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

November 2023

North Palm Beach Edition - Monthly

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## TRUSTED LAW AMANDA ACHONG, ESQ

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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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# STOMACH CANCER

**S**tomach cancer, or gastric cancer, accounts for less than two percent of all new cancers diagnosed in the U.S. annually. It primarily affects older adults; 68 is the average age of diagnosis. According to the American Cancer Society, the lifetime risk of developing stomach cancer is higher in men (about 1 in 96) than in women (about 1 in 152). However, each person's risks can be impacted by many factors.

Once one of the leading causes of cancer deaths in the U.S. (and still one of the leading causes of cancer-related deaths in other parts of the world), the incidence rate of stomach cancer has dropped dramatically in the last 10 years. Researchers credit this to the increased use of refrigeration for food storage and the availability of antibiotic treatments that eliminate ulcer-causing bacteria.

## Understanding the Stomach and Stomach Cancer

The stomach, a pouch-like organ in the upper abdomen, is an essential part of the digestive system. In fact, it is one of many organs in the abdomen (which many people call the belly area), including the small intestine, colon, liver, spleen and pancreas.

The esophagus delivers food to the stomach, which then mixes it, breaks it down and passes it on in small portions to the small intestine. The stomach wall is made up of several layers of mucous membranes, muscle fibers and connective tissue with blood vessels and nerves.

Nearly all stomach cancers develop from the gland cells in the innermost lining of the stomach (the mucosa) and tend to develop slowly over many years. There are many forms of stomach cancer. Pre-cancerous changes in the stomach often go undetected because, early on, they rarely cause any symptoms. Some symptoms are identical to conditions other than cancer.

## Signs and symptoms can include:

- Poor appetite or weight loss (without trying)
- Abdominal (belly) pain, discomfort or swelling, usually above the navel (or belly button)
- Feeling full after eating a small meal
- Heartburn or indigestion
- Nausea or vomiting, with or without blood
- Trouble swallowing
- Blood in the stool
- Feeling tired or weak because of having too few red blood cells (anemia)
- Yellowing of the skin and eyes (jaundice) if the cancer spreads to the liver

If you have any of these issues for an extended period, especially if they don't go away or worsen, you should see your healthcare provider.



Currently, there are no routine screening tests to detect stomach cancer, although research is continuing. For adults who may be at higher risk due to chronic gastric issues, certain genetic syndromes or a family history of stomach cancer, doctors may recommend an endoscopy screening. This procedure views inside the esophagus, stomach and upper part of the small intestine to check for abnormal areas.

## Reduce Your Cancer Risk

Smoking and a poor diet have long been associated with a higher risk of stomach cancer. Follow these tips for a healthy lifestyle and to reduce your risk for many forms of cancer:

- Avoid eating large amounts of salty foods, such as salted fish and meat or pickled vegetables
- Avoid eating processed, grilled or charcoaled meats on a frequent or regular basis
- Eat lots of fresh fruits (citrus fruits in moderation) and vegetables
- Avoid tobacco use
- Use alcohol in moderation; three or more drinks per day seems to increase the risk of stomach cancer

## Treatments

There are many forms of stomach cancer, and the recommended treatment is determined based on the type and stage of the disease. Treatment may include surgery, radiation, targeted therapy or immunotherapy, which uses the body's immune system to disrupt the growth and spread of tumor cells.

## New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all forms of cancer continue at a rapid pace, thanks to ongoing clinical research. Clinical trials have played a significant role in these advancements, now saving more lives. Patients participating in these safe and carefully supervised groundbreaking research studies receive the latest treatments available, which can positively impact their outcomes.

## WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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

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 FCS participation.\* Recognized for our research, FCS is a recipient of the national Clinical Trials Participation Award presented by the American Society of Clinical Oncology (ASCO). FCS physicians, trained in prestigious medical schools and research institutes, are consistently ranked nationally as Top Doctors by U.S. News & World Report.

Founded in 1984, FCS 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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# Giving Thanks for the Amazing Science of Hair Restoration

## There's Never Been a Better Time to Address Hair Loss

by Alan J. Bauman, MD, ABHRS

Each year, when November rolls around, we're reminded by TV shows and movies, advertisements, and messages in our houses of worship and within our own families that there's always something to be grateful for.

