocols create a vacuum effect to encourage retraction and repositioning of any bulging or herniated disc material to its original position, giving the disc the opportunity to heal and rehydrate.

The surgical procedure, in comparison, is either a Microdiscectomy, which is the surgical removal of the disc material or a Laminectomy, which is the surgical removal of a portion of the vertebral bone.

Non Surgical Spinal Decompression has been used, for many years, to treat successfully treat a range of conditions:

- Sciatica
- Joint problems
- Painful sports injuries
- Degenerated discs
- Back pain
- Neck pain
- Failed back surgery

If you're looking for relief from chronic lower back pain, neck pain, sciatica, bulging or herniated discs, non surgical spinal decompression treatments could be the solution you've been looking for.

SPINAL DECOMPRESSION THEORY

Reversing the axial load, through decompression, relieves the pressure on the disc(s) and entrapped nerves. This promotes enhanced circulation to the affected area, which in turn aids the healing process, reducing inflammation and resulting in regained mobility and pain relief.

WHAT DOES A TREATMENT INVOLVE?

Once comfortably positioned, the unique program will be set to deliver the exact gentle force required during the 20 minute treatment. This is a painless process where the patient is comfortable and relaxed during the process.

IS IT A PAINFUL PROCESS?

No. Some patients may experience temporary soreness, a sign that muscles have been worked in a new way, but once total relaxation is achieved this is alleviated.

WHY SPINAL DECOMPRESSION THERAPY?

- To assist in the relief of chronic pain
- As an alternative to surgery
- When other treatments are not working
- To reduce a dependency on painkillers
- To achieve long-term pain relief
- To assist with a return to normal activities

LIVE YOUR LIFE TO ITS FULLEST

Don't miss out on the daily activities you used to enjoy. With proper nutrition, consistent therapy, and regular exercise, there's no need to be defined by an ailment. Spinal decompression might be the non-invasive treatment you need to help you live the lifestyle you want. Set an appointment at Cobblestone Spine & Joint today by calling us at **561-753-2225**.

OUR NON SURGICAL TREATMENT IS:



NON INVASIVE
Therefore there is no risk of infection.



NO RECOVERY TIME
No down time from normal activities.



ALL NATURAL
Completely natural process for peace of mind.



DRUG FREE
No drugs used at all through the process.



Cobblestone Spine & Joint Institute
10233 Okeechobee Blvd. Suite B6
Royal Palm Beach, FL 33411
561-753-2225



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.

561-630-7120 | www.goldmaneye.com

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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Advanced treatments personalized to you.

Through next-generation sequencing, we take a deep look into your genes to create treatment plans personalized to you.

This provides a road map for immunotherapies that strengthen the way your cells fight cancer. Our patients also have access to the latest clinical trials delivering quality treatment and expertise in communities across Florida. We take care of the big things in cancer care, so you can make the most of the little moments—every step of the way.



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