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MAGAZINE

November 2023

South 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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# What are **All-on-4 Dental Implants?**

## Understanding Advantages & How They Work

If you find yourself in the unfortunate situation of having several missing teeth, you may find that you are experiencing a great deal of frustration and loss of confidence as a result. Missing teeth can be a contributing factor to several other dental health problems and can also have significant effects on your overall well-being. Patients in this situation should take steps to have their missing teeth replaced as soon as possible to ensure that good oral health is maintained and that the overall quality of life is improved. But other than dentures, what are the options for replacing several missing teeth?



While dentures are a tried and true solution for many patients who are missing multiple teeth, they don't always deliver the level of comfort or confidence that leads to complete satisfaction with your treatment. Fortunately, advancements in dental science and technology have led to the development of a better solution for the replacement of multiple teeth that delivers far greater results and many advantages over other treatment options. This solution is known as All-on-4 dental implants.

What are All-on-4 Dental Implants? The All-on-4 system is a combination of different dental methods and technologies that provide a solid and secure connection for the replacement teeth that is much more stable and reliable than traditional methods for affixing dentures, such as simple natural suction or denture adhesives. All-on-4 uses a set of fixed dental implants that are embedded in the patient's jaw in order to provide a firm and solid platform that holds the set of replacement teeth in place. Because of this, All-on-4 are often

also referred to as a type of 'implant supported dentures', although this is a broad term covering other styles of replacement teeth as well.

The dental implants that are used in the All-on-4 treatment procedure are slightly different from a normal dental implant, which is designed to simply replace an individual tooth. The portion of the implant that is affixed inside the bone of the jaw is essentially the same, but the top exposed portion of the implant replaces the artificial tooth of a regular implant with a specialized cap-shaped tip. These four tips are used to provide a physical connection between the jaw and the artificial teeth, which has a matching set of four receptacles on the underside. It's this solid, physical connection between the implants and the new teeth that provides a much more natural feeling for the patient when wearing their teeth, especially when chewing or talking.

The four implants used to provide a secure connection are strategically positioned in the patient's jaw after careful examination and analysis by the dental surgeon to ensure the most effective placement for each implant to achieve the best results. Usually, the most common arrangement for the implants is two near the front of the mouth that are inserted in a nearly vertical alignment. Two more implants are inserted towards the back of the mouth, in the molar area, and are usually placed at a steeper angle to provide greater stability and support thanks to the increased contact with the bone of the jaw. Once the implants are securely in place, the implant supported dentures can be used immediately, providing a fast recovery time and a quick return to your daily life and usual routines.

**What are the Advantages of All-on-4?** The advantages of the All-on-4 method are numerous, both directly related to your oral health and



indirectly as they provide benefits in other areas of your life. Here are some of the key benefits that patients will realize from undergoing the All-on-4 procedure.

**Prevent Bone Loss & Degradation** – One of the most common effects of lost and missing teeth is the degradation of bone in the jaw as a result. The All-on-4 system is effective in minimizing the effect of bone loss since the implants are affixed directly to the jawbone and act in a similar fashion to the roots of natural teeth. The pressure exerted into the jawbone mimics that of natural teeth, encouraging the retention of bone mass and providing strength to the area. Even in patients that have experienced some level of bone loss, the All-on-4 system can still be used. Since the implants provide such a secure connection into the existing jaw bone, there is a substantially reduced likelihood that a bone graft will be needed in order to proceed. By avoiding the need for a bone graft, recovery and treatment timelines are significantly reduced.



**Greater Self Confidence** – Patients who receive All-on-4 treatments end up with a complete set of natural-looking teeth connected securely and comfortably in their mouth, enabling them to enjoy all their favourite foods, and a great variety of food and drink, without worry. Knowing that your teeth will stay in place at all times, patients experience a great boost in their self-confidence as they no longer need to be concerned about situations where loose dentures may be a source of embarrassment.

