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# Volusia Health Care News

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SPINAL DECOMPRESSION/WEIGHT LOSS

John Patterson

## Reeling in Back Pain

Drug-free, nonsurgical spinal decompression therapy provides relief

An eight-pound bass he caught and had mounted when he was a kid is one of the few trophies that tournament fisherman John Patterson has on display inside his DeLand area home. John's house isn't big enough to hold all the others.

"I've got boxes of them in storage," says John, a production supervisor with Florida Power & Light who has been reeling in prized catches for almost as long as he's worked for the company, which is 31 years.

"I've won some money, a lot of trophies and a lot of bragging rights over the years," John adds. "As far as bass fishing goes, the biggest bass I ever caught was nine pounds, 14 ounces, and the biggest bag I ever had was five fish, (weighing) 27 pounds.

"I've also caught some really huge snook and redfish in my day, but I've recently gotten into shark fishing. The shark fishing bug has bitten me hard. My son is into it, too, and we spent his spring break this year shark fishing."

A real outdoorsy type, John also rides a motorcycle – a 1996 Harley-Davidson Fat Boy® – but a steady increase in back pain recently forced him to abandon his bike, his fishing pole and just about every other activity he enjoys.

"My back problems date back to when I was much younger and worked on a transmission crew for the power company," John relates. "I had a *herniation* at L5 (vertebra) and went through a procedure that took care of it for a long time.

"As we get older, though, things change. A few years ago, my back started to flare up again. For a long time, I fought through it, but it got progressively worse to the point where no matter what I did, I really paid for it.

"If I went for a ride on my bike, by the time I got home, I was in agony. If I went to the gym, it hurt all over. Even fishing was painful, because you're standing all day, casting hundreds of times and reeling in fish, netting fish, and that really took a toll.



JEREMY M. GORDON, DC  
MICHAEL MUNSON, DC  
JASON JOB, DC

"It hurt me just to get out of bed in the morning, and I've been to a lot of chiropractors over the years, but when this flared up, I decided to go to DeLand Chiropractic & Spinal Decompression because I'd heard a lot of good things about them."

### Time to Decompress

At DeLand Chiropractic & Spinal Decompression, John's back pain was initially treated with standard chiropractic care and physical therapy. When those methods failed to produce the desired results, Michael Munson, DC, recommended *spinal decompression*.

Spinal decompression is a drug-free, noninvasive, nonsurgical therapy that can be used to treat bulging, herniated or protruding discs, *spinal stenosis*, *degenerative disc disease*, *neuropathy* in the arms or legs, and post-surgical neck and/or back pain.

"My goal is for patients to avoid a surgical intervention if at all possible, and noninvasive forms of treatment such as spinal decompression help us achieve that

goal with minimal risk to the patient," Dr. Munson says. "It's a great way to treat a patient from a conservative standpoint."

At DeLand Chiropractic & Spinal Decompression, decompression therapy is delivered through a machine called the *DRX9000™*, which has the capacity to produce 150 pounds of decompressive force through gentle motion.

"If you want the best results for your patients, you need to have the best equipment," says Jeremy M. Gordon, DC, of DeLand Chiropractic & Spinal Decompression. "That's why we utilize the DRX9000 decompression system. It's unequaled in its design and clinical results."

A typical spinal decompression treatment begins with the patient getting comfortable on the decompression table. The DRX9000 then creates a very gentle decompressive force on the patient's damaged discs. This reduces the pressure on the disc, which helps to pull some of the disc material back inward. The return of that disc material to its natural state alleviates the pain and rehydrates the injured disc.

The DRX9000 can be used to treat cervical and/or lumbar disc injuries through a program typically comprised of 24 visits across 10 weeks. Each visit lasts about an hour, with the first 10 designed to determine the patient's likely response.

"We start by treating patients five days a week for two weeks, and our goal is to see a 50 percent improvement in function and pain in those first 10 visits," Dr. Gordon educates. "If we see that improvement, we continue with the remaining 14 treatments."

(see [Reeling in Back Pain](#), page 4)

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# Sight Savers

## Eye injections halt progression of macular degeneration

Ann Hand considers herself lucky. The former homemaker and stay-at-home mom committed her life to her family, and it prospered with her assistance. Ann loved tending to her family's needs over the years. Today, she feels fortunate to be tending to her own needs and living a more relaxed lifestyle.

"Initially, the problem affected my right eye only, but within a few months, my left eye started showing signs of degeneration as well. When all that started, I went right away to my eye doctor, who referred me to Dr. Barnard."

"Over time and for reasons we do not fully understand, some people experience changes to their retinas. The changes, which include the formation of small, yellowish deposits called *drusen*, are visible when looking at the back of people's eyes."

Ann receives an injection once every 12 weeks, and she wants to reassure others that they are nowhere near as intimidating as they may seem.

"Most people picture someone sticking a needle into their eye, but it's really not that scary," Ann assures. "First of all, Dr. Barnard is very gentle, which makes the process much easier. And the injection procedure lasts just a short time."

"On the day of injection, Dr. Barnard starts off by putting numbing drops in my eyes. After that, he gives me a numbing injection. He waits five to 10 minutes to let that work, then he performs the treatment injection. I don't feel a thing."

"Not only are the injections painless, but we are also sneaky about getting the needle into the eye," Dr. Barnard adds. "The injections are performed from the side, so patients do not have to watch us coming at them with the needle."

"I'm thrilled with the results of my injections," Ann raves. "The idea is not to make my vision better, but to keep it from getting worse. I'm grateful that my vision hasn't deteriorated any further. Dr. Barnard is thrilled as well that I'm stabilized, which is wonderful."

When Ann initially met Dr. Barnard, she liked him instantly. The retina specialist made an excellent first impression that carried through her years of treatment.

"Dr. Barnard is very compassionate and caring," Ann says. "I don't dread the days I get injections because I know he's going to be kind and gentle. He's really a nice man, and I actually look forward to seeing him."

"He's also very knowledgeable. He absolutely knows what he's doing. When I go to Florida Retina Institute, I feel like I'm in the right place, especially because I've had such wonderful results."

*FHCN article by Putri DiPanfilo. Photo courtesy of Ann Hand. mbb*



Ann Hand



THOMAS A. BARNARD, MD  
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JONATHAN A. STAMAN, MD  
BENJAMIN J. THOMAS, MD

"My husband and I are retired now and living in New Smyrna full time," Ann shares. "We moved here about 3½ years ago, and we absolutely love it. To us, it feels like paradise. We just love being outside, sitting by the pool and enjoying our retirement."

Before relocating to New Smyrna, Ann lived in the Orlando region for most of her life. It was there that she met her husband and raised her children.

"I'm originally from Kentucky, but my family moved to Winter Park when I was 8 years old," Ann relates. "My husband was born and raised in Orlando, and we lived in Orlando for all our married life. We've been married for 52½ years. We have two children, a son who now lives in Port Orange and a daughter who just moved to New Smyrna with her family."