As a physician, I feel a great deal of gratitude for the astounding medical advances that have given us longer, healthier lives over the past 75 years, starting with the widespread use of antibiotics during World War II. Many diseases which were often fatal, especially to children, are practically unheard of anymore due to vaccines. Smallpox was one of the most devastating diseases known to humanity and was deemed eradicated in 1977.

While hair loss is certainly not life-threatening, scientific research aimed at understanding and addressing it has kept pace with our modern-day advances in healthcare. I'm happy to say that Bauman Medical has been part of this. We call much of what we do 'state-of-the-art' because it truly is, thanks to my interest in staying on the leading edge of science.

Here are several of our advanced services that I adopted early or had a hand in creating:

### COMFORTABLE, MINIMALLY-INVASIVE, NO-LINEAR-SCAR FUE HAIR TRANSPLANTATION

I helped pioneer FUE hair transplantation back in 2002 when I designed the "Bauman MINDEX," or MINimal DEpth Follicular Unit EXtractor, the first commercially available tool to help FUE surgeons. The FUE (follicular unit extraction) process meticulously moves as little as one hair follicle at a time using robotics or with the aid of mechanical instruments. We harvest hair follicles directly from the scalp, replacing the older, invasive method of "strip harvesting." This technique eliminates that telltale linear scar that no one has ever been grateful for.



(Hair transplantation requires an anesthetic, so for those who are super-sensitive, we now offer a high-tech, computerized syringe to deliver it very slowly. This advanced syringe, with its robotic plunger, is controlled by a microprocessor fitted with the smallest needle there is. Once the local anesthetic is in place, your entire scalp is numb and allows us to work imperceptibly. You feel no needle stick and no anesthesia going in.)

### TED

TED (TransEpidermal Delivery) is one of the most exciting innovations in hair restoration that we've seen in years, and we adopted its use as soon as the studies convinced me it was safe and effective.

It's especially ideal for people who've avoided getting medical treatment for their thinning hair because they're averse to surgery or having their blood drawn for traditional regenerative procedures. TED is needle-free, pain-free, requires no anesthesia of any kind, and is highly effective.

Your skin (including your scalp) is designed to keep out moisture and other substances we might come into contact with in our environment. This is generally good for our health but not ideal if we're trying to get beneficial substances past this barrier to treat certain conditions.

First, we apply a specialized topical hair growth serum on your scalp in the treatment zone.

We then employ a high-tech device that looks like a small massage tool. The TED handpiece is moved slowly over the scalp, emitting safe ultrasonic sound waves and air pressure. (This process is known as sonophoresis.)

The 20-25-minute process gently enhances the penetration of the serum into the scalp by temporarily increasing scalp permeability. At the same time, increased blood flow optimizes scalp health and stimulates hair follicles to produce thicker, stronger, healthier hair. This FDA-cleared Class 1 medical device is clinically proven to start minimizing shedding and improving hair growth and scalp health within minutes.

### PDOgro™

Bauman Medical was the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth.

PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery and, more recently, in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp stimulate hair regrowth. Hidden under the skin, the threads dissolve and are absorbed over time, promoting collagen production and new blood vessel formation and triggering a release of powerful hair-rejuvenating growth factors.



Before and 12 months after PRP by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

The PDOgro™ procedure may help prevent or reduce the need for future hair transplantation by stopping, slowing, or reversing hair loss.

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requiring only five minutes of treatment per day for improved hair growth at home. It's also drug- and chemical-free with no risk of side effects.

Proper and consistent use of medical-grade low-level laser therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth. (Hint: Stay away from clunky helmets and weak consumer versions seen online, as they are almost certainly underpowered, and many aren't very portable.)

I co-developed the Bauman TURBO LaserCap, along with Mike Rabin, MD, the inventor of the original LaserCap technology, and the renowned Michael Hamblin, PhD, from the Wellman Center for Photomedicine and Harvard-MIT Division of Health Science and Technology.