**Easier Care & Better Hygiene** – Caring for your All-on-4 teeth and implants is easy and follows many of the normal oral care habits that you are already familiar with. Brushing, flossing, using oral rinses, and going for regular dental checkups are all still necessary habits that you need to keep up with. All-on-4 has the added benefit of doing away with the need for any messy or costly adhesives that are commonly required with other traditional styles of dentures. This saves time, hassle, and money in the long run.

**A Permanent Solution** – One of the major benefits that the All-on-4 treatment provides is that the results are permanent, and do not necessitate the frequent fitting sessions that traditional dentures require. Because the All-on-4 system uses a denture that is securely fastened to the mouth via the implants, the connection is not prone to the same problems that result from gum recession, which cause traditional dentures to become loose and uncomfortable over time. All-on-4 provides a permanent solution that results in greater comfort and convenience for the patient.

**Conclusion** – It's important for patients who are missing teeth to understand that the more time that passes before they receive treatment, the more likely they are to risk developing conditions as a result, such as gum recession, bone loss, and other oral health concerns that can become quite serious if left untreated. By taking action early to replace missing teeth, you are investing in your overall health and well-being and will avoid these potential problems in the future. If you are missing several teeth and would like to learn more about what the best treatment options may be for you, we recommend scheduling a free, no-obligation consultation with our team here at 5th Avenue DENTAL. Our staff is professional and friendly, and we will take the time to discuss all your available options, including whether the All-on-4 method is the solution that you've been waiting for. We are happy to answer all your questions on All-on-4, including what you can expect from the treatment and the types of results that other patients have already achieved through this innovative procedure. A full set of natural-looking teeth is assuredly in your future, and with the All-on-4 system, you can be confident that your smile will definitely be back in style!



**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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# 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.

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Before and 12 months after PRP by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

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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



**A**RE YOU TIRED OF DRY AND LIFELESS SKIN, DESPITE USING NUMEROUS HYDRATING LOTIONS AND POTIONS? THE ANSWER TO YOUR SKINCARE WOES MIGHT JUST BE SKINVIVE, THE LATEST INNOVATION IN SKIN HYDRATION. THIS GROUNDBREAKING TREATMENT, APPROVED BY THE FDA AND PRODUCED BY ALLERGAN, THE SAME COMPANY BEHIND BOTOX AND JUVEDERM, IS THE FIRST OF ITS KIND IN THE UNITED STATES AVAILABLE AT MD BEAUTY LABS.

## 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



**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.

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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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.



# TRUSTED HOMECARE AGENCY:

## Serving Veterans with Free Supplemental Home Healthcare

**W**hen it comes to healthcare, veterans deserve the best care possible. For veterans seeking in-home healthcare services, there is a valuable resource available to them through the Trusted Homecare Agency. This trusted organization specializes in providing free home healthcare options to veterans, offering a range of services that cater to their unique needs. **Did you know there is a program available to veterans which offers up to 21 hours per week of home healthcare for free?** These include a range of home healthcare services including:

### SKILLED NURSING CARE:

Trusted Homecare Agency offers skilled nursing care to veterans who require medical attention within the comfort of their own homes. This includes wound care, medication management, and assistance with chronic conditions. Skilled nurses are highly trained and experienced in dealing with veterans' specific health concerns, providing personalized care that ensures their well-being.

### BENEFITS:

- Reduced hospitalization: Skilled nursing care can help prevent unnecessary hospitalizations by providing timely and effective medical interventions.
- Enhanced comfort and convenience: Veterans can receive medical care without the need to travel to a healthcare facility, ensuring greater comfort and less stress.

### HOME HEALTH AIDES:

Veterans can also benefit from the assistance of home health aides provided by Trusted Homecare Agency. These caregivers help with activities of daily living, such as bathing, dressing, meal preparation, and light housekeeping. Home health aides offer companionship and emotional support to veterans, ensuring they maintain a good quality of life.

### BENEFITS:

- Improved quality of life: Veterans can maintain their independence and dignity while receiving essential assistance with daily tasks.
- Reduced caregiver burden: Family members of veterans can find relief knowing their loved ones are in capable hands.

### PHYSICAL AND OCCUPATIONAL THERAPY:

Trusted Homecare Agency offers veterans access to physical and occupational therapy services within the confines of their homes. These therapies are designed to help veterans regain mobility, strength, and independence, especially after injuries or surgeries.

