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Health & Wellness[®] MAGAZINE

December 2022

North Palm Beach Edition - Monthly

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PANCREATIC CANCER

Pancreatic cancer is the 10th most commonly diagnosed cancer in the United States, accounting for about 3% of all cancers and 7% of all cancer deaths, according to the American Cancer Society. Due to various factors, the disease is difficult to detect at an early stage, when it is more treatable.

Understanding Pancreatic Cancer

The pancreas gland, about 6 inches long and located in the abdomen, is surrounded by the stomach, small intestine, liver, spleen and gallbladder. Its two main functions are to aid in digestion and help regulate blood sugar.

Pancreatic cancer begins when abnormal cells within the gland grow out of control and form a tumor. These abnormal cells, or tumors, known as either exocrine (90%) or endocrine, can often spread to other areas of the body, including the liver, abdominal walls, lungs, bones and lymph nodes.

Because the pancreas is located deep in the abdomen, diagnosis is complicated. Tumors of the pancreas can only be seen on imaging studies, such as a computer tomography (CT) scan, magnetic resonance imaging (MRI) or ultrasound. If detected, a tissue biopsy and/or blood test can help to confirm an exact diagnosis.

Signs and Symptoms

There may only be vague signs or symptoms, if any, in the early stages of pancreatic cancer, and some may mimic those of other illnesses. Warning signs can include:

- Jaundice (yellowing of the skin and and/or whites of the eyes) with or without itching
- Change in stools (light-colored stools and/or dark urine)
- Pain (usually in the upper or middle abdomen and back)
- Loss of appetite, weight loss and/or nausea

See your primary care doctor if you experience one or more of these symptoms.

Know Your Risk Factors

Pancreatic cancer does seem to run in some families due to inherited gene changes (mutations) that can be passed from a parent to children. In fact, about 10% of pancreatic cancers are hereditary. Talk with your physician if a first-degree relative (parent, sibling or child) has been diagnosed with pancreatic cancer; genetic testing may be recommended.

The chance of getting pancreatic cancer increases with age; most people diagnosed are over age 60. While the exact cause of pancreatic cancer is not well understood, the Pancreatic Cancer Action Network® cites common risk factors:

- People who have had diabetes for more than five years are more likely to develop pancreatic cancer.



- People who smoke cigarettes are two times more likely to develop pancreatic cancer than those who have never smoked. The risk of pancreatic cancer begins to drop as soon as a person stops smoking.
- Being very overweight increases the chances of developing pancreatic cancer. The risk is even higher in people who are obese during early adulthood.
- People with chronic pancreatitis are more likely to develop pancreatic cancer. Inflammation of the pancreas is common in people who consume large amounts of alcohol for many years.
- Gum disease or tooth loss appear to be linked to the disease.
- Exposure to certain heavy metals and environmental chemicals, including benzidine, pesticides, asbestos, chlorinated hydrocarbons and benzene, among others, may increase risk.
- Black Americans have a higher incidence of pancreatic cancer than other ethnicities.

It is important to note that many risk factors for developing the disease can be reduced by making positive lifestyle choices, such as eating a plant-based diet and staying physically active. Talk with your health care provider for direction on reducing your risks.

Promising Treatment Advances

Surgery, chemotherapy and radiation are standard treatments for the disease, but treatments are determined based on the unique needs of each patient.

Because there is no screening test to detect pancreatic cancer, most patients are diagnosed at later stages, which can limit treatment options because the cancer can no longer be removed with surgery or it may have spread to other parts of the body. If pancreatic cancer is detected at an early stage, when surgical removal of the tumor is possible, the five-year survival rate is 42%.

Scientists are learning more about the genetic changes that cause cancer at a rapid pace. Targeted treatments and new combinations of chemotherapy drugs used with traditional therapies are being studied in clinical trials and continue to show great promise for improving detection, diagnosis and patient survival rates.