**About Dr. Alan J. Bauman**



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

With over 25 years of specialization in hair restoration, he offers an impressive array of state-of-the-art technologies, including proprietary hair restoration procedures, low-level laser light therapy, customized hair growth medications, supplements, and other modalities that produce excellent results. Thanks to his many tools, you may not even need a transplant!

Dr. Bauman's "Hair Hospital," housed in a dedicated 12,000-square-foot building, is recognized as one of the premier hair restoration practices in the country.

As one of approximately 250 physicians worldwide to achieve board certification from the American Board of Hair Restoration Surgery (ABHRS), Dr. Bauman has treated over 33,000 patients. He's also a pioneer in numerous technologies in the field of hair restoration, both for diagnostics and treatment.

In recognition of his expertise, Dr. Bauman was voted "#1 Top Hair Restoration Surgeon" in North America by Aesthetic Everything for the 7th consecutive year, "Top Hair Restoration Surgeon of the Decade", and received the 2022 "Lifetime Achievement Award in Hair Restoration."

Forbes magazine recognized him as one of "10 CEOs Transforming Healthcare in America" for bringing restorative hair treatment into the mainstream and pioneering robotic technologies.

Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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**How Gratitude Has Helped Me Thrive**

As someone deeply involved in health, wellness, and "do it yourself biology," I'm always on the lookout for various ways to improve physical and mental well-being, but I have one favorite: "Vitamin G" (\*the G stands for gratitude). It's free. It only requires a bit of time and reflection, and the benefits are immense – you simply can't overdose on gratitude.

I try to begin every day by taking a moment to think of things I'm grateful for. This invaluable mindset has allowed me to thrive in a fast-paced work environment. My passion and enthusiasm for what I do enable me to give my undivided attention to my patients, be present for my family, and reinforce my optimistic outlook.

A defining moment in my career was when a colleague a few years ago pointed out that I always thanked my team at the end of every meeting they participated in on behalf of the practice. It came quite naturally to me because I know that their support is instrumental in accomplishing our mission of changing lives through hair restoration.

Feeling gratitude for my patients, my staff, my family, my home, my health, and my career, which helps people feel better about themselves, is not just a personal practice but an essential ethic that has helped me thrive in ways I would not have without it.



# PREPARE YOUR SKIN FOR FALL: HYDRATE FROM THE INSIDE OUT WITH SKINVIVE



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## **UNDERSTANDING SKINVIVE: A SKIN BOOSTER IN A SYRINGE**

Suffering from dehydrated and lackluster skin is a common concern, especially as we age. While countless products promise hydration, they often fall short in delivering the rejuvenated, radiant glowing look we desire. Skinlive, a hyaluronic acid filler, offers a unique solution that focuses on long-term skin hydration rather than just filling in lost volume.

Unlike traditional fillers that reshape the face, Skinlive's purpose is to infuse your skin with a natural, youthful dewy glow. With FDA approval in May and recent availability to practitioners, it has quickly become a game-changer in the world of skincare.

Skinlive is the first ever Hyaluronic Acid injectable moisturizer it optimizes your skin's water absorption 1000x giving your skin long lasting glow from the inside out.

## **THE SCIENCE BEHIND SKINVIVE**

Skinlive is administered as a series of very small droplets injected across your face, focusing on changing the appearance of your skin rather than the shape of your face. These injections are exceptionally shallow, targeting hydration in the dermis. Once introduced, the solution disperses evenly, enhancing your skin's texture, resulting in plump, smooth, hydrated skin.

Clinical studies have shown that the benefits of Skinlive can last for up to six months. Beyond hydration, Skinlive also stimulates collagen production. This process improves skin elasticity, reduces fine lines, and banishes dullness, resulting in a more youthful, revitalized and natural complexion. It fills lost volume by naturally plumping skin & leaving skin dewy and glowing.



One of the most enticing aspects of Skinvive is its minimal downtime. Much like other popular treatments such as neurotoxins and fillers, there's no need to put your life on hold after a session. The beauty of Skinvive lies in its versatility; it can be used alongside neurotoxins and fillers for volume enhancement. In fact, it's even possible to combine all these treatments on the same day.

However, it's essential to note that like any procedure involving needles, bruising can occur, although it's usually temporary and manageable.