### BENEFITS:

- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

### PALLIATIVE CARE:

For veterans facing serious illnesses or end-of-life care, Trusted Homecare Agency provides palliative care services. This specialized care focuses on improving the quality of life by addressing physical, emotional, and spiritual.

### BENEFITS:

- Enhanced comfort: Veterans can experience symptom relief and pain management, making their final days more comfortable.
- Emotional and spiritual support: Palliative care offers emotional and spiritual assistance, ensuring that veterans and their families find solace during challenging times.



Trusted Homecare Agency is dedicated to serving veterans by providing them with a range of free in-home healthcare options. These services not only cater to veterans' unique healthcare needs but also offer numerous benefits, including improved comfort, reduced hospitalization, and enhanced quality of life. With a team of skilled nurses, home health aides, and therapy professionals, veterans can receive the care they deserve without leaving their homes.

Trusted Homecare Agency's commitment to the well-being of veterans ensures that they receive the care and support they need to maintain their independence, improve their health, and live fulfilling lives. By availing themselves of these free in-home healthcare services, veterans can rest assured that their healthcare needs are in capable and caring hands, helping them lead healthier, happier lives.

**If you are a veteran & utilizing home health services but need more hours, there is a program that offers up to 21 hours per week of care for free.** This is not aide & attendance or cash in hand. This program is a benefit for the veteran to help ease the financial strain of home healthcare costs. To find out more about this free program call us today **561-998-6039**.

**Do you use  
the VA medical  
at least once a year?**

**Are you using Homecare  
now but need more  
hours? Is the cost  
too high?**

**Are you in need of  
home healthcare?**



# 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](http://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.

*\*Prior to approval*



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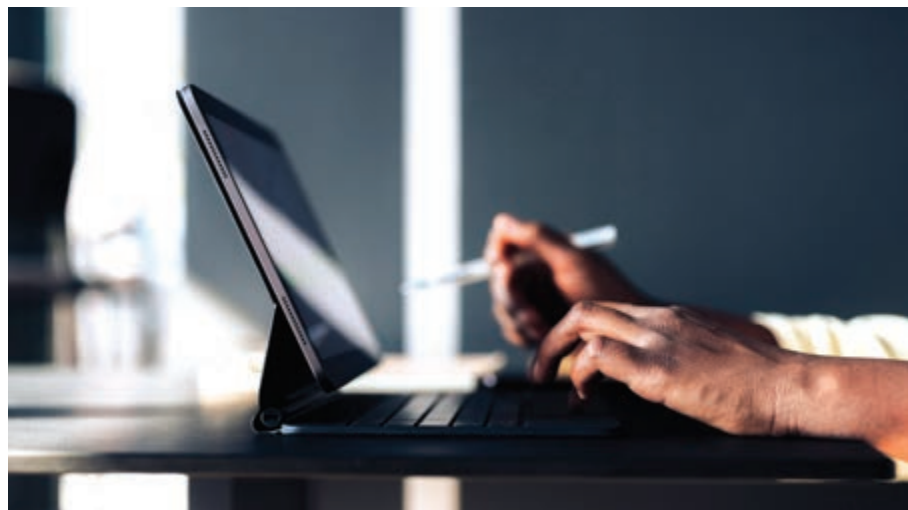
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For more information, visit [FLCancer.com](http://FLCancer.com).



# The Play for 2023? International Stocks!

By Chris Rowe



I sent a special briefing to our flagship *Sector Focus* members.

In it, I give them everything they'll need to know to stay well ahead of other investors at least for the first half of this year.

And while I can't reveal all of that here, I think that the main points are so important that you deserve to know them.

So here are some of them.

Climbing the wall of worry, U.S. stocks seem to be stumbling up the stairs. (At least they're stumbling up and not down.)

International stocks, however, are running up the stairs like children who just ate a sugar-filled dessert. While everyone you know is debating the strength of the U.S. markets, you'll be cranking out profits using stocks and ETFs they've never heard of.

Here's some context...