Ann's present is affected by her past in other ways as well. She must manage a vision problem that was diagnosed a little more than five years ago, after she noticed a dramatic change in October 2014.

"The door to the garage of our condominium looks like a grate, with lines that go up and down and sideways," Ann describes. "One day, while I waited for the garage door to go up, I noticed that all the lines were crooked. I realized that every straight line looked a little wiggly as well."

"I also noticed that when I went inside, especially after being in bright sunlight, I couldn't see right away. I could see enough to get around, but I couldn't read or focus on anything. It took about 15 minutes before I could actually see well."

Thomas A. Barnard, MD, is a board-certified, fellowship-trained retina specialist at Florida Retina Institute, which has offices in Daytona Beach, Orange City and Palm Coast. Dr. Barnard reviewed Ann's symptoms, performed an examination and determined a diagnosis.

"Ann came to us complaining of decreased and distorted vision," Dr. Barnard reports. "Straight lines appeared crooked or wavy to her. That's a common symptom of *macular degeneration*."

### Fading Wallpaper

Macular degeneration is a disease of the retina, a sensory membrane that lines the back of the eyeball like wallpaper, Dr. Barnard educates. When the retina is diseased in this way, the result is often vision loss in the center of the visual field.

"When people look out, the retina is what captures the images, like film in a camera," he explains. "The middle area of the retina, which is responsible for the sharpest vision, is called the macula."

The changes Dr. Barnard refers to can begin when people are in their 30s or 40s, or later in life. When these changes are present, the condition is called *dry macular degeneration*. For about 85 percent of people with dry macular degeneration, their vision remains good.

"But for some reason, in about 15 percent of the people, the body tries to grow new, abnormal blood vessels behind the retina, which can severely damage it," Dr. Barnard informs. "This is what we call *wet macular degeneration*, and it can cause rapid vision loss."

For the past 15 years or so, retina specialists have been able to treat wet macular degeneration and help people maintain their vision. Treatment involves the injection of medications that block the growth of abnormal blood vessels. But the blood vessels grow back over time, so the injections must be repeated on a regular basis.

### "Wonderful Results"

By the time she visited Dr. Barnard, Ann's condition had progressed to wet macular degeneration. Dr. Barnard responded by immediately beginning a regular course of injections aimed at saving her eyesight.

"When we first treated Ann, she had abnormal blood vessels growing behind her retinas and was losing her vision," Dr. Barnard remembers. "Through our routine injections, we have halted the blood vessel growth, and Ann has retained excellent vision for several years."



Thomas A. Barnard, MD, is board-certified by the American Board of Ophthalmology. He earned a Bachelor of Science degree from Stetson University in DeLand and a Doctor of Medicine degree from University of South Florida in Tampa. After graduation, Dr. Barnard completed an internship and an ophthalmology residency at St. Luke's Medical Center in Cleveland. He went on to complete a fellowship in vitreoretinal diseases and surgery at West Virginia University in Morgantown. Dr. Barnard is a member of the American Academy of Ophthalmology, American Society of Retina Specialists, Central Florida Society of Ophthalmology, Florida Society of Ophthalmology and Schepens International Society, an organization of retina specialists who completed fellowships under the direction of Charles L. Schepens, an influential Belgian ophthalmologist.

To learn more, visit them online at [floridaretinainstitute.com](http://floridaretinainstitute.com)

## Excellence in Specialty Eye Care

Founded in 1979, Florida Retina Institute has an experienced team of doctors dedicated to providing comprehensive vitreous and retinal ophthalmology. To schedule a consultation, call or visit one of their four convenient locations:

- Daytona Beach**  
Volusia Medical Park  
564 Health Blvd.  
**(386) 258-5777**
- Orange City**  
Royal Oaks Professional Center  
424 Treemonte Dr.  
**(386) 775-9909**
- Palm Coast**  
50 Leanni Way, Suite 5E  
**(386) 447-1847**
- Lake Mary**  
1025 Primera Blvd.  
**(407) 333-1570**



# NOW HEAR THIS

Family-owned provider offers customized solutions for patients

In 1963, Rudi Gresham entered the US Army, where he earned \$73 a month serving his country. Later, he continued to serve his country, but in a different capacity.

## HEARING AID LAB

LUIS GUZMAN, BC-HIS  
ELISE GUZMAN ROUBICEK, BC-HIS

"I worked for the government and the military for 20 years," says Rudi, 74. "For the government, I was a senior advisor to the Department of Veterans Affairs appointed by President George W. Bush."

As his career with the government and military wound down, Rudi began to suffer from *hearing loss*. He's visited several hearing aid providers and worn a number of devices.

Three years ago, while in need of a hearing aid repair, Rudi visited Hearing Aid Lab, a family-owned business with offices in Lake Mary and Orange City. That's where he met Elise Guzman Roubicek, BC-HIS.

"Elise was very nice and professional, and she repaired the old hearing aids I had," Rudi says. "I told her I'd be back."

Rudi's return came recently after he detected a deterioration in his hearing.

"I first noticed the problem when I was watching television," Rudi shares. "Even with my hearing aids in, I had to have it up so loud that it was bothering other people. Then one day I saw an ad for hearing aids and decided it was time to go back to Hearing Aid Lab."

### "World of Difference"

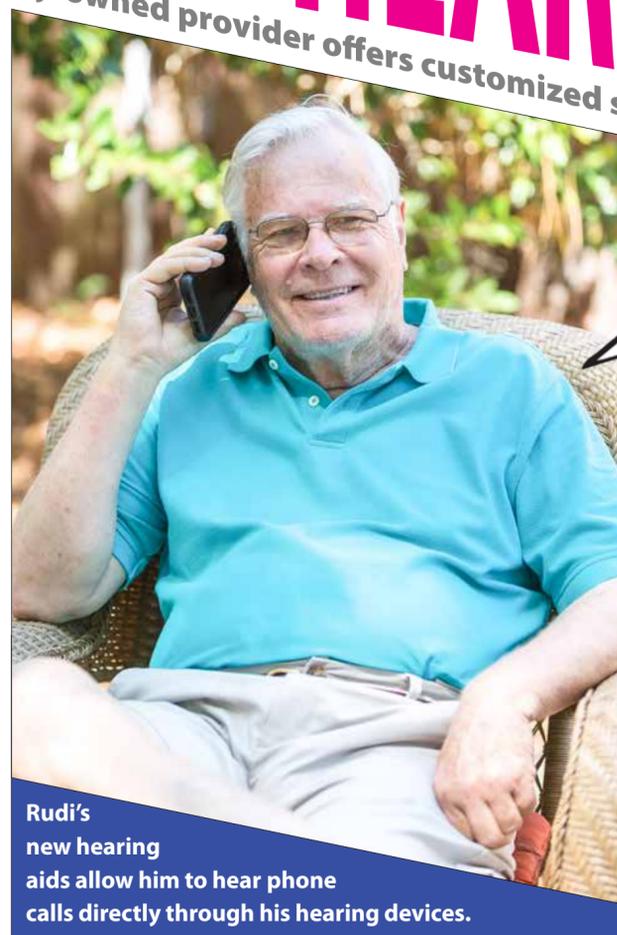
Advertisements like the one Rudy saw are often for over-the-counter hearing aids. But there's a difference between the providers of those devices and providers such as Hearing Aid Lab, which offers *medical hearing aids*.