**THE FUTURE OF HYDRATION AND RADIANCE**

In the quest for healthier, more radiant skin, Skinvive has emerged as a groundbreaking solution. MD Beauty Labs brings the long-awaited



concept of "skin boosters" to the United States, focusing on skin hydration and smooth texture rather than unnatural facial volume. This innovative treatment not only restores moisture but also stimulates collagen production for a more youthful glowing appearance.

Whether you're battling dryness, fine lines, or dullness, Skinvive offers a non-surgical, minimally invasive option to achieve your desired refreshed youthful look. With its track record of improving skin texture for up to six months, Skinvive is a game-changer for those seeking lasting hydration and refreshed youthful skin. In collaboration with the esteemed producer Allergan, Skinvive has become the latest addition to the toolbox for skin rejuvenation, giving you another avenue to achieve the glowing, youthful skin you desire. Say goodbye to dry and dull skin and hello to the radiant future of skincare with Skinvive offered by MD Beauty Labs in Palm Beach County FL.

Reach out to us directly and let us help you rewind the hands of time.



**Medical Director, Daniela Dadurian M.D.**  
\* Board Certified Anti- Aging Medicine  
\* Board Certified Laser Surgery

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

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# Enjoy a Spontaneous Sex Life Again – Heal at the speed of LIGHT & SOUND Rekindle the Spark!

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**SIMPLY MEN'S HEALTH IS QUICKLY GRABBING ATTENTION AS BOCA RATON'S #1  
MEN'S SEXUAL HEALTH CLINIC & LEADER IN THE FIELD.**

In 2015, Dr. Joan Katz, a Harvard-trained physician and owner of Simply Men's Health was the first to introduce ED shockwave and revolutionized the treatment of ED with RejuvaWAVE®.

And now again in 2023, Dr. Katz introduces the game-changing RejuvaWAVE Multi-Wave ShockwaveSM. This shockwave treatment is the first-of-its-kind therapy combining both Radial and Focused waves along with Photobiomodulation LASER to boost the success rate to over 95% curing ED and Peyronie's Disease. In addition to treating ED and Peyronies, it enhances performance and reverses the inevitable aging process. Turn back the clock and Men of all ages can once again enjoy the spontaneous, active sex life they enjoyed in their youth.

## ATTENTION MEN! NOT ALL ED SHOCKWAVE IS THE SAME

Since Simply Men's Health pioneered the new standard of care with RejuvaWAVE®, many clinics have popped up offering different versions of shockwave. However, not all ED shockwave treatments are the same. Unfortunately, many men have sought treatment at franchise operations gone, often not owned by physicians, and have been disappointed. Some have even paid thousands of dollars to franchises touting 1000's of procedures performed and got little to no results. We know the genuine RejuvaWAVE® protocol works and we want you to experience the difference Risk Free!

If you have tried shockwave treatment at another clinic, Simply Men's Health wants you to experience for yourself the genuine RejuvaWAVE® DIFFERENCE performed by our highly trained and certified technicians: Call Simply Men's Health and get one FREE session – absolutely NO obligation – No fee – No purchase! Judge for yourself as Jeff, one of many of our happy patients states:

*"I've come to Simply Men's Health. I had gone to a previous place... this one is the REAL deal. Absolutely a completely different procedure. Everything is much better. The procedure working the first time. Completely satisfied."*

## HOW DOES REJUVAWAVE MULTI-WAVE SHOCKWAVE DIFFER FROM OTHER SHOCKWAVE THERAPIES?

The NEW RejuvaWAVE Multi-Wave ShockwaveSM protocol distinguishes itself from all others by our proprietary multi-modality protocol, the RejuvaWAVE® application technique combining both Radial and Focused waves using the state-of-the art Storz medical device. As a result, RejuvaWAVE Multi-Wave ShockwaveSM treats the root cause of the problem, not just the symptoms. This multi-wave shock-wave treatment has over a 95% success rate curing ED and Peyronie's.