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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HAIR FOR THE HOLIDAYS

GREAT GIFT IDEAS for Anyone in Your Life Who Has Hair (or Would Like To)

by Alan J. Bauman, MD, ABHRS

THERE'S ONE IN EVERY FAMILY. THAT SPECIAL PERSON WHO'S IMPOSSIBLE TO BUY A UNIQUE GIFT FOR AT HOLIDAY TIME. THEY SEEM TO HAVE EVERYTHING THEY NEED.



Oh, boy. Now what?

Well, I have the perfect solution for that. One you might not have thought of until now.

Anyone who has great hair wants to keep it that way. Anyone who doesn't have great hair probably wishes they did.

See where I'm going here?

Luckily, Bauman Medical has a wide range of exceptional products and services that address just about any hair goal a person could have, with something for every budget. Below are some ideas for the best holiday gifts ever for that special someone.

LOW-LEVEL LASERCAPS

A favorite of gift givers year-after-year are our low-level laser light caps. Laser caps—we offer five of them—are drug-free, chemical-free, non-invasive, FDA-cleared, and scientifically proven to improve the appearance of hair quality, strength, and thickness of thinning hair and to promote hair growth.

Our newest and most hi-tech LaserCap, the TURBO LaserCap™ is especially popular.

Here are some of the features our patients love about the Bauman TURBO LaserCap:

- Usage requires just five minutes per day.
- Its 300 high-quality laser diodes deliver more energy and power to 25% more area of the scalp than any other portable hands-free laser hair regrowth device on the market.
- It's easy to travel with. Its flexible spine lets you fold it flat.
- It has a long battery life, requiring fewer recharges.
- It's adjustable for a perfect fit for you and someone else you'd like to share it with.
- It has a lifetime warranty.

SCIENTIFIC SCALP MAKEOVER

Doing something "healthy" never felt so good. The gift of a Scientific Scalp Makeover™ in the "head spa" at my SalonB will help anyone relax after the frantic holiday season while improving their hair health at the same time.

It's a favorite of both men and women, by the way, and is for anyone concerned about their hair quality or growth or who simply wants to enjoy an indulgence. Don't let the indulgent quality of the experience fool you, however. A scalp makeover is more than an indulgence. Improving the health of your scalp has been shown to lead to better hair health.

Here's what to expect from this makeover in our spa, complete with dimmed light and soothing music:

- Aromatherapy treatment
- A scalp mask treatment for optimum scalp health and hair beauty
- A deep scalp massage to stimulate and purify the scalp, and increase circulation
- A deep cleansing shampooing
- Application of a customized conditioner or hair mask
- Optional addition of the Keravive scalp treatment with peptides and growth factors

BOOST SHAMPOO AND BOOST CONDITIONER

Bauman|MD BOOST Shampoo and BOOST Conditioner are designed for daily use for all types of hair, and especially good for anyone with thinning, transplanted, or laser-treated hair.

BOOST products are sulfate-free, color-safe, and include no parabens or artificial fragrances. Used in combination, they:

- Inhibit DHT production (DHT is a by-product of testosterone metabolism that can cause hair loss in people sensitive to it)
- Stimulate hair growth



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. It makes the perfect holiday gift. Gift E-cards are available on our eStore.



Dr. Bauman has created Nutra-Team Bauman, a team of hair-healthy supplements that work together in a dynamic way because he believes that hair grows best when your system is balanced. These make great holiday gifts and are available on our eStore.

- Prolong the anagen (active) phase of the hair growth cycle
- Enhance blood flow to the scalp to keep follicles nourished and healthy
- Reduce dryness, dandruff, and itching
- Help moisturize the scalp and soothe inflammation and irritation via its infusion of CBD

NUTRA-TEAM BAUMAN – Nutraceuticals for Healthy Hair

These products will help your gift recipient feel good from the inside out.

My superb line of seven *proprietary* nutritional supplements is for 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.

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 reduce stress and its byproduct, cortisol. 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.