Luis Guzman, BC-HIS, owner of Hearing Aid Lab, has been serving the hearing impaired since 1980. He is one of the most experienced and caring hearing aid specialists in Central Florida, and has worked to improve hearing and quality of life for thousands of people.

Luis provides proven experience and success. He is a member of the International Hearing Society and Florida Society of Hearing Health Professionals.

Elise Guzman Roubicek, BC-HIS, has been helping the hearing impaired for 16 years. As a second-generation hearing instrument specialist, she has been around hearing aids her whole life. From coming in with her father in a stroller to helping out at the front desk and eventually becoming a board-certified hearing instrument specialist, she loves being able to help people and directly affect their quality of life through the gift of hearing. She is a member of the International Hearing Society and Florida Society of Hearing Health Professionals.



Rudi's new hearing aids allow him to hear phone calls directly through his hearing devices.

"As soon as I got my new hearing aids, I noticed right away that I had to turn down the TV volume and could hear people's voices more clearly." – Rudi

"We are careful to choose the appropriate hearing aids for each patient so they get the full benefit from them," Elise notes. "It's very important that people find a hearing aid provider, such as Hearing Aid Lab, that builds relationships with its patients."

"That way, if there is an issue of any kind, they have someone they can turn to for support and follow-up care. People are not going to find that over the internet."

At Hearing Aid Lab, serving the patient doesn't stop after the purchase of the hearing aids. Instead, the staff develops relationships with their patients to provide ongoing service and care.

"We do a lot of follow-up to fine-tune the hearing aids, as well as clean and maintain the devices, which is really important," states Elise. "It's like getting oil changes in your car. You have to do that to keep it running."

"We're not a big-box store, and we're not a chain. We're a smaller, family-owned practice, and we're able to spend a lot of time with our patients and give them as many follow-up sessions as they need."

"When I returned to Hearing Aid Lab, Elise examined me and tested my hearing," Rudi reports. "After that, she recommended new hearing aids that do something remarkable. I can sync these hearing aids with my iPhone, so I can now hear clearly through my phone."

"As soon as I got my new hearing aids, I noticed right away that I had to turn down the TV volume and could hear people's voices more clearly. I hear much better now. My hearing aids from Hearing Aid Lab make a world of difference in my life."

*FHCN article by Putri DiPanfilo. Photo by Jordan Pysz. mbb*

### Hearing Loss, Amplification Are Gradual Processes

As people lose their hearing, their brains become accustomed to not hearing. Suddenly bombarding them with amplified sound can be overwhelming and sometimes ineffective, so simply fitting someone with hearing aids is not enough.

"When we work to improve our patient's ability to hear by fitting them with hearing aids, the amplification is always graduated according to their specific hearing loss," states Luis Guzman, BC-HIS, of Hearing Aid Lab.

"We work to get them acclimated to hearing again and we will take as long as necessary to get them used to their new normal. We take our time and let the patient acclimate at their own pace."

Not all hearing aid centers use this process of hearing rehabilitation. At many centers, people are sold hearing aids, shown how to operate the volume control and change the batteries, and sent on their way.

All too often, though, the initial amplification is too overwhelming for

the patient and they end up removing their hearing aids and not wearing them. At Hearing Aid Lab, the goal is to help each patient find a comfort zone with their new hearing aids.

"People do well with hearing aids if they can get used to them," Luis notes. "But the only way to get used to them is to wear them, and the only way patients will wear them is if they are physically comfortable with them and comfortable with the sounds they're hearing."

The best way to ensure patients wear their hearing aids is to fit them with instruments that suit their lifestyle. That's why Luis considers many factors beyond the results of a hearing test before recommending a specific model of hearing aids.

"There's a big difference between someone who is socially active and goes out to restaurants and meetings and someone who is homebound and doesn't go out much," Luis observes. "So, based on each patient's lifestyle, we recommend accordingly."

## It's All in the FAMILY

Come experience the difference of a family-owned company today! Hearing Aid Lab offers free evaluations at both locations:

**Orange City**  
902 Saxon Blvd., Suite 102  
**(386) 917-0001**

**Lake Mary**  
3551 W. Lake Mary Blvd., Suite 201  
**(407) 324-3540**

Learn more at [www.hearingaidlab.net](http://www.hearingaidlab.net)

# Reeling in Back Pain

(continued from page 1)

That standard course of treatment has proven very effective. DeLand Chiropractic & Spinal Decompression has tracked the results of patients receiving its spinal decompression therapy for more than a decade, and the findings are remarkable.

“After tracking hundreds of patients, I am very proud to report that our patient satisfaction rate exceeds 80 percent,” Dr. Gordon proclaims. “That’s a much higher satisfaction rate than invasive surgery.”

Decompression is typically followed by cold therapy and/or electrical muscle stimulation to restore proper muscle tone, decrease inflammation and maximize the effects of the treatment. It’s an all-inclusive therapy that literally worked wonders for John.

## Phenomenal Results

John has been visiting DeLand Chiropractic & Spinal Decompression for about two years, and the fact that he’s back out on his boat, working out and riding his Harley regularly is proof of how well spinal decompression works.

“During Bike Week, we had our little event here in DeLand, and my fiancée and I rode downtown for the first time in a long time, and my back didn’t bother me at all when I got home,” John confirms.

“I’m into tournament fishing again for the first time in a long time. In fact, my partner and I won first place in the first tournament we entered a while back, so that was a nice welcome back for me.

“I also took my son out for some offshore fishing recently, and it was a little bumpy that day, but I did just fine. My back didn’t bother me at all like it had in years past, and that’s how I know that the spinal decompression is working.

“It’s really given me a lot of relief. It’s given me my life back. That’s why I only have good things to say about spinal decompression and the whole staff at DeLand Chiropractic & Spinal Decompression.



John is back enjoying fishing again

“Everybody there is professional, and they treat you like family. They don’t treat you like you’re a number and just get you in and out and say, *See you next week*. They’re very thorough, and they really care about your well-being.

“Everybody there is genuinely concerned about you. They want to know how you’re feeling, and they want you to get better. They have a genuine care for your health concerns and that’s why I’d recommend them to anyone suffering with back pain.”

FHCN article by Roy Cummings. Photos courtesy of John Patterson. mkb

# More Than Just a Weight-Loss Plan

Much like John, Glenn Martin is an avid fisherman, and for years, fishing in Alaska was at or near the top of his bucket list. The 77-year-old native of South Jersey happily scratched that item off that list a few years ago.

While he was on his trip, Glenn decided he needed to fish for a weight-loss program that would allow him to improve his general health. He found it at DeLand Chiropractic & Spinal Decompression, which offers membership in the *Ideal Protein* program.

