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November 2022

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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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CALLING ALL CROWNS! NOT THE ROYALS



Porcelain crowns have been used to restore, protect, and cosmetically enhance teeth since before the Queen was a tot. Unlike its namesake, crown technology, improved tremendously since the abandonment of methods using precious metals like gold or silver in favor of more life-like porcelain material. Today, most crowns are made from solid Zirconia, that not only look beautiful, but to endure the pressures of daily chewing or biting. While crowns are often utilized as restorations for missing teeth, they're also commonly used to as a cap, or, "jacket" over a jeopardized, but still-viable tooth. Here are three situations where a crown could improve a tooth's form and function.



Traumatized teeth. A significant blow to the face or mouth could generate enough force to chip away or fracture a significant amount of structure from a tooth. If the root remains healthy and firmly attached within the jaw, a crown can replace the missing structure and restore the tooth's function and appearance.



Root canal treatments. Root canal treatments remove infected or dead tissue within a tooth's pulp chamber, its inner core, and the root canals. The procedure rescues the tooth but, may in the process, significantly alter the tooth's structure and appearance. A crown not only restores the tooth but also provides added protection against further decay or tooth fracture.

Teeth with multiple fillings. We can effectively treat cavities caused by tooth decay by filling them. But with each filling, we must remove more of the decayed structure and shape the cavity to accommodate the filling. After a number of times, a tooth may not have enough structure left to support another fill. If the tooth is still viable, a crown could solve this dilemma.



Dr. Forrest is the Clinical Director of **5th Avenue DENTAL**. For 20 years, Dr. Forrest has been one of Florida's leading dentists treating some of the most challenging cases. Using a multi-specialist approach, his team is composed of four advanced trained dentists who focus on general, cosmetic, orthodontic, and implant dentistry. His team, 5th Avenue DENTAL is located here in Boca Raton in the 5th Avenue Plaza on Federal Highway. They are located next to Living Green and CVS.



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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.
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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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By Aaron Rosenblatt, MD

AVOID BACK AND SPINE SURGERIES!!!



Back surgeries can fail for a devastatingly simple reason; the operation was not the right treatment, because the surgeon never pinpointed the source of the pain. As a result, patients may be just as miserable as they were before, or worse off. Unfortunately a desperate number choose to try surgery again. This is usually the wrong decision as well and this should be avoided. Statistics show also that by two years after a patient's first surgery, about 8% of patients have had another operation and by 10 years after, the rate jumps to 20%, an analysis of Washington State hospital data found.

There is no one best way to treat everyone. But the chance of finding relief for ongoing pain unquestionably lies in understanding what has gone wrong. This is not an easy task. Then seeing the most appropriate specialist for your problem and asking the right questions is quite important. With back problems, perhaps more than with any other medical condition, getting the best care at the utmost importance. The most important doctor you can see, at this point, is an Interventional Pain Management Specialists like Dr. Aaron Rosenblatt. A well qualified and certified doctor like him can evaluate a patient completely. He will order the appropriate scans and or test needed in order to come up with a plan to properly diagnose and the treat the issues WITHOUT SURGERY.

Once all of the appropriate tests are done Dr. Rosenblatt can see what diagnostics need to be completed in his state-of-the-art pain management facility. That's why it's critical to have a thorough workup. To get a sense of the cause of your pain X-rays and MRI/CT scans can be helpful but just because these scan say you have a disc problem here and or an arthritic problem there does not mean that this is where your pain is generated from.

As an interventionalist, Dr. Rosenblatt will take this information and set up diagnostic tests within his office to properly pinpoint the exact regions of the spine which require any type of treatment. Without these diagnostic tests, the wrong diagnoses can be made and then ineffective treatment with

surgery becomes likely. That's because high-tech images routinely uncover bulging discs and other "abnormalities." Dr. Rosenblatt will use this information and interventional techniques to avoid surgery.

Trouble is, many findings on scans often have nothing to do with what's hurting. If you take 100 people off the street and give them MRI's or Cat Scans, 33% of them, even if they had no back pain whatsoever, would have obvious structural problems. Data also points out that less the 5% of all patients who experience back pain will EVER require surgery but, unfortunately, a much higher percent of patients wind up with an operation. We will help avoid this situation.