## WHAT ARE THE BENEFITS OF REJUVAWAVE MULTI WAVE SHOCKWAVE SM?

RejuvaWAVE Multi Wave ShockwaveSM NATURALLY restores spontaneous sexual function, gives you harder and longer lasting erections, and increases penile sensation

- **100% SAFE and Non-invasive**
- **Drug Free, Needle Free, Pain Free**
- **No downtime, No side effects**
- **Activates your body's own stem cells and healing power**
- **Stimulates cellular metabolism and ATP production**
- **Promotes tissue regeneration**
- **Dissolves micro-plaque in blood vessels restoring blood flow**
- **Stimulates growth of new blood vessels increasing blood flow**
- **Breaks up scar tissue decreasing the curvature of Peyronie's Disease**
- **Stimulates regeneration of nerve tissue improving sensation and pleasure**
- **Promotes natural growth in penis size and girth**
- **Improves sexual performance**
- **Over 95% patient satisfaction**

## WHAT IS REJUVAWAVE® MULTI-WAVE SHOCKWAVE PROTOCOL?

both Focused and Radial waves stimulates cellular metabolism, enhances blood circulation, and stimulates the growth of new blood vessels and nerves in the treated areas. In addition, Cold Laser accelerates healing and potentiates the effects of RejuvaWAVE®. shockwave treatment.



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. The results have been nothing short of amazing!

*"I haven't been able to get an erection in 5 years... After several visits I noticed improvements. After a couple of months, I was able to have a spontaneous sex life again. You gave me my life back." – Bob M.*

## HOW TO EXPERIENCE THE REJUVAWAVE® DIFFERENCE

Pick up the phone ONE CALL can change your life! We respect your time and privacy.

Each client receives individualized care from our experienced staff of physicians.

We pinpoint the exact cause of your Sexual health challenge and create a customized Treatment protocol.

**Call today and enjoy  
a Spontaneous and Active Sex life again.**



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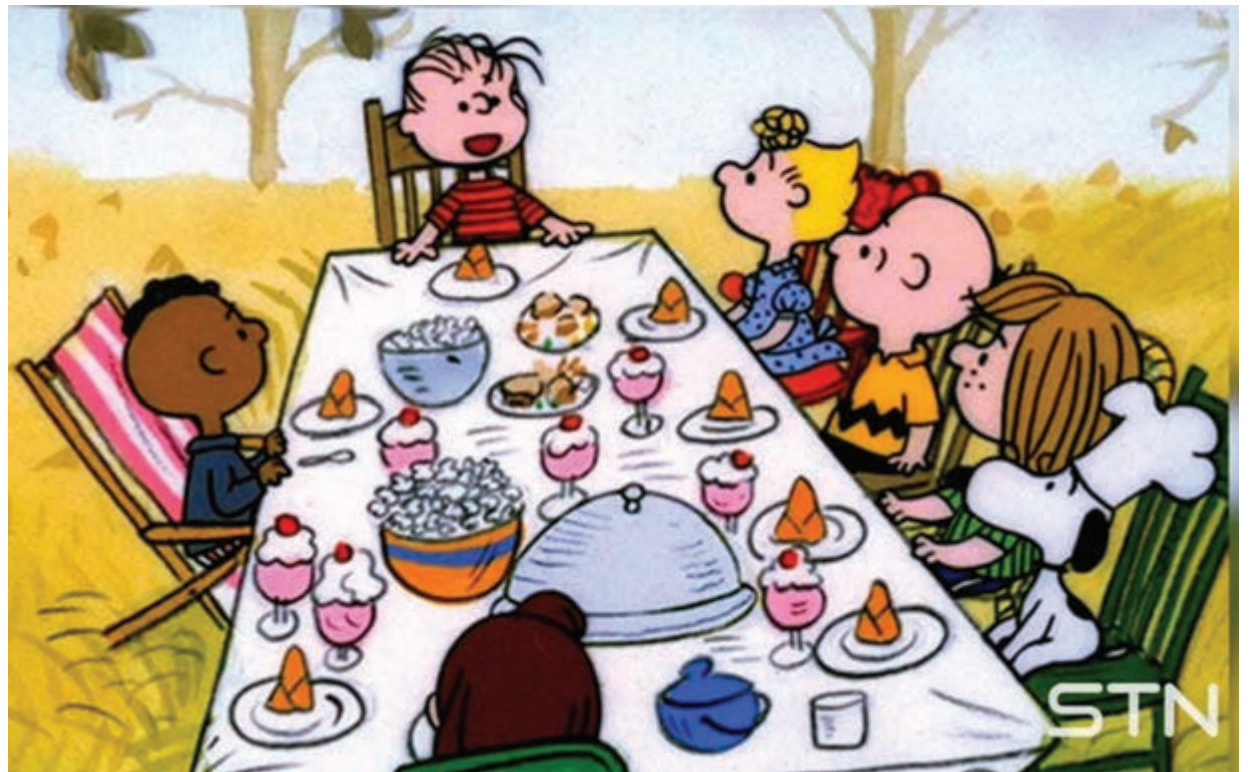
# Keep The Family Connected With These Tips