Ideal Protein is a customized, easy-to-follow four-phase ketogenic lifestyle program that helps participants boost energy levels, foster better appetite control, improve blood sugar and cholesterol levels, and reduce blood pressure.

“Some plans merely restrict caloric intake, so the body burns fat as well as muscle,” Dr. Gordon explains. “By limiting the sugars and fats you take in and providing protein that is easily absorbed, Ideal Protein burns stored fat while preserving lean muscle.”

One of the biggest advantages of Ideal Protein is that it helps participants develop and maintain good eating habits that become second nature. The typical result is a loss of about 12 to 15 pounds per month, according to Dr. Gordon.

At DeLand Chiropractic & Spinal Decompression, those results are achieved with the help of the clinic’s Ideal Protein

coach, Jennifer Gordon, who recently helped Glenn lose more than 60 pounds in nine months.

“I tried a lot of other programs and even tried one of them twice before I discovered the Ideal Protein program, but none of them worked,” Glenn reports. “This one definitely did work, and thanks to the folks at DeLand Chiropractic, it worked terrifically.



“The Ideal Protein program was totally successful. It’s been so successful that my family doctor is recommending it to some of his patients. And I recommend it, too, of course.”



Glenn Martin

## Volusia County’s Destination for Chiropractic, Wellness and Weight Loss

Dr. Gordon looks forward to hearing from readers of *Volusia Health Care News*. For more information regarding his chiropractic care or to learn if you are a candidate for the Ideal Protein diet or the DRX9000 protocol, call or visit his office in DeLand at:

905 N. Stone St.  
**(386) 337-3883**

**Jeremy M. Gordon, DC**, is a graduate of the National College of Chiropractic in Lombard, IL. He has been in private practice in DeLand since 1999. He is a member of the Florida Chiropractic Association and the Flagler-Volusia Chiropractic Society, and volunteers as a board member with both organizations. He was FCA president in 2013, has been nominated to be president-elect in 2020 and will serve as president in 2021. Dr. Gordon was named Chiropractor of the Year in 2007 and 2011 by the association, the only two-time winner.

**Michael Munson, DC**, is a graduate of Palmer College of Chiropractic in Port Orange and has been in practice since 2013. He is a member of the Florida Chiropractic Association and the Flagler-Volusia Chiropractic Society, and serves as treasurer of the society. Dr. Munson is an associate chiropractic physician at DeLand Chiropractic & Spinal Decompression.

**Jason Job, DC**, is a graduate of Palmer College of Chiropractic in Port Orange. He is a member of the Florida Chiropractic Association and the Flagler-Volusia Chiropractic Society and serves as vice president of the society. Dr. Job recently joined DeLand Chiropractic & Spinal Decompression as an associate chiropractic physician.

To learn more about DRX9000 nonsurgical spinal decompression or Ideal Protein, visit [www.DelandChiropractic.com](http://www.DelandChiropractic.com)

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# CULTIVATING HOPE

## Medical marijuana: a blessing for Alzheimer’s patient

Since he retired from his position as a Lutheran pastor and moved from Missouri to Florida seven years ago, Steven\* and his wife, Sharon\*, have made the short drive from their home in Holly Hill to their daughter’s place in Ormond Beach hundreds of times.



COASTAL CANNABIS CLINICS  
SUPPORTING PEDIATRIC TO GERIATRIC PATIENTS

JOSEPH ROSADO, MD  
ALYN BENEZETTE, DO  
KATHRYNE GUNN, DO

It’s a route they know by heart, which is why Sharon became concerned a few years ago when Steven suddenly became confused and wondered out loud if he needed to make a right turn or left turn to get onto their daughter’s street.

“What concerned me most was that this was not the first sign of trouble I’d detected over the previous few months,” Sharon explains. “Before that, I also noticed that Steven had started losing his train of thought a lot, too.

“We’d be out to dinner with friends or at home talking with family and he’d be talking about something and suddenly stop, as if he was done making his point, when he hadn’t made it at all. He also started repeating the same questions a lot.”

### Conditions

In Florida, medical cannabis can be used to treat and manage many conditions:

- Cancer
- Epilepsy
- Glaucoma
- HIV/AIDS
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS, or Lou Gehrig’s disease)
- Crohn’s disease
- Parkinson’s disease
- Multiple sclerosis (MS)
- Medical conditions of the same kind or class as comparable to those above
- A terminal condition diagnosed by a physician other than the qualified physician issuing the physician certification
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition

With her concerns mounting, Sharon made an appointment for Steven to see his primary care physician. That resulted in a trip to a neurologist, who soon confirmed Sharon’s worst fears: Steven was suffering from *Alzheimer’s disease*.

Two years later, after 72-year-old Steven developed hand tremors that sometimes made it difficult for him to hold a newspaper or control a fork or spoon, the neurologist diagnosed the retired minister with *Parkinson’s disease*.

After two medications prescribed by the neurologist failed to alleviate the tremors, the couple’s daughter suggested Steven try medical cannabis and told them about Coastal Cannabis Clinics in Ormond Beach.

### Remarkable Treatment Option

Coastal Cannabis Clinics is the practice of Joseph Rosado, MD. It is a private medical practice specializing in treatments using medical cannabis, which became legal in Florida in 2016.

Since then, it has been approved as a treatment for more than a dozen conditions, including Parkinson’s disease, *Crohn’s disease* and *PTSD*, which is just one of the reasons Dr. Rosado considers it a “remarkable” treatment option.

“Medical marijuana is remarkable because it has so many properties and works on so many different receptors in the body,” says Dr. Rosado, whose first order of business is to confirm a patient has a qualifying condition for medical marijuana.

Once that step is completed, Dr. Rosado can write an order for medical marijuana, which can be obtained only through a state-approved dispensary and distributed only in capsule or droplet form, as a topical preparation or an extract that can be vaporized.

The three marijuana compounds that have provided significant medical benefits are *cannabidiol (CBD)*, *tetrahydrocannabinol (THC)* and *terpenes*. There are also three chemovars, or strains, of cannabis: Sativa, Indica and Hybrid.

When recommending medical cannabis, Dr. Rosado and/or Kathrynne Gunn, DO, typically recommend a combination of chemovars because each affects the body in different ways. That’s what he did in his effort to treat Steven’s tremors.

He started with a combination that had a ratio of five parts CBD to one part THC. The results were amazing, Dr. Rosado explains, because it did more than just help reduce the tremors.

“Like a couple of other patients that I’ve seen, Steven came to us hoping we

could help him control his tremors,” Dr. Rosado says. “But the combination of CBD and THC that we recommended also helped alleviate some of the symptoms of his Alzheimer’s disease.

“In particular, it helped him with his cognition and recognition, and as I’ve said, he’s not the first person I’ve seen this result in. Others have been helped to the point where they can now fold laundry, match up a pair of socks or do other similar tasks.

“Now, some might read that and say, *What’s the big deal? So what if they can fold laundry or match socks?* But that’s something that Alzheimer’s patients have a difficult time doing because they have a challenge with their cognitive capabilities.”