Here's the real problem... Patients tend to think of back surgery as the BIG CURE or consider it the treatment that will work successfully. Sometimes, in our desperation to get our lives back, it may seem like a good idea to jump over those less invasive procedures and go right to the big one. This is rarely true.

Dr. Rosenblatt says, "Per my experience, it is rarely the case that a patient I see in my office will ever require surgery for pain. I also see too many patients who have already had 1 or more back surgeries without any relief." Surgery should NEVER be seen as worth trying for pain. This approach usually fails to help patients overcome their pain and now their spines are complicated and worse off due to after effect of surgery.

If a doctor recommends an operation, get a second opinion as soon as possible. A good surgeon should understand that you need to be comfortable with any decision and prior to having a surgery other opinions are necessary. For a truly useful second look, Dr. Rosenblatt can fully evaluate this situation and give what options exist.

Dr. Rosenblatt explains, "There have been too many times where patients were scheduled for one type of surgery and something totally different was causing their pain. Specifically, issues with sacroiliac

joints, hips and other regions of the body can mimic pain which would also NOT require surgery."

Dr. Rosenblatt continues, "I'm always trying to help a patient fully understand what is causing them a pain issue. This is usually pinpointed easily, diagnosed properly and then treated successfully without the need for any type of surgery."

Avoiding surgery is our number one goal to help to treat a growing older and active community. At Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, he serves at the medical director and is board certified. Every patient is evaluated by Dr. Rosenblatt himself and a comprehensive treatment plan is always tailor made for each individual. Patients are NOT seen by PA's (physician assistants) or NP's (nurse practitioners). You will see the doctor at each and every visit. Dr. Aaron Rosenblatt specializes in performing Interventional Pain Management procedures and also in the field of Physical Medicine and Rehabilitation. His knowledge encompasses each region of the body which can cause pain. He runs on time and does not make patients wait hours in his office to see him. He is not only a pleasure to talk to regarding pain issues, but also enjoys every day topics such as sports, movies, entertainment and current events. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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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.

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. 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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The science behind these devices uses radiofrequency energy that is delivered into your skin to stimulate skin tightening for an instant lift, while micro ablative skin



resurfacing is used to 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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- Board Certified Laser Surgery



The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by Florida Board of Medicine.

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Includes: Health & Wellness vendors from our wonderful community offering the latest techniques, services, nutrition and applications to help you dial up your wellness. **Guest Speakers:** offering you an opportunity to improve your mental wellbeing and learn about how to live a life of continued improvement. **Showcase Classes:** to watch or join include: Fitness, Zumba, Jazzercise, Yoga, Meditation etc. **Food Court:** with healthy food and drinks for all the family **Lucky Draw:** win fabulous prizes

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SENIORS AGING IN PLACE

For today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.

3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.

4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.

5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.

6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

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how we can support
you or your loved one
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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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These 5 Sectors Are Rising on the Tides of War



By Chris Rowe

The guy who said that could as easily have said... “War is the health of the stock market”... which is true, if you’re in the right sectors.

Today you’re going to get 5 ways to buy the sectors benefiting most from the war in Ukraine.

Right now (late October) all of these sectors are ranked in the top 13 out of 45 groups we track.

If this feels like “war profiteering,” remember – we can’t say for sure these sectors are strong because of the Ukraine war.

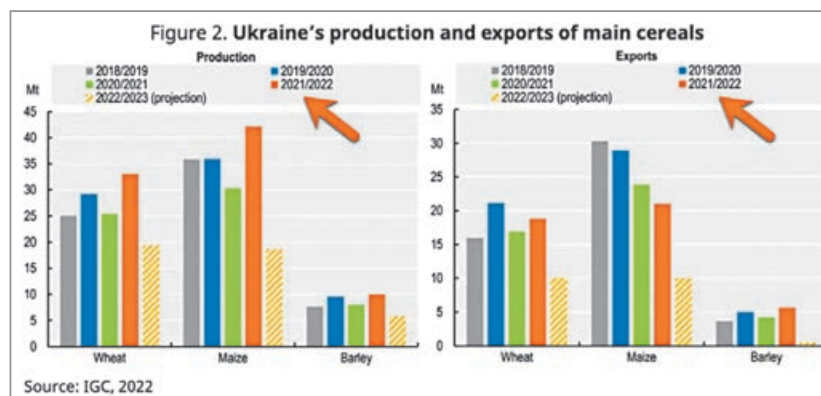
And if I showed you why Apple, Walmart or Nike have generated their billions in profits, you’d probably feel the same. This is about making money and not about anything else.