Give the Gift of a Bauman E-Gift Card

- With so many options at Bauman Medical, maybe too many for you to choose, you might want to consider one of our e-gift cards instead. These can be applied to any product or service, in-person, remotely, or for purchases in our eStore.
- Here are a few ways of the many ways your e-gift card recipient might want to use it (in addition to what you read about above):
- **Consultations** with me or Trina Arce, our nurse practitioner
- **Hair transplantation**
- **Trichotest™** (identifies the exact hair loss treatments that will perform best for you based on your genetics)
- **High-density Platelet Rich Plasma (PRP)** "Vampire" hair regrowth therapy
- **Compounded Formula 82F Topical Finasteride + Minoxidil** (designed to reduce the risk of side effects from oral finasteride/Propecia)
- **TED** (TransEpidermal Delivery) Non-invasive technology that uses ultrasonic sound waves and air pressure to enhance the penetration of a specialized topical hair growth serum into the scalp
- **Non-surgical 3D-printed hair systems or cranial prostheses**

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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."

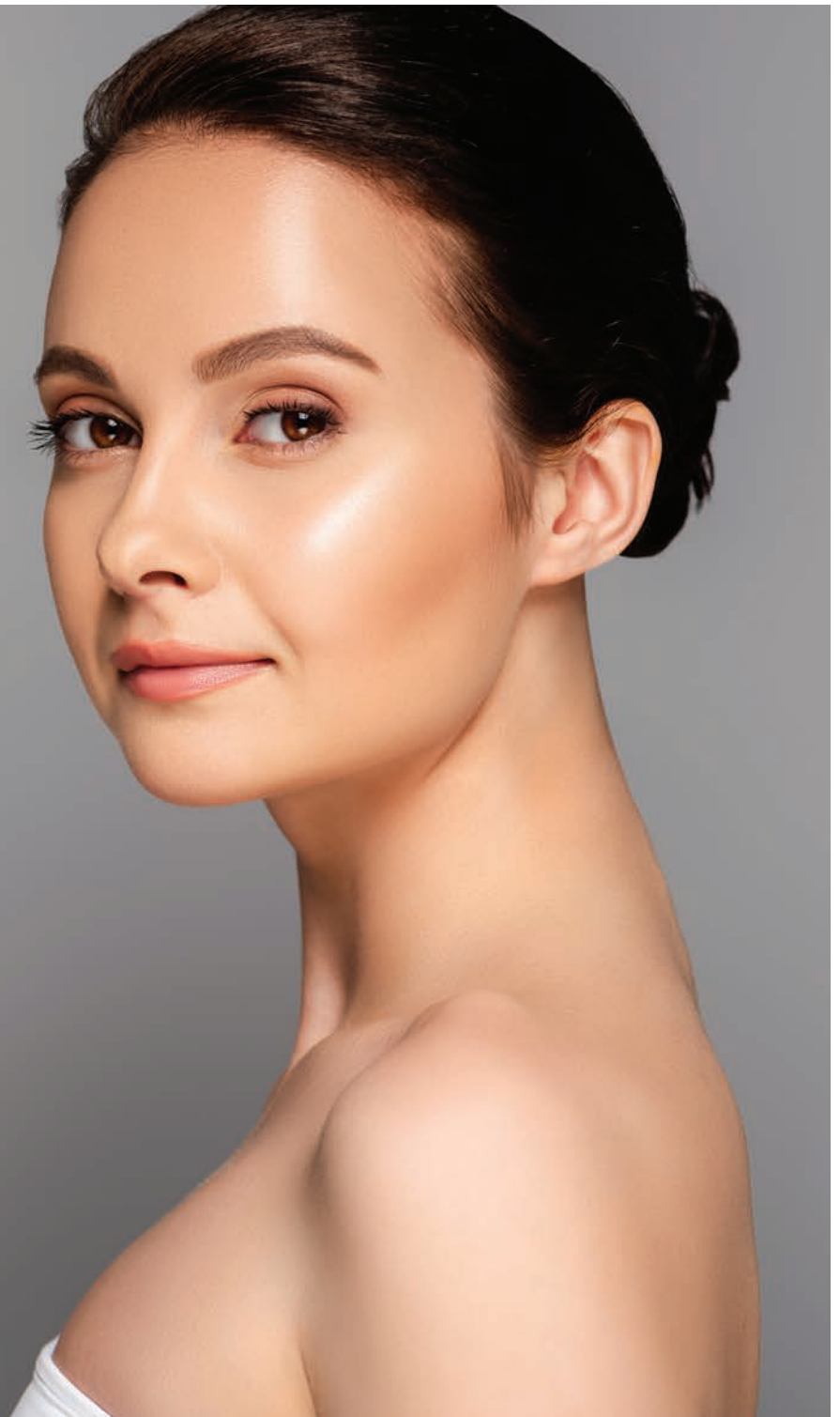


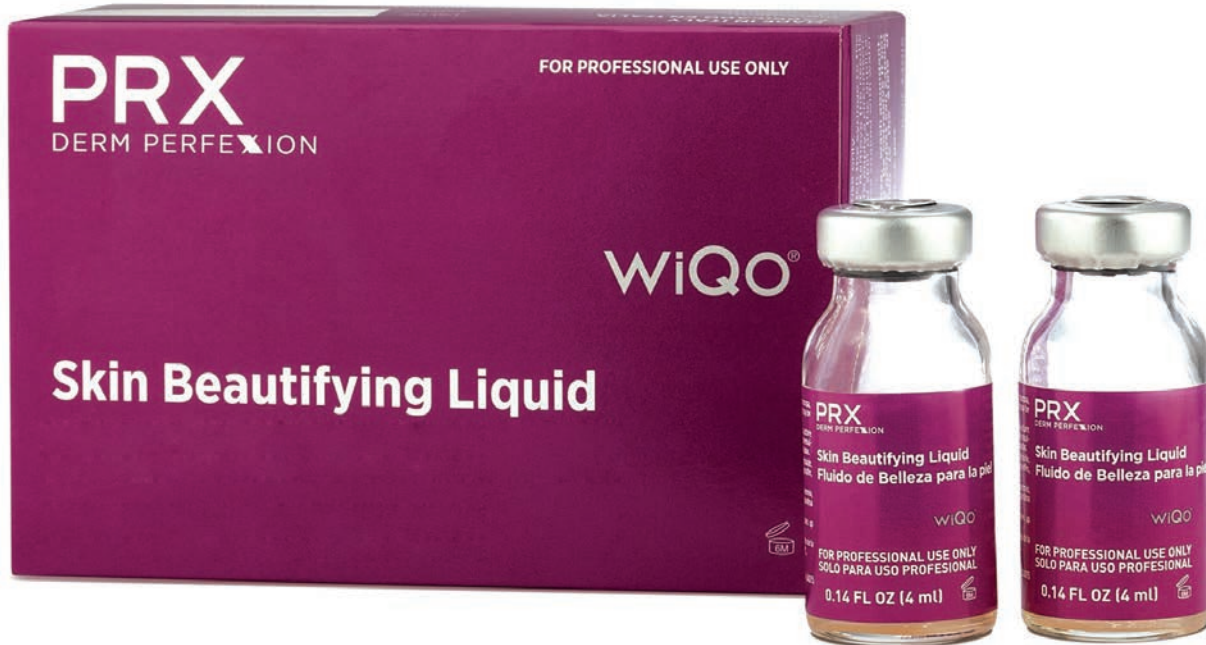
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The **PRX Derm Perfexion** treatment is made up of hydrogen peroxide, trichloroacetic acid, and kojic acid to provide immediate and lasting improvement to the look and feel of skin without any peeling effects. We use it to target aging skin, texture, laxity, wrinkles, and dull skin for complete rejuvenation of the face and body. Patients love this procedure because it provides immediate firming, hydration, and tightening that can be noticed after just the first treatment. There is no peeling or photosensitivity afterward, so it can be done any time of year, even in summer months! There is no discomfort, no needles or lasers involved, and **ZERO** downtime.

PRX Derm Perfexion is a quick procedure that can be done in your lunch hour. We suggest a minimum of 4 treatments done weekly, with each subsequent treatment building upon the last, further enhancing your results. Come schedule a complimentary consult with our offices to see how this new treatment can be the perfect enhancement for your skin.



Medical Director, Daniela Dadurian M.D.

- * Board Certified Anti- Aging Medicine
- * Board Certified Laser Surgery

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

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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.