### Stress Reliever

Dr. Rosado, who has lectured extensively on the subject, says studies show that what medical marijuana can do is halt the development of Alzheimer’s disease, which affects approximately 6 million people in the United States.

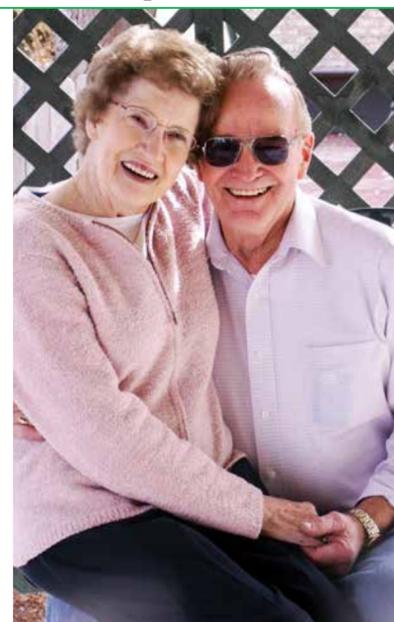
“It can prevent the further worsening of the condition,” Dr. Rosado educates. “There have also been some studies on mice that show it has reversed the condition. But let’s focus for now on its ability to prevent the worsening of it.

“Alzheimer’s is characterized by large accumulations of a microscopic brain protein fragment called beta-amyloid and another protein called tau. Both of these cause neuroinflammation and oxidative stress to the brain.

“What cannabinoids, and in particular CBD does, is reduce the neuroinflammation. Cannabinoids are also an antioxidant, so they can block the oxidative stress that occurs in the brain and initiates a toxic inflammatory process that causes the demise of the cell.

“It stimulates the removal of the beta-amyloid, and what we’re finding in the patients who have come to us is that they begin to realize the benefits of that somewhere between 30 and 90 days after beginning treatment with medical cannabis.”

It was during such a time frame that Steven began to benefit from the effects of his medical marijuana treatment. In addition to a decrease in the degree and number of tremors, he also experienced



“less brain fog,” according to Sharon.

“He’s not losing himself in conversations or repeating questions as often as he was,” Sharon says. “And he’s not having any more of those confused moments like he had in the car that day. I have to believe the medical marijuana is working.

“We know this is not a cure. Steven is going to be living with Parkinson’s disease and Alzheimer’s for the rest of his life. But the medical marijuana is making living with Alzheimer’s disease easier, and you can’t ask for much more than that.

“Like Dr. Rosado says, it’s a remarkable treatment, and I’m so glad our daughter suggested we visit Coastal Cannabis Clinics and meet Dr. Rosado. I’m not sure we would have done that on our own, but just like my daughter, I recommend both to anyone.”

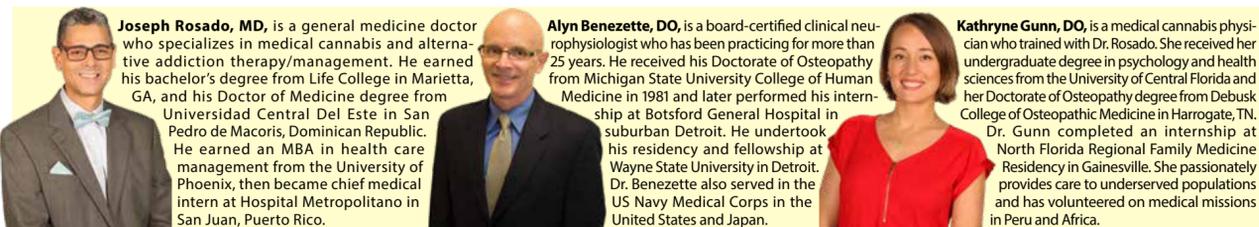
FHCN article by Roy Cummings. mkb

\*Patients’ names withheld at their request.

## Patients First

At Coastal Cannabis Clinics, caring for you is the No. 1 mission. The staff cares compassionately for each patient as an individual and creates a personalized therapy regimen that is specific to each patient’s needs. To schedule an appointment, call or visit their office in Ormond Beach at:

**725 W. Granada Blvd., Suite 22**  
**(386) 302-4842**



**Joseph Rosado, MD**, is a general medicine doctor who specializes in medical cannabis and alternative addiction therapy/management. He earned his bachelor’s degree from Life College in Marietta, GA, and his Doctor of Medicine degree from Universidad Central Del Este in San Pedro de Macoris, Dominican Republic. He earned an MBA in health care management from the University of Phoenix, then became chief medical intern at Hospital Metropolitano in San Juan, Puerto Rico.

**Alyn Benezette, DO**, is a board-certified clinical neurophysiologist who has been practicing for more than 25 years. He received his Doctorate of Osteopathy from Michigan State University College of Human Medicine in 1981 and later performed his internship at Botsford General Hospital in suburban Detroit. He undertook his residency and fellowship at Wayne State University in Detroit. Dr. Benezette also served in the US Navy Medical Corps in the United States and Japan.

**Kathryne Gunn, DO**, is a medical cannabis physician who trained with Dr. Rosado. She received her undergraduate degree in psychology and health sciences from the University of Central Florida and her Doctorate of Osteopathy degree from Debuss College of Osteopathic Medicine in Harrogate, TN. Dr. Gunn completed an internship at North Florida Regional Family Medicine Residency in Gainesville. She passionately provides care to underserved populations and has volunteered on medical missions in Peru and Africa.

Learn more online at [coastalcannabisclinics.com](http://coastalcannabisclinics.com) or [josephrosadomd.com](http://josephrosadomd.com)



Joe has become a fan of stem cell therapy.

Ever since he was old enough to get behind the wheel, Joe Ocello has been a car guy. A master mechanic, he repairs cars, tinkers with them, even collected a few, including a 1951 Ford pickup he cherishes above all others.

"It's only got 36,000 original miles on it, which is kind of neat," Joe says of the classic pickup. "I also have a couple of motorcycles and some other stuff, so pretty much anything mechanical, I enjoy tinkering with. I've always been that way. I've worked on cars and stuff like that all my life, and I love my field of work. I've always been on the repair side of the business, but I've also owned gas stations, repair shops and towing businesses.

**"I could not walk for very long or very far without having a lot of pain the next day. Now, I can walk as far as I want and for as long as I want and not feel a thing."**

- Joe

"My towing company towed cars for the police department for 35 years. My father did the same thing, and now my sons have taken over and they're doing it. We've done that through three generations now, and you don't see that too much these days."

At 65, Joe considers himself only "semi-retired." His passion for cars and for working on them is so great that he'd like to maintain that status for years to come. A recent procedure to correct a lingering back problem will help make that possible.

"I first started experiencing back problems when I was about 30," Joe explains. "I was never a stand-behind-the-counter kind of guy, and because of that and my line of

work, my back problems just got progressively worse over the years.

"It was all that wrenching and lifting and working in weird positions – hovering over cars or working under them – that took a toll. My lower back, down by the tailbone, is where most of the damage was done, and it really made life difficult.