What we do know for certain is that money managers at giant institutions are accumulating positions in these 5 groups.

Sector #1 - Agriculture/Chemicals

Ukraine is the fourth-largest exporter of wheat, with export volume reaching over 24 million metric tons.

“War is the health of the state.” ~ *Randolph Bourne*



But since Russia invaded, much of that grain has been stuck in the war-torn country, thanks to crippled railways and closed ports in the Black Sea. This graphic shows how exports have been affected in 2022 (see the orange bars).

A sector closely tied to agriculture is **Chemicals**. This is because chemicals figure heavily in fertilizers and pesticides.

Right now the Chemicals sector is ranked #6 of the 45 sectors we track on our *Sector Prophets Pro* platform. (The arrows point to the 5 sectors we'll be discussing. I'll only flash this image once. But I want you to see where the sectors rank.)

To gain bullish exposure to this sector, you can buy the **Invesco Water Resources ETF (PHO)**.

Sector #2 - Aerospace Airlines

It's practically a cliché that war is great for the defense industry and related industries. In fact, the Pentagon has a multi-year plan to rearm Ukraine and integrate it into NATO.

(This is what Randolph Bourne meant when he called war “the health of the state.”)

Right now the Aerospace Airlines sector is ranked 13th on our Sector Relative Strength Matrix.

Like with the Chemicals sector, it's emerging out of oversold territory, with plenty of room to run higher.

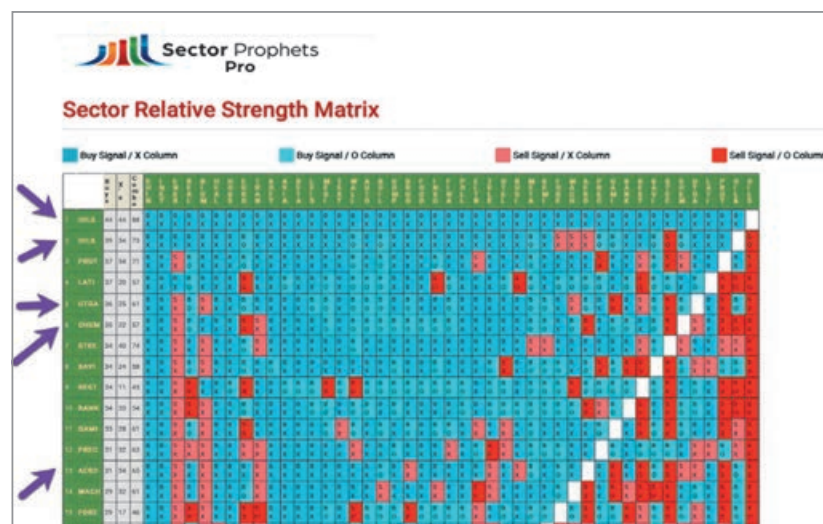
The ETF you should look at here is the **SPDR S&P Aerospace & Defense ETF (XAR)**.

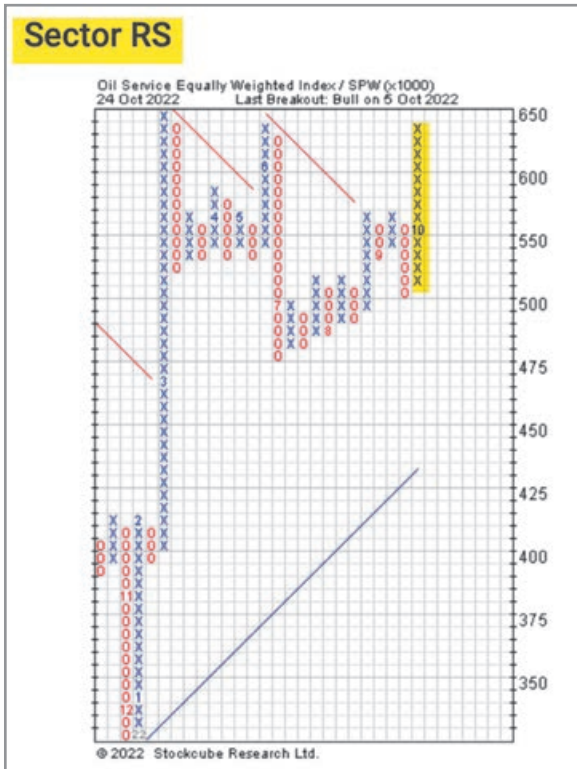
Sector #3 - Oil Service (Part of the #1 broad Energy sector)