The current global bull market in stocks is in its early stages, although International stocks got a major head start right under the noses of many investors.

Expect to continue to hear bad economic news but don't let that sway you from buying stocks. Especially International stocks. The economy is not the stock market.

The stock market behaves based on what investors believe the economy will be doing in 6-9 months. In fact, today's stock market strength suggests the economy will be doing pretty well in 6-9 months.

Unlike a *mature* bull market, where stock prices advance due to clear economic skies ahead with the world partying like it's 1999, an *early-stage* bull market happens when life is scary. In this type of bull market, stocks advance as they "climb the wall of worry".

The "wall of worry" is when there's clearly bad news but as the bad news is removed, the stock market moves higher.

Inflation subsidies so stocks climb...

China's economy comes back online after being hampered by harsh covid restrictions so stocks climb...

You get the idea.

## The Play Is in International Stocks.

Don't take this as just another article in a sea of stock market jargon you see each week that's quickly forgotten about before the week ends.

The pivot to International Equities is the most important shift you can make in 2023. So far it looks like, although U.S. stocks look good, we should focus even more on non-U.S. stocks.

Notice how strong the **Vanguard Total International Stock Index Fund (VXUS)** (Diversified Global Stocks, all Except U.S. Stocks) looks. It has broken well above both trend lines and confirmed that the old resistance level is a new support level.



And if you think that's impressive, wait until we narrow down to the strongest International stock markets, long-term and short-term.



**Subtle Brag:** As far as I can tell, I am **the** top dog in the industry when it comes to calling market direction and specifically the areas of the market liable to be strongest or weakest. I’ve had a knack for it since the 90s.

The stock markets of Emerging Europe and Latin America are the strongest with confirmed long-term market strength. But Asia-Pacific is the strongest in the short-term.

Even though the Asia-Pacific stock markets haven’t yet shown enough confirmation to be considered strong in the long-term, for sure they are **the strongest markets in the short-term**.

One very easy and great way to quickly gain exposure to a stock market with huge upside potential and confirmed strength is to own the **iShares MSCI All Country Asia ex-Japan ETF (Symbol: AAXJ)**.



It has a quick 21% - 33% upside in it just in the next 6 months or sooner. This is based on a 100% or 161% Fibonacci extension of the recent move off of the low.

Look at how much higher Fibonacci studies say these Asia-Pacific markets are likely to go this year. First, look at the strongest China Market ETFs.

- China Internet (KWEB) – Fibonacci ext. 45% higher
- China Consumer Cyclical (CHIQ) – Fibonacci ext. 45% higher
- “Chindia” (FNI) – Fibonacci ext. 33% higher
- Hang Seng Tech (KTEC) – Fibonacci ext. 47% higher
- China Tech (CQQQ) – Fibonacci ext. 35% higher
- China 50 Large-Cap (FXI) – Fibonacci ext. 37% higher

Here are some other indexes based on **Asia Pacific excluding Japan**.

- iShares MSCI Pacific ex-Japan (EPP)
- The above has a “total return” index that reinvests its dividends (EPP.TR)
- Australia (EWA)
- The above has a “total return” index that reinvests its dividends (EWA.TR)
- BetaBuilders Developed Asia (BBAX)
- All Country Asia ex-Japan (AAXJ)

U.S. stocks may be going up but their strength, relative to International, is declining. It’s not even that they’re accelerating at a slower pace than International. It’s that the strength of U.S. stocks is slightly decelerating.



Again, we are talking about relative direction and relative speed. And relative strength tells us much more about the likely future than absolute direction or strength.

Now is the time to erase your old stock market stance and quickly get with the program if you haven’t yet done so.

The global markets’ price behavior reveals it currently makes sense to also have exposure to the U.S. stock market, but definitely direct your attention to International markets. That’s the real play.

Thanks for reading, and I’ll have a LOT more to say about International Equities in the coming weeks and months.