"I would say that on most days, by 3 o'clock in the afternoon, I was totally wiped out from dealing with the pain. It was exhausting, and by the time I got home, all I wanted to do was sit down. And even then, I'd spend the night just moaning.

"Even walking was a problem, because if I had a day where I had to do a lot of walking, the next day would be terrible. I'd be in so much pain that I could barely move, and I always had this grinding-like feeling inside my back."

Joe's pain became virtually unbearable a few years ago. At that time, he briefly contemplated laser spine surgery, but doctors could not guarantee the surgery would provide a long-term solution, so he passed.

A New Jersey resident who spends his winters in Florida, Joe began researching other options. One possibility he discovered was *stem cell therapy*, and he soon attended a seminar to learn whether it might provide some relief.

"I learned at the seminar that stem cell therapy was mostly being used to repair knees and shoulders," Joe remembers. "They really weren't touching the back yet because they had no statistics to prove it would do anything for the back.

"My wife has a cousin who is an orthopedic surgeon in Tennessee, and he's been practicing with stem cells for the past 10 years, so I started to keep in touch with him to see where things were heading.

"I also kept an eye on things myself, and in 2019, I found this place called Coastal Integrative Healthcare and called them to see if they were doing stem cell therapy for the back yet. They told me they were, so I made an appointment to go see them."

### The Body's Building Blocks

Coastal Integrative Healthcare is a medical center dedicated to serving its community and providing pain relief for patients through the use of advanced chiropractic equipment, technology and stem cell therapy.

Also known as *regenerative medicine*, stem cell therapy stimulates the body's repair mechanisms. Stem cells are the basic foundation cells that grow body tissue. When stem cells are injected into damaged tissue, they support the natural healing process by regenerating that tissue.

Many in the medical community, including those at the National Institutes of Health and the Institute of Medicine, consider stem cell therapy the future of medicine.

"It's definitely on the leading edge of medical technology," states Timothy Stefflik, DC, of Coastal Integrative Healthcare. "It's a great alternative to surgery. It regenerates the body instead of trying to fix it or cover up a problem with surgery.

"The real beauty of it is that it is a one-and-done, in-office procedure that takes

about 15 minutes to complete and needs no anesthesia. It's a simple injection of the cells that are cryo-preserved right in our office.

"For some patients, we do a color ultra-

sound to guide the injection because we need to be very specific where the cells are placed. Once the cells are injected, the patient needs time to heal. They can return to normal activities right away."

Stem cell therapy can be used anywhere with arthritis or a muscle or tendon tear, Dr. Stefflik educates. In addition to knees and shoulders, Coastal Integrative Healthcare providers have performed the procedure on hamstrings, ankles and wrists.

Not all patients are good candidates for stem cell therapy. For example, patients who have suffered a tear of more than 50 percent of the rotator cuff or with no cartilage remaining in the knee would be encouraged to first try other options.

### Give Me Some Space

Joe's first visit to Coastal Integrative Healthcare came in August 2019. During that visit, he was given a thorough examination and had x-rays of his back taken that showed damage in the lower back and a lack of proper spacing between discs in other areas of the spine.

The damage wasn't so terrible, though, that it could not be alleviated through stem cell therapy. When Joe was told it could reduce his pain by as much as 50 percent, he opted for it. He received four injections of stem cells into his back and shortly after began a physical therapy regimen back home in New Jersey. The first test of the treatment came in November, when Joe and his wife visited Italy.

"I was already starting to feel better by then, but I knew I was going to be doing a lot of walking on that trip," Joe says. "As it turns out, we probably walked about 10 miles a day, and they were tough miles. In Italy, you're walking on a lot of cobblestone streets and sidewalks, you're walking up and down hills, but I had no problems at all. In fact, it turns out, that was probably the best physical therapy I could have had.

"That's what the doctors at Coastal Integrative Healthcare told me when I returned a few months later for my follow-up visit. They said all that walking was actually good for me, and I can't disagree because I have absolutely no pain in my back now.

"It's really incredible, because for so long I was very limited. I could not walk for very long or very far without having a lot of pain the next day. Now, I can walk

as far as I want and for as long as I want and not feel a thing."

Joe says the grinding-like feeling he used to get has disappeared, allowing him

to resume the active lifestyle he prefers.

"I'm being smart about what I do," Joe confirms. "I'm not running around doing things like I'm a bionic man or anything.

But I can do all my normal daily activities and all the things I like to do without pain, and you can't ask for much more than that."

### Selling Point

While Joe's livelihood was repairing cars, Don Founds spent 50 years selling the parts that made such work possible.

"I started selling car parts for BorgWarner corporation back in 1971," says Don, who spent a large part of his career working in Delaware. "After that, I worked for a number of different companies, selling both import and American car parts."

Don wrapped up his career in 2016, after he and his wife moved to the Edgewater area. Not long before he went into retirement, he began paying a price for all those years behind a counter – particularly on his feet.

"It started a few years ago. I had this burning and tingling in my feet, and there were other times when my feet just hurt," Don reports. "It would start about an hour or two after I started working each day, and it was very uncomfortable.

"I guess it was from being on those hard, concrete floors, because the pain would increase as the day went on. For a while, I tried changing shoes, because the shoes I was wearing weren't comfortable anymore, but that really didn't do much.

"The only relief I got was when I went home at night, sat down in my recliner and put my feet up. Once I was able to do that, the pain started to go away, but I knew I had to have this looked at."

Don's foot pain was caused by a condition known as *neuropathy*. Diabetes is a common cause of neuropathy, but it can result from anything that compromises the normal flow of blood, oxygen and nutrients to the nerves.

Despite his discomfort, Don did not immediately seek help from a podiatrist or even a primary care physician. Instead, he acted on recommendations from friends who gained relief from the issue through stem cell therapy.

Shortly after looking into it, Don received a brochure in the mail announcing a seminar on stem cell therapy sponsored by Coastal Integrative Healthcare.

"They told us all about stem cell therapy and how it works, and showed a video on it. Afterward, they asked if anyone was interested in looking into it further," Don remembers. "I raised my hand and said, *Yes, I would*, and that's how we got together."

### Regenerate and Restore

Neuropathy of the foot is typically treated with pain relievers, topical treatments or anti-seizure medications that also relieve nerve pain; surgery to decompress the nerves is another option. However, those approaches only mask the symptoms of neuropathy, while the all-natural regenerative therapies that Coastal Integrative Healthcare specializes in can resolve the underlying problems.

Coastal Integrative Healthcare's leading-edge stem cell treatments, administered in the office in minutes through a series of simple injections, are designed to regenerate and restore damaged tissue.

About a week after visiting the practice for his consultation and exam, Don received injections at the base of his toes in each foot. His pain began to subside a month later and disappeared after about three months, the result of the regeneration of damaged tissue in his feet. It was aided by *cold laser treatments* that are designed to stimulate blood circulation in the affected areas.

"I also did some physical therapy, mostly balancing exercises, and they gave me a laser device so I could do the laser treatments at home," Don says. "After a while, I was feeling like normal again, and I haven't had a problem since.