You probably already know how Russia's invasion (and its moves to deprive Europe of gas and electricity) has impacted the global energy market.

What you might not know is that the Oil Service sector has been ranked #1 for almost three weeks (again, see the Matrix, above).

As you can see on this Relative Strength chart (which shows the performance of the sector versus the weir market), Oil Service is crushing it right now.



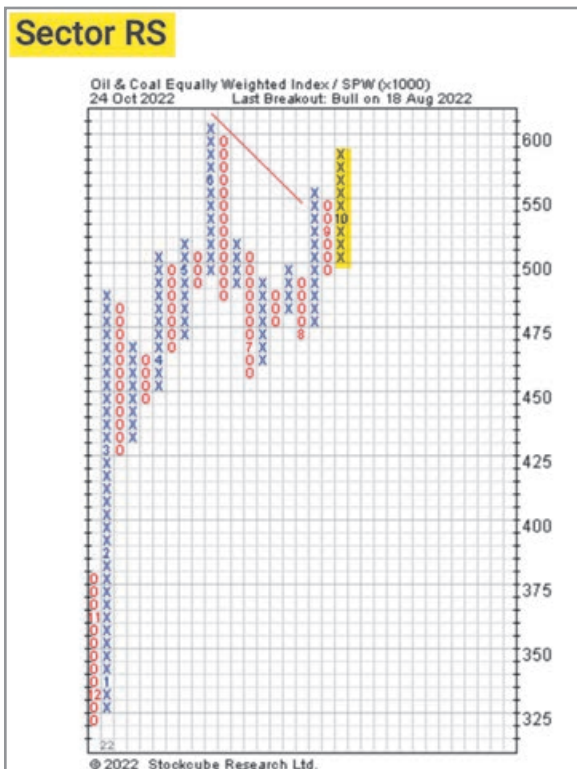


(We know that the sector is doing better than the stock market as a whole, because the current column on the chart – the highlighted one at the far right, is a column of X's.)

The ETF to look at is: **iShares U.S. Energy ETF (IYE).**

Sector #4 - Oil & Coal

This sector is currently ranked #2, just behind Oil Service.

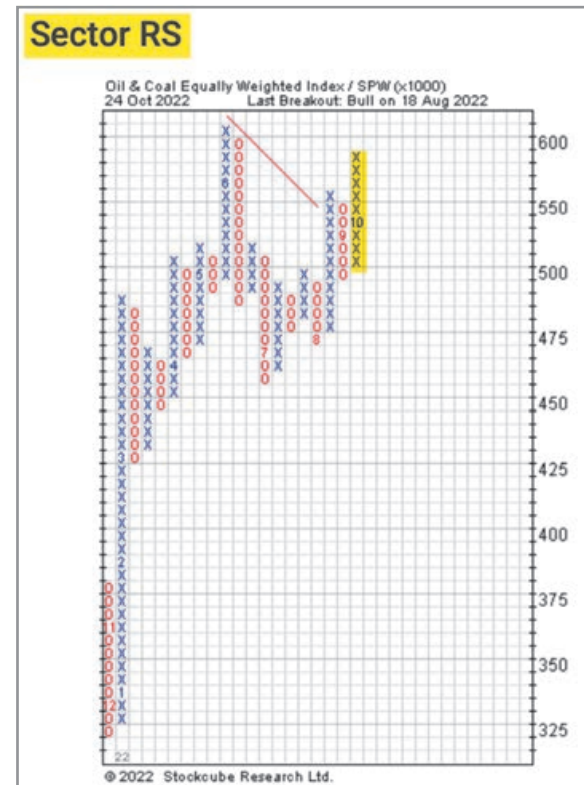


And just like Oil Service, Oil & Coal is crushing the wider market.