WITH OR WITHOUT A HEARING LOSS, THE END OF THE YEAR CAN BE A STRESSFUL TIME AND IT HELPS TO BE PREPARED.

**E**ven if no one in your family has a hearing loss, preparing for those busy holiday gatherings will make it more enjoyable for everyone. If you are hosting a gathering, implement these hearing-friendly ideas:

- **Create different listening environments.** The kids play together in one room, while the adults listen to the ball game or music in another. When it's time to gather at the table, turn off the music and TV so you can focus on the conversation.
- **Assign seats.** If someone has a hearing loss, they'll enjoy the conversation more if they're seated where they can see everyone's faces. Ask them where they'd like to sit. If they have a "better ear" that may dictate the best seat for them.
- **Don't dim the lights.** Many people with hearing loss rely on good lighting to read lips and get facial cues during group conversations — with or without hearing aids.
- **Delay clean up.** Clinking, clanging dishes make it difficult to hear the conversation and takes you away from your guests. Try waiting until everyone has left to clean the dishes.
- **Advocate for yourself.** If you are a guest and you have a hearing loss, don't be afraid to politely to speak up for yourself if the TV or music is interfering with your ability to participate in the conversation or if you need closed captioning turned on when watching the football game. If you prefer, have a word with the host before the event begins.

Remember, you were invited because you are important to your host — they don't want you to feel left out.



There are many articles out in the internet with tips on successfully communicating during the holidays:

<https://blog.aarp.org/healthy-living/how-to-make-the-holidays-more-hearing-friendly>

<https://www.healthyhearing.com/report/53277-Tips-for-holiday-parties-or-family-dinners-hearing-loss-hearing-aids-guests>

<https://jhbi.org/hearing-loss-and-the-holidays/>

We can be reached by phone: 561-366-7219

E-mail: [debrashadoff@audiologywithaheart.com](mailto:debrashadoff@audiologywithaheart.com)