**Chris Rowe**  
Founder and CEO, True Market Insiders

*See you soon,*  
*Chris Rowe*  
Founder, True Market Insiders



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*“You see it in the price before you see it in the news.”*



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

**NEW 1st-of-it's-kind  
potential cure for  
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Shockwave & Laser  
over 95% Success**



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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 Shockwave™. 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, 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 Shockwave<sup>SM</sup> protocol is the first-of-its-kind ED treatment combining acoustic pressure waves and state-of-the-art photobiomodulation technology to synergistically treat the root cause of the problem, not just the symptoms. This multi-wave shockwave treatment distinguishes itself from all others by our proprietary multi-modality protocol, the RejuvaWAVE® application technique combined with low-level red and near infra-red laser technology, we use the state-of-the-art Storz medical device and lasers. As a result, RejuvaWAVE Multi-Wave Shockwave<sup>SM</sup> ED treatment has over a 95% success rate curing ED and Peyronie's.

#### WHAT ARE THE BENEFITS OF REJUVAWAVE MULTI WAVE SHOCKWAVE<sup>SM</sup>?

RejuvaWAVE Multi Wave Shockwave<sup>SM</sup> 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**

**100% SAFE • Non-invasive • No Down Time • No Side Effects**

**NOVEMBER SPECIAL**  
**FREE**  
**Initial Visit!**



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

This proprietary, state-of-the-art technique using 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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# 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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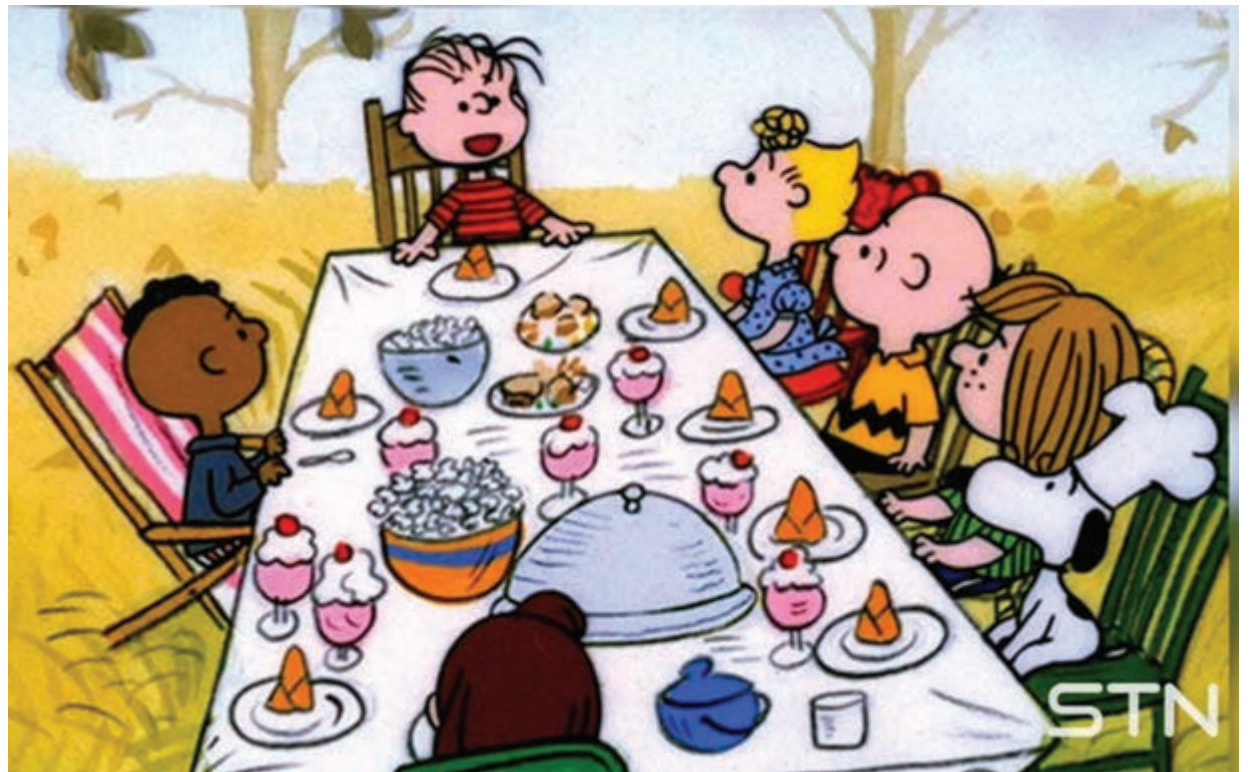
# Keep The Family Connected With These Tips