We like **Invesco Dynamic Energy Exploration & Production ETF (PXE).**

Sector #5 - Utility Gas

This sector is ranked #5 out of 45 and is also outperforming the wider stock market on a relative strength basis. (Again, notice that the most recent column is X's.)



We like the **iShares U.S. Utilities ETF (IDU).**

There you have it! Thanks for reading.

For more trading ideas visit TMIfree.com and sign up to receive my free newsletter.

*Trade Safely,
Chris Rowe*

Founder and CEO, True Market Insiders

*"You see it in the price before
you see it in the news."*



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Founder of True Market Insiders, **Chris Rowe**, has been involved with some of the most dynamic companies to emerge from the financial services sector.

Working within the financial services industry since 1995, Chris held various senior positions at money management and investment banking firms where he served high-net worth and institutional investors.

Since 1996, he has been analyzing and managing investment portfolios of publicly traded equities, debt securities, derivatives, options, commodities and private securities. Since 2003, he has been publishing financial analysis, education and editorial.

He consulted for large hedge funds identifying attractive investment opportunities, writing reports and helping them hedge positions.

He was an active underwriter of both initial public offerings and secondary/follow-on offerings, some of which acted as the investment banker placing angel investors' money into the private placements.

Chris Rowe currently is the CIO of Rowe Wealth Management, a registered investment advisory firm. He is the non-executive chairman of True Market Insiders.

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IS Neurofeedback AN EFFECTIVE TREATMENT for DEPRESSION?

By Renee Chillcott, LMHC

We are approaching the winter holidays and it's my absolute favorite time of year. My family is healthy and happy, I have nothing to complain about and life is good....right? Wrong! Why do I have this anxious, stressed out, overwhelmed, impending doom, depressed feeling? I blame it on the weather, allergies, the current state of the world. But honestly, I know that there is no good reason for it, so I must be losing it? I'm wrong again. I have a depression and/or anxiety pattern in my brain.



Why do depression and anxiety go hand in hand? Why did my doctor recommend an anti-depressant for my anxiety? These are 2 different things, aren't they? So, why do I feel both of them at the same time? And will it all just go away if I have less stress in my life?

The Merriam-Webster Dictionary defines anxiety: (1): apprehensive uneasiness or nervousness usually over an impending or anticipated ill: a state of being anxious (2): an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it: mentally distressing concern or interest.

So, in layman's terms, anxiety is stress that won't go away, it takes an ugly turn to "negative and fear town", and indicates that the "rest and relax" response from the parasympathetic nervous system isn't there.

What we see in the brain is similar but a little more simply stated. Stress is an event in our life that causes our brain to initiate a calming response and anxiety is a neuron pattern in the brain that impedes the calming response. An anxiety pattern in the brain is typically inherited, although still possible to change. This anxiety pattern can be triggered by major stresses, no stresses or by very minor stresses, thus making it an issue for all ages, even young children.

Anxiety manifests in many different ways such as:

- excessive worrying
- nagging sense of fear
- restlessness
- overly emotional
- negative thinking
- catastrophizing
- defensiveness
- poor sleep
- irritability
- Lack of concentration

- feeling overwhelmed
- fatigue/exhaustion

Depression as defined by the American Psychiatric Association is a common and serious illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

Often, we will describe depression as a "low" feeling where we just cannot "get happy". Other times we notice feeling irritable, angry, or overreacting to events, again not able to feel "happy".

Depression symptoms can vary from mild to severe and can include:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed

- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

As you can see, there is an overlap in the diagnosis of Depression and Anxiety because there is an overlap in the symptoms of Anxiety and Depression as well as an overlap in how you feel.

In Neurofeedback we can see this in neuron firing patterns. For example, an excessive Theta (Slow firing neurons) firing pattern in the left frontal lobe can cause major depression:

Whereas a slow firing pattern in the center of the frontal lobe can cause an anxiety firing pattern: Here's a **DEPRESSION** example:

It is suffice to say that this is why there's an overlap in medication treatment as well.