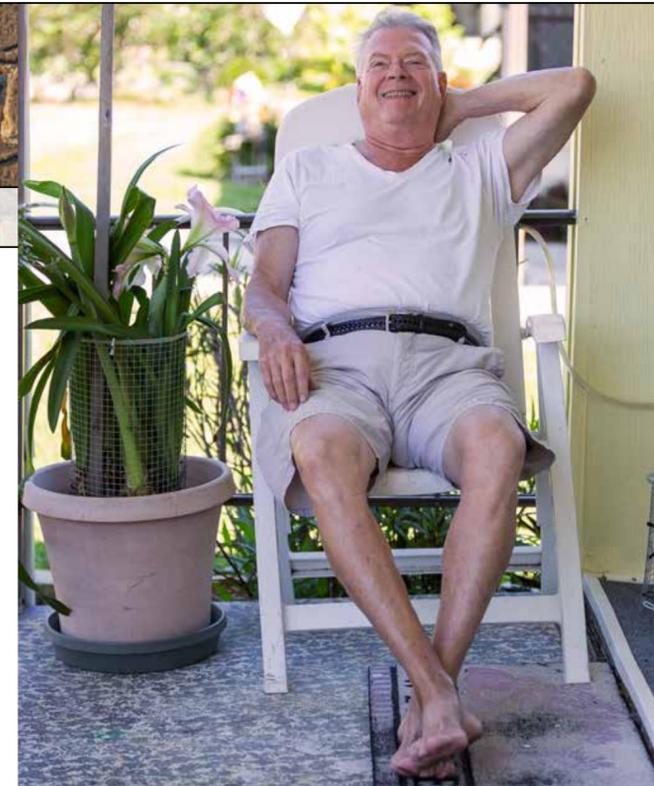
"I have been very pleased with the results of the stem cell therapy. It did exactly what I hoped it would. It took care of my foot problem. I was also very pleased with all the folks at Coastal Integrative Healthcare.

# The Road Back

## Nonsurgical stem cell therapy alleviates spinal pain, neuropathy



JASON SCHULTZ, MD  
TIMOTHY STEFLIK, DC  
MELONY THOMAS, DC  
GREG SALTER, MSN, ARNP  
JESSICA COLE, ARNP



Stem cell therapy alleviated Don's aggravating foot pain.

"They're very courteous, very helpful and you can tell they're interested in your well-being. Just as friends did in suggesting I try stem cell therapy for my neuropathy, I definitely recommend Coastal Integrative Healthcare."

Like Don, Joe is not just a fan of stem cell therapy, he's also become a fan of Dr. Stefflik and the staff at Coastal Integrative Healthcare. He lauds them for their thoroughness and professionalism.

"They're great people," Joe expounds. "You go in there and they discuss everything with you and answer all your questions. They tell you all the pros and cons of the therapy, so you

have all the information you need to make an informed decision.

"I really like that they're very realistic about the therapy. They don't give you any false hopes or anything like that. They tell you this should work really well for you, but they allow you to make the decision based on the information you receive.

"Because of all that, I've already recommended other people to them. My son-in-law is a young guy in his 40s and he has a lot of damage from different things, and just like I've told others, I told him, *Just go see them. What have you got to lose?*"

FFCN article by Roy Cummings. Photos by Jordan Pysz. mkb

**"It did exactly what I hoped it would. It took care of my foot problem."**

- Don

## What Conditions Respond to Stem Cell Therapy?

- Partial tear of rotator cuff
- Knee arthritis and degeneration
- Plantar fasciitis
- Shoulder pain
- Tendonitis and tendinosis (biceps and triceps)
- Medial epicondylitis/lateral epicondylitis (golfer's elbow/tennis elbow)
- Post-operative pain
- Neurological conditions

## In-Office Procedure

- Takes about 15 minutes
- No hospital, ambulances or anesthesia
- Zero recovery time (some small limitations)
- Expect significant regeneration within 28 days
- No adverse effects (93% effective)
- 28-day healing time

At Coastal Integrative Healthcare, we use umbilical cord stem cells donated by healthy mothers at live-birth cesarean sections and fluid processed in a "clean room" environment that exceeds American Association of Tissue Banks (AATB) standards and are subject to United States Pharmacopeia (USP) testing.

## A Healthier You

To see if stem cell therapy is right for you, Coastal Integrative Healthcare is happy to offer a free consultation with one of the doctors. To schedule an appointment, call or visit one of Coastal Integrative Healthcare's locations:

**Edgewater**  
315 N. Ridgewood Ave.  
**(386) 427-8403**

**Palm Coast**  
145 Cypress Point Pkwy., Suite 208  
**(386) 445-4455**



Timothy Stefflik, DC, is a licensed doctor of chiropractic who graduated from Palmer College of Chiropractic in Port Orange in 2011 and serves as the clinic director and president of Coastal Integrative Healthcare. He is an adjunct professor at Palmer College of Chiropractic who earned his bachelor's degree in biology with pre-med from Brigham Young University in 2008. He is well-versed in the latest technology and techniques in his field and has been trained in the use of the AMA Guides to the Evaluation of Permanent Physical Impairment. Dr. Stefflik is a fitness enthusiast who was featured on *American Ninja Warrior* as "The Accordion Ninja." His run can be seen on YouTube.



Greg Salter, MSN, ARNP, earned a bachelor's degree in political science/pre-med from the University of Tampa. He also has a bachelor's degree in nursing from Bethune-Cookman University and a master's degree in nursing from South University in Savannah, GA. He has taken courses in joint injections, trigger point injections and regenerative medicine. Greg is a native Floridian who was previously a police officer in New Smyrna Beach.



Jessica Cole, MSN, ARNP, FNP-C, is a board-certified family nurse practitioner licensed in Florida. She earned her bachelor's degree in nursing from West Virginia University, where she graduated magna cum laude. She later received her master's degree in nursing from the same school, this time graduating cum laude. Medical treatments provided by Jessica in the office include: stem cell therapy, platelet-rich plasma therapies, trigger point injections, therapeutic joint injections, hyaluronic acid injections, vitamin supplementation, growth hormone replacement therapy, functional examinations and new patient examinations.

Visit them online at [www.coastalintegrativehealthcare.com](http://www.coastalintegrativehealthcare.com)

# Drops Over SHOTS

## Sublingual immunotherapy: another option in allergy treatments

When James Raynor moved from the Arizona desert to a place at the foot of Colorado's Rocky Mountains 18 years ago, he had no reason to believe his general health would take a turn for the worse.

I was taking everything I could find to try and control these allergies, which were especially bad in the spring. I did that for years, and after a while I wasn't getting the infections anymore. But it was a constant expense and annoyance that I really wanted to get rid of if I could."



But shortly after adopting two cats from the humane society, James found that living among Colorado's Ponderosa pines and blue columbine flowers wasn't as idyllic as he hoped.