**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/>

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# 5 WAYS YOU CAN MAKE YOUR BRAIN HAPPY

By Renee Chillcott, LMHC

**“H**appy” is a term we hear often but what does it really mean? We all want to be happy, therefore, we make decisions that make us happy, and we are very aware of when we are not happy, but what exactly is “happy”?

## 5. PRACTICE GRATITUDE

You can practice gratitude regularly by writing in a journal, being mindful, and meditating on all the good things in your life or finding ways to show appreciation to those close to you. Gratitude can also be in the form of volunteering, contributing to a charity, or spiritual worship.

## 4. MOVE YOUR BODY

Get up and move daily for at least an hour to release endorphins and boost your mood. Movement, thinking, and talking all boost serotonin and dopamine levels in the brain as well. Walking, biking, talking, playing games, learning something, reading, writing and enjoying/experiencing nature are all ways to make your brain “happy”. Avoid over-exertion or artificial stimulation as these things create “stress” on a brain that obstructs “happiness”.

## 3. YOU ARE WHAT YOU EAT

Nutrition has an essential role in the proper release of chemicals in our brain and as a result, will have a tremendous impact on our brain. The gut and brain are connected; therefore, we must not ignore one or the other in our pursuit of “happy”. We are learning more and more about how “good nutrition” goes beyond eating healthy. Good nutrition should incorporate an individualized look at how our bodies are reacting, digesting, and absorbing nutrients from the food we eat.

## 2. SURROUND YOURSELF WITH SUPPORT

Finally, surrounding yourself with those who are positive and supportive will stimulate the release of “feel good” brain chemicals and help you remain in a peak state. And just as import as social support, make sure you are including the proper supplement support. Work with a specialist to be sure you are taking natural supplements that help facilitate an increase in the levels of chemicals that cause happiness.

## 1. TRAIN YOUR BRAIN WITH NEUROFEEDBACK

Brain chemicals are also called Neurotransmitters. A Neurotransmitter is: any of a large number of chemicals that can be released by neurons to mediate transmission of nerve signals across the junctions (synapses) between neurons. When triggered by a nerve impulse (event, feeling, or sound), the neurotransmitter is released from

the terminal button, travels across the synaptic cleft, and binds to and reacts with receptor molecules in the postsynaptic membrane. Simply put, neurotransmitters are the chemical needed to make an electrical charge that fires a neuron across a synapse.

## WHAT HAPPENS IF MY BRAIN ISN'T HAPPY, DESPITE MY BEST EFFORTS?

If neuron firing patterns in the brain are imbalanced or stuck, this process does not work as it should. The result is an improper response. For example: If I engage in any of the activities listed above that are supposed to elicit a “happy” response in my brain, but instead I am sad, anxious, irritable, frustrated, etc. then the correct or appropriate chemicals did not get released; meaning that my neurons did not fire in the correct or appropriate way. If this is happening, then EEG Neurofeedback is needed to correct or re-train the neuron firing pattern so that the correct response does happen and I, in turn, can make my brain “happy”.

## WHAT IS NEUROFEEDBACK?

Neurofeedback has been studied and practiced since the late 60's. It is exercise for your brain; allowing 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 (on the therapist's screen) to encourage more balanced activity. This encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the client's screen.

It gets confusing, as the word can be attributed to so many different feelings. According to Merriam-Webster Dictionary “Happy” is defined as: favored by luck or fortune: a happy coincidence, notably fitting, effective, or well adapted: a happy choice, enjoying or characterized by well-being and contentment: is the happiest person I know, expressing, reflecting, or suggestive of happiness: a happy ending, glad, pleased: I'm happy to meet you, having or marked by an atmosphere of good fellowship: a happy office, characterized by a dazed irresponsible state: a punch-happy boxer, impulsively or obsessively quick to use or do something: trigger-happy, or enthusiastic about something to the point of obsession: spending happy.