Regardless of the diagnosis, Neurofeedback helps change and balance these neuron patterns so that the symptoms improve and the brain and body function better.

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. Neurofeedback is a type of exercise for your brain. It allows you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many



"slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through visual recognition of the changes on the screen and the auditory reinforcement of "beeps".

WHAT RESULTS SHOULD I EXPECT TO SEE AND HOW LONG BEFORE I SEE THEM?

As every brain is different, every response is different as well. Typically adults will notice feeling symptom relief within 10 sessions and notice things like being calmer, happier, sleeping better, less panic, less worrying, more relaxed and able to enjoy life. Treatments are individualized and as no two brains are alike, no two treatment plans are alike. We will evaluate your symptoms and how your brain is functioning to customize training for you. All you have to do is call our office to make the appointment!

HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today! Brain and

Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at info@bocabraincenter.com, or text us at **(561) 206-2706** or visit our website at www.BocaBrainCenter.com.



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology/Mental Health Counseling from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At the Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.



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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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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.



BEFORE



AFTER

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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NEW potential Cure for Erectile Dysfunction and Peyronie's 95%Success

SIMPLY MEN'S HEALTH IS QUICKLY GRABBING ATTENTION AS BOCA RATON'S PREMIER MEN'S SEXUAL HEALTH CLINIC AND LEADER IN THE FIELD.



Now introducing the game-changing RejuvaWAVE® Multi-Wave Shockwave Laser Protocol, the first-of-its-kind therapy, with over a 95% success rate in restoring your sexual vitality.

Turn back the clock with Simply Men's Health most advanced, cutting-edge treatments. Men of all ages can once again enjoy the spontaneous, active sex life they enjoyed in their youth.

WHY MEDICATE WHEN YOU CAN CURE?

Simply Men's Health has pioneered the standard of care, introduced and developed the ground breaking RejuvaWAVE® Multi-Wave Shockwave Laser protocol to CURE ED and Peyronie's. Traditional ED Treatments such as the "blue pill" just offer a "band aid" approach to mask the condition, while the underlying disease and degenerative age-related erectile dysfunction continues to progress until eventually the pills stop working. The exclusive, state-of-the-art RejuvaWAVE® (acoustic-pressure wave) combined with Photobiomodulation Laser stimulates and repairs damaged tissues. This treatment promotes the growth of new blood vessels resulting in the REVERSE and CURE of the underlying cause of Erectile Dysfunction and Peyronie's.

Simply Men's Health is the leader in Men's Sexual Health and a pioneer in the field of regenerative medicine. Simply Men's Health was the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida in 2015. And now Simply Men's Health is revolutionizing the field of men's sexual health by introducing the state-of-the-art RejuvaWAVE® Multi-Wave Shockwave Laser Protocol to help reverse the inevitable aging process and treat ED and Peyronie's Disease.



RejuvaWAVE® only available at Simply Men's Health

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

IS REJUVAWAVE® SAFE? INSTEAD OF MEDICATING – CURE WITH REJUVAWAVE®?

Yes RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used world-wide, it has virtually no risk and no side effects. Although acoustic pressure wave technology has been used in Europe for almost 20 years, Simply Men's Health was the first to introduce this technology to South Florida. To this day, RejuvaWAVE® remains the gold-standard of ED Shockwave therapy.

WHAT IS REJUVAWAVE® MULTI-WAVE SHOCKWAVE LASER PROTOCOL?

Just as Simply Men's Health revolutionized the treatment of ED in 2015, now again they are introducing the game-changing RejuvaWAVE® Multi-Wave Shockwave Laser Treatment. This is the first-of-its-kind multi-wave shockwave laser therapy with over a 95% success rate. The results have been nothing short of amazing!

REJUVAWAVE® SHOCKWAVE LASER HEALS THE UNDERLYING CAUSES OF ED

This state state-of-the-art, scientifically proven technology combines acoustic pressure waves and photobiomodulation laser to stimulate cellular metabolism, enhance blood circulation, and stimulate the growth of new blood vessels and nerves in the treated areas.

Unlike pills which lose effectiveness over time, our treatment heals damaged tissue and reverses the hands of time, helping men return to their younger, healthier selves and enabling men to enjoy a spontaneous sex life again.