Texting: 561-559-7673

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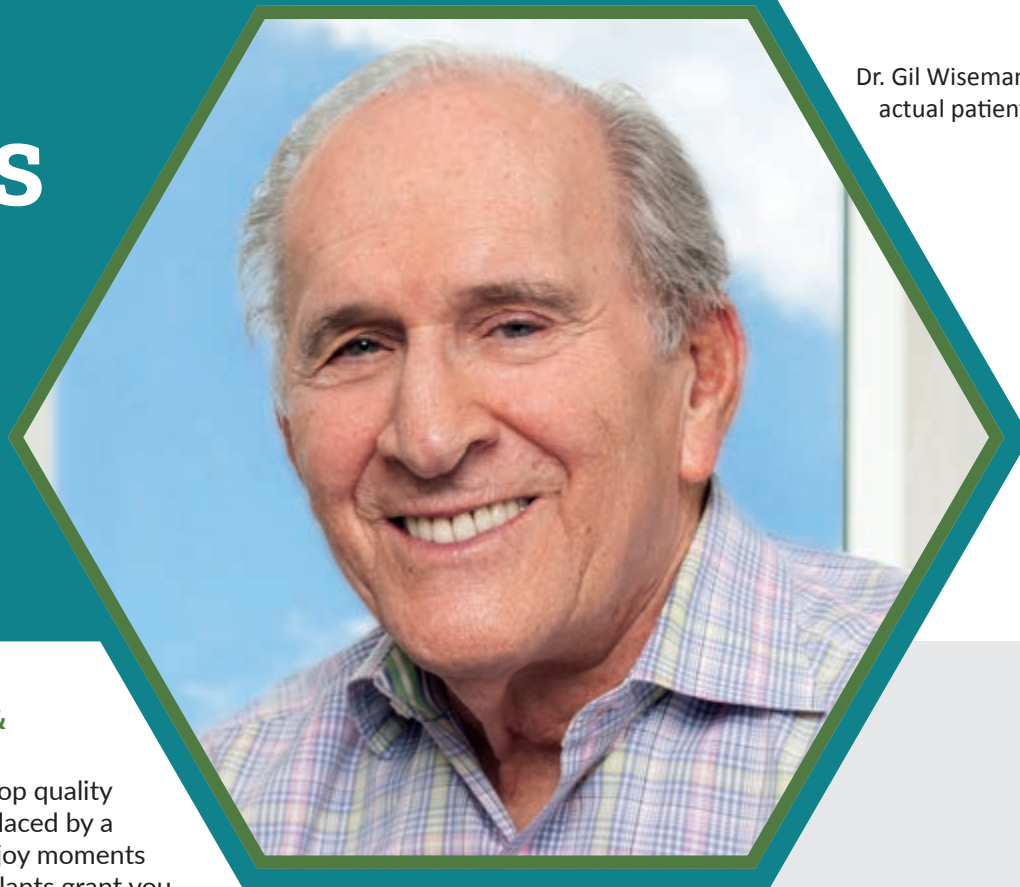
**We take your hearing needs to heart**



# Real Deal Dental Implants

Dental implants are a hot topic. By age 45 most of us are missing at least one tooth. If you need one or more dental implants, you know there is a lot of information to sift through.

Looking online you might see offers, even bargains for dental implants. Don't be fooled. Dental implants come with risk. To ensure your dental implants last a lifetime, you need an experienced dental implant surgeon who uses only top-quality materials.



Dr. Gil Wiseman  
actual patient

## Buyer Beware: Low Quality Dental Implants on Market

In recent years, the U.S. market has seen infiltration of clone implants from China, Eastern European and South American countries. Clone implants pose risks because:

- Clone implants are not specifically designed for your mouth.
- Some contain mixed metals that can cause adverse reactions.
- Higher rates of failure which can be painful and costly.

## Dental Implants Done Right

Dental implants are an investment in your health and appearance.

Dental Implant Specialist Dr. Lee R. Cohen uses surgical-grade, titanium dental implants made by leading manufacturers. It's one reason why his patients have a 97% success rate.

- Look and feel totally natural.
- Precision placed with guided surgery.
- Biocompatible to bond with your body.

## Big Benefits & Better Living

When you have top quality dental implants placed by a specialist, you enjoy moments more. Dental implants grant you the freedom to eat what you like, share conversations without worry, and smile for photos again.

## Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills.

Every visit begins with a conversation about you. Your unique needs, concerns, and desires for care matter to us.

- Together we review your health history.
- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.

## We Care a Lot

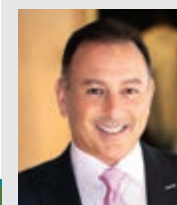
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- Together we review your health history.
- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

We care for you like you are part of our family. Our team keeps everyone in your care circle up to date, and we check in to make sure you feel good once treatment is complete.

## Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills. Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.



## About Dr. Lee R. Cohen

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

- NYU, Doctor of Dental Surgery; Management

- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



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

**C**hiropractic 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.

### OUR NONSURGICAL TREATMENT IS:



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Therefore there is no risk of infection.



**NO RECOVERY TIME**  
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**ALL NATURAL**  
Completely natural process for peace of mind.



**DRUG FREE**  
No drugs used at all through the process.



Cobblestone Spine & Joint Institute  
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**[www.cobblestonespineandjoint.com](http://www.cobblestonespineandjoint.com)**





## How Doctors Choose Surgeons

By David A. Goldman MD

**W**hen it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a “renowned” surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, micro-incisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

561-630-7120 | [www.goldmaneye.com](http://www.goldmaneye.com)



# Developing Discipline



**H**ere'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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