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- 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

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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.

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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Reversing Gum Recession: Scalpel FREE, Suture FREE, Graft FREE

Gum recession is very common among patients for a variety of reasons. Recession can occur due to genetics, past orthodontics (braces), tooth shifting, infrequent dental hygiene appointments, inflammation and aggressive tooth brushing (among others).

Recession is the loss of the gum tissue that covers the root portion of the tooth. The gum tissue protects both the tooth itself, along with the supporting jaw bone. If the gum starts to recede, the underlying bone will start to resorb as well. This change can lead to significant issues such as tooth loosening, tooth loss, jaw bone loss, root cavities (that frequently lead to the need for root canals), longer looking teeth and tooth sensitivity.

TRADITIONAL GUM GRAFTING:

Traditional therapy for treating gum recession is called “gum grafting”. The technique typically involves surgically taking tissue from one part of the oral cavity (typically the roof of the mouth) and transplanting it to the area where gum tissue has receded. More specifically, the area that has recession is opened surgically. Tissue is then removed from the “donor” location in the mouth and sutured in place where the recession has occurred. If there is a large area of recession, multiple areas in the mouth may be needed as donor sites, in order to collect a sufficient amount of tissue to treat the recession. In some cases, tissue from a tissue bank can be used in place of surgically removing tissue from another location in the mouth.



PINHOLE GUM REJUVENATION:

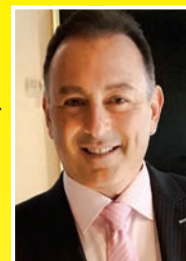
A new procedure, similar to a laparoscopic technique, has been developed with over 10 years of research showing its effectiveness in treating gum recession. This procedure is performed by making a small pinhole in the gum tissue. Using specially designed instruments, the gum tissue is loosened and guided over the receded part of the tooth. There is no incision, suturing or tissue graft placement. Due to this fact, patients can expect minimal post-operative symptoms (pain, swelling and bleeding). Most patients also are pleasantly surprised by the instant cosmetic improvement. The technique is also known as the Pinhole Surgical Technique (PST) and the “Lunchtime Gum Lift”. The procedure has been featured on “The Doctors Show”, “Dr. Steve Show”, “ABC”, “NBC”, and over 240 stations across the United States and Canada.

This procedure has helped treat thousands of patients with gum recession. Our patients have been extremely satisfied with both the immediate cosmetic results and quick recovery because no scalpel or sutures were used. An evaluation by a Certified Pinhole Technique Clinician can help determine if your recession can effectively be treated by this amazing, non-invasive therapy.

For More Information and an animation of the treatment please see:
www.PinholeSurgicalTechniquePalmBeach.com

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

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



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

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

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

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



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ACCIDENTS HAPPEN, LONG-TERM EFFECTS DON'T HAVE TO

Chiropractic care, massage and physical therapy has, for decades, been the optimal course of treatment for soft-tissue injuries most commonly related to auto accidents. Cervical sprain/strain injuries, known also as whiplash, are effectively and non-surgically addressed by chiropractic care. Mid and low back pain, which often surfaces several weeks after an accident, can be alleviated with adjustment and realignment of the spine. Resolving spine and neck injuries through a comprehensive treatment plan can also help prevent serious long-term structural issues like post traumatic osteoarthritis.

What's troubling about soft tissue injuries is that patients frequently do not immediately realize the

extent to which they are injured. First thoughts are usually about how to get the car repaired and how to get to work tomorrow morning. Headaches, tingling, increasing tightness, stiff neck, reduced range of motion and neck or back pain are put on the to-do list after the "important" things are handled. Indeed, many who have discovered the chiropractic lifestyle have done so as a result of lingering pain and unresolved issues from car crash.

Today, getting your body checked out must be on the top of the list after an accident. We all pay our auto insurance premiums. Now to protect the coverage that you have paid for, be aware that you must take action within 14 days of the loss date. **In other words, in order to take advantage of the coverage you have paid for**

through your insurance, you must be assessed within 14 days of the accident.