NOT all shockwave is the same – what patients are saying:

HOW TO GET STARTED?

- At Simply Men's Health, we respect your time
- and privacy. You receive individualized care
- with our experienced staff of physicians. We
- pinpoint the exact cause of your sexual health challenge
- and create a customized treatment plan. Almost
- everyone will experience a decline in sexual
- functioning with age. Erectile Dysfunction is no longer an
- inevitable part of aging. Simply Men's Health's
- innovative approach of regenerative medicine
- can restore your sexual confidence and allow
- you to enjoy a Spontaneous and Active Sex life



Simply Men's Health has closed our west Boca Raton office and moved to a Bigger and Better location in East Boca Raton



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Anti-Aging: Myth or Reality?

Kathleen M. Marc, MD, Medical Director
Board Certified by the American Board of OB/GYN

Did you know that skin is the body's largest organ? As such, it is also one of the hardest working. The skin protects the internal organs against germs, regulates body temperature, and enables us to feel various sensations, to name only a few of its jobs. It is also prone to any number of problems, such as cancer, rashes and wrinkles.

Skin contains nerve endings that allow us to feel pain if we touch something hot. The sweat glands in our skin keep us from getting overheated in the sun. Our skin also soaks in the sun's rays and converts them into vitamin D which we need for healthy bones.

What are some ways I can protect and care for my skin?

- Keep your skin clean by showering regularly.
- Use gentle cleansers on the face.
- Use sunscreen with at least a 30 SPF daily.
- Manage your stress. Stress impacts the health of your skin as well as your internal organs.
- Drink plenty of water.
- Do not smoke or use tobacco products as the nicotine in them ages skin rapidly.
- Perform regular checks to look for changes in spots or moles.

What products can I turn to in order to reverse the damage that has already been done to my skin?

If you find that your skin has been damaged by years of neglect and are looking to tighten and restore suppleness and radiance, there are several very effective ingredients that are found in today's beauty products. Retinol and peptides are widely used to restore youthfulness to the skin. They can be found in many over the counter products at low doses, but higher doses can be administered by professionals with greater results.

Let's have a look at how these two ingredients can give your skin the youthful glow it may have lost.

Retinol

A form of vitamin A, retinol is a popular ingredient in many skin creams, lotions, and serums on the market today. It increases skin cell production, helps unclog pores, exfoliates the skin, and



increases the production of collagen. It can help clear acne and has been shown to have definite anti-aging effects. The increased collagen production results in the reduction of the appearance of wrinkles and fine lines and gives skin a fresher appearance.

Peptides

Polypeptides occur naturally in the skin. They are amino acids that make up certain proteins in the skin. Collagen is composed of three polypeptide chains. By adding peptides, you can stimulate your skin to produce more collagen. As mentioned above, this leads a diminished appearance of lines and wrinkles. Since collagen production decreases with age, increasing collagen production can result in brighter and tighter looking skin. One very popular product on the market today that combines retinol and peptides is Age Intervention Retinol Plus by Jan Marini Skin Research. According to their website, www.janmarini.com, "this advanced solution combines retinol & peptides with green tea extract, chrysin, bisabolol, and hyaluronic acid for superior improvement in the appearance of skin texture, fine lines, wrinkles, sun damage, and luminosity for younger, healthier looking skin while integrated soothing and hydrating ingredients offer superior experience with minimal acclimation. Age Intervention Retinol Plus redefines expectations for



retinoids. The revolutionary combination of high concentration all-trans-retinol with key integrated peptides, antioxidants, hydrators and soothing agents enhance the benefits beyond those of simple retinoids while simultaneously reducing the acclimation and sensitivity historically associated with high concentration retinoids. The benefits of rapid improvement and minimal irritation/ sensitivity lead to high subject satisfaction and compliance. This tested and proven product is safe for long-term use and, as with any retinol product, the benefits will continue with use. No other single product offers the same complete anti-aging solution."

If you are interested in learning more about Age Intervention Retinol Plus by Jan Marini Skin Research, contact Aesthetic Treatment Centers in Naples today. Their highly trained staff will analyze your skin and lifestyle and select the perfect Jan Marini system for you.

Aesthetic Treatment Centers

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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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