For the most part, happy is a positive feeling that drives us to pursue it. The search for happy or happiness is a life-long process. What does it mean, then, to make your brain happy?

When our brain releases neurotransmitters or feel-good chemicals such as dopamine, serotonin, and endorphins, we notice a lift in our mood, or a feeling of euphoria, a “pep in our step”. We go through life believing that these chemicals “just happen”, are always present or are only produced when we adjust our environment. The perfect job, the perfect house, the perfect relationship, or the perfect family are all benchmarks we use to measure happiness. But what if I told you that happiness only exists inside our brain and that only we can make our brain “happy”?

Here are just 5 ways you can make your brain produce “happy” chemicals:

It is important to understand that the neurofeedback approach does not “cure” or “fix” your brain. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle “challenges” and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time.

### WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

Symptoms of these conditions, among others, can improve through neurofeedback training:

- Anxiety • Sleep disorders • Depression • ADD/ADHD
- Sensory processing disorder • Bipolar Disorder
- Seizure disorders • Auditory/visual processing
- Chronic pain/Fibromyalgia • Migraines/headaches
- Traumatic brain injuries • Stroke • Cognitive decline
- Peak performance • Oppositional defiant disorder
- Rages/mood swings • Attention/focus/concentration
- Reactive attachment disorder • Autism/Asperger’s
- Learning disabilities • Obsessive Compulsive Disorder

### WHAT IS AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

At our center, our goal is to teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. Examples of those positive changes may be:

- Sleep patterns/quality of sleep
- Energy levels, calmer or more activated
- Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues
- Mood or emotions
- Motivation and organization
- Feelings of Well Being
- Obsessive behaviors or thoughts
- Memory/cognitions
- Anxiety patterns or trauma patterns
- Coping
- Regulation
- Learning, communicating, and/or performance

### HOW DOES A “BEEP” OR SOUND TRAIN MY BRAIN TO WORK BETTER?

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave activity can affect the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches

your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

### HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?

As the brain learns, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to see changes and we can discuss what to expect during the intake appointment. For adults changes are usually noticed within 10 sessions. Total treatment is an average of 40 sessions; however, we individualize all aspects of treatment and find that some people need more and some less.

### WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP AND DO I NEED ONE?

The QEEG is a quantitative EEG. It’s also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with his eyes open for 5 minutes and with his eyes closed for 10 minutes. This recording is then read and analyzed. We are able to provide you with a summary of significant findings and show the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, and how different parts are communicating. It can help us see what areas need to be addressed more efficiently than just training spot by spot or by looking at a surface or “quick” EEG.

We don’t always need this data to make an improvement in symptoms, but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

### DOES NEUROFEEDBACK HURT?¹

Neurofeedback is a non-invasive, non-medication, and most importantly a non-painful approach. Your experience will be very relaxing and positive. We gently teach your brain how to regulate more efficiently and do not force your brain into a brain state that is not comfortable.

### IS THERE ENOUGH RESEARCH?

Neurofeedback has been researched since the 60’s. Here are some resources for research. We have several journal articles, studies, and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

### Look up the work of:

Dr. Joe Kamiya and Dr. Barry Sterman  
(Credited for earliest development of Neurofeedback).

### Look for specific researched conditions:

<https://www.eeginfo.com>  
<https://www.isnr.org>  
<http://www.eegspectrum.com>

### Print Resources:

*Journal of Neurotherapy*  
*NeuroRegulation Journal*  
*Applied Psychophysiology and Biofeedback*

### Books:

A Symphony in the Brain by Jim Robbins  
Healing Young Brains by Robert Hill & Eduardo Castro  
The Healing Power of Neurofeedback by Stephen Larsen  
Neurofeedback in the Treatment of Developmental Trauma by Sebern Fisher  
Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication) by Michael P. Cohen

### HOW DO I GET STARTED?

Getting started is easy. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled with a free telephone consultation. Call, email or text 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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# 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.

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# 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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