Even minor fender benders can create trauma to the neck, spine and/or connective tissues. These effects may not be felt or understood for weeks or months after the accident. Seeking immediate assessment after an accident and treatment, if necessary, will greatly reduce the likelihood of long-term and/or deteriorating back, neck and spine problems.

In the unfortunate instance that you or a friend or family member has been in an automobile accident, don't delay and have a full spinal exam and check up at Cobblestone Spine & Joint immediately. We can help walk you through recovery.

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THE CORNEA

By David A. Goldman MD



Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



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

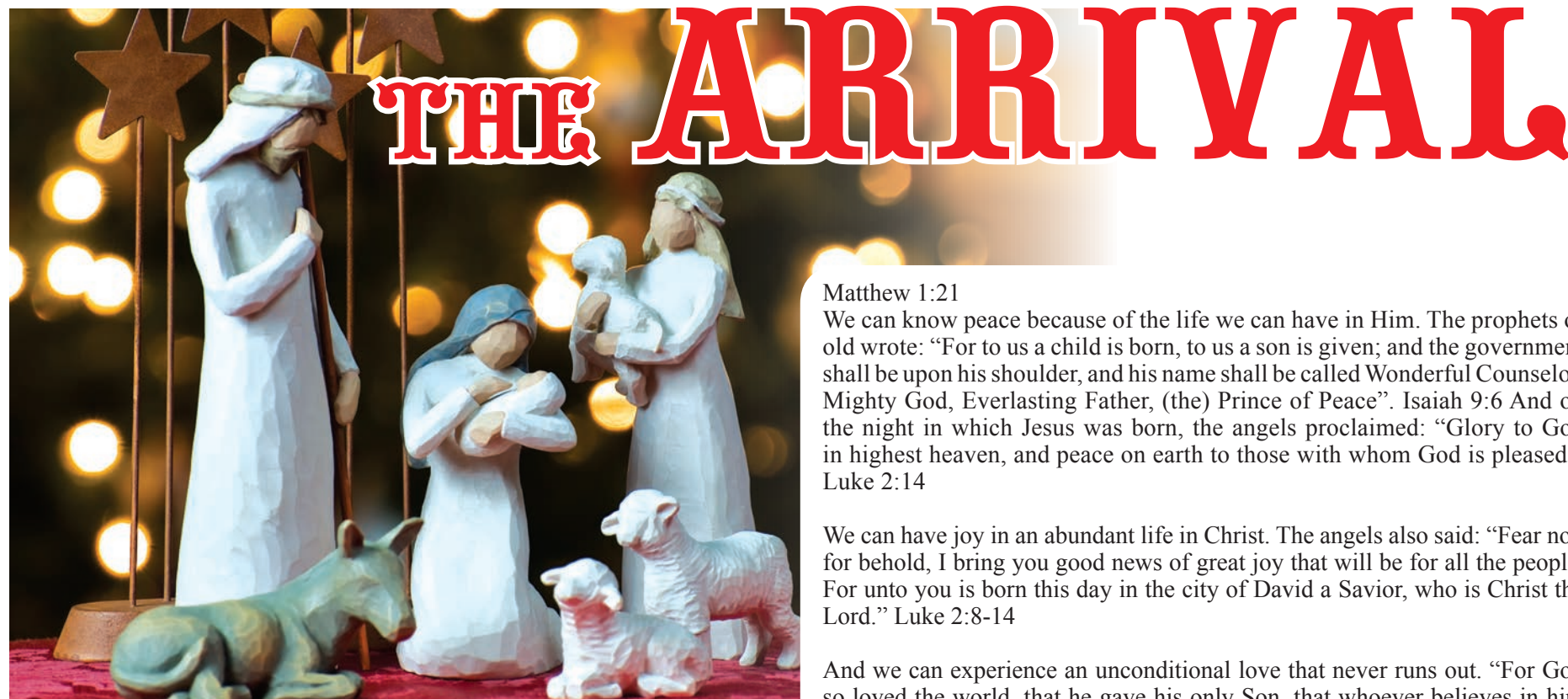
as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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, microincisional 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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Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”

Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers

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