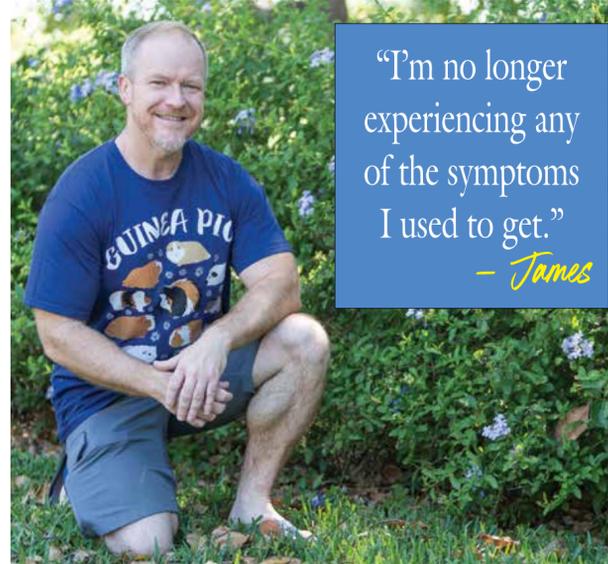
James found the fix he was seeking after his mother, an allergy sufferer herself, recommended he visit Devang M. Shah, MD, at Atlantic Ear, Nose & Throat and ask about an allergy treatment called *sublingual immunotherapy*, or *SLIT*.

SLIT is quickly becoming the preferred method of treatment for allergies because, unlike shots, it can be taken at home, where it's administered through the use of a small pump that distributes liquid drops of allergen beneath the tongue.

Over time, the proper use of these drops results in the patient developing a greater allergen tolerance. That leads to a dramatic decrease in the symptoms James wrestled with prior to visiting the practice last spring.

At Atlantic Ear, Nose & Throat, the SLIT process begins with an allergy skin test to determine how the patient reacts to any of 38 allergens specific to Central Florida.

James' test revealed that he was allergic to everything from cockroaches to cats and most every tree that grows naturally across



"I'm no longer experiencing any of the symptoms I used to get."  
— James

the state. He began sublingual immunotherapy immediately thereafter. Since then, his symptoms have disappeared.

"I'm breathing free and clear and have not taken an allergy pill in more than nine months," James exudes. "I'm no longer experiencing any of the symptoms I used to get — no stuffy nose, no sneezing, nothing,

"These drops are not like other allergy treatments that just treat your symptoms. These drops treat the underlying cause of your allergies, and they really work. I highly recommend them to anyone suffering from allergies, and I recommend Atlantic Ear, Nose & Throat."

FHCN article by Roy Cummings. Photo by Jordan Pysz. mkb

# Breathe Easier



Once it is placed in the nasal wall (above), the LATERA Absorbable Nasal Implant (below) allows for easier breathing by supporting the nose's upper and lower lateral cartilage.

The dedicated team of physicians and specialists at Atlantic Ear, Nose & Throat provide comprehensive, state-of-the-art care for a wide range of disorders and conditions, including a *nasal valve collapse* and a *deviated septum*.

A nasal valve collapse comes as a result of the nostrils collapsing when someone takes a deep breath. When the nostrils collapse in such a manner, breathing is made more difficult and the sinuses can become blocked.

A deviated septum is a condition where breathing naturally through the nose is compromised by irregularities in the bone and cartilage that divide the two sides of the nasal cavity, or nasal septum.

As Dr. Shah explains, both conditions can be corrected through an effective outpatient procedure that

calls for the insertion of a cartilage alternative known as the *LATERA® Absorbable Nasal Implant*.

"The technology has evolved to the point where this procedure is more widely available and easier for patients to tolerate than traditional surgery, where you have to harvest the cartilage and make a wider opening to get that cartilage in there," Dr. Shah reports.

During the implant procedure, which can be done in a doctor's office under *IV sedation* or in a surgery center in association with another procedure under *general anesthesia*, the LATERA nasal implant is inserted into the nasal wall or cartilage through an insertion tube.

Similar to dissolvable sutures, the LATERA nasal implant is made of special materials that are naturally absorbed into the body over the course of about 18 months. Its impact is immediate, and following completion of the absorption

period, its effects continue to be felt for approximately six more months.

Because the implant is placed inside the nasal wall, it cannot be seen and does not alter the patient's appearance. Some patients sense the awareness of the implant during the healing stage but generally do not notice it after a few days or a couple of weeks.

"This procedure is often done in conjunction with other nasal surgeries because it only takes a few minutes to complete," Dr. Shah adds. "It effectively pushes the nostril outward and keeps it open when you breathe, which makes it easier to breathe.

"Patients who have this procedure done typically come back for their first post-op visit saying they are breathing much easier than before, which is what we love to hear, because our goal with this procedure is simply to make people breathe easier."

FHCN article by Roy Cummings. mkb

**Devang M. Shah, MD**, is board-certified in otolaryngology. After receiving his medical degree with honors from the Rutgers Robert Wood Johnson Medical School in Piscataway, NJ, he completed his surgical internship and residency at Johns Hopkins Hospital in Baltimore. Dr. Shah is a member of the American Academy of Otolaryngology-Head & Neck Surgery and has served as chair of the department of surgery at AdventHealth Fish Memorial in Orange City. He co-authored several journal articles investigating the relationship between microscopic inner-ear structures and hearing function and has presented his work at research conferences.



**Daniel L. Rothbaum, MD**, is board-certified in otolaryngology and specializes in facial plastic surgery and otolaryngology. He's a leader in balloon sinus dilation surgery in Central Florida. Dr. Rothbaum graduated magna cum laude from Harvard College in Cambridge, MA, with a degree in social studies. He received his medical doctorate from Yale School of Medicine in New Haven, CT. Dr. Rothbaum completed his internship and residency training at Johns Hopkins Hospital in Baltimore.



## For Audiological & ENT Expertise

The skilled physicians at Atlantic Ear, Nose & Throat welcome your call. They are located in Lake Mary, DeLand and Orange City. For an initial consultation at any location, call: **(407) 774-9880** or **(386) 774-9880**

# PREDICTABLE PRECISION

Cataract surgery with new technology brings clear vision for life without glasses or eye drops

Larry and Nancy Crawford's love blossomed later in life. They were in their mid-50s when they met in 2001 in Cincinnati. They wed a year later, unifying discrete backgrounds and interests. Larry, who hails from Louisville, enjoyed a career as a pilot for a private corporation. Nancy, a Cincinnati native, was primarily an educator but also worked in banking and finance.



Q. JOCELYN GE, MD, PHD

The couple happily lived and worked in Ohio for a while after tying the knot. When Larry retired in 2005, they moved to Wilmington, Delaware, where Larry got a retirement job, which turned into full-time employment. But the retired pilot suffered a major setback shortly after arriving in Wilmington.

"Right after we moved to Delaware, Larry was diagnosed with end-stage liver disease," Nancy shares. "But he continued working, and God was with us. The cancer didn't spread to any other part of his body. In 2009, Larry underwent a successful liver transplant."

"Now, I'm in pretty good shape," Larry reports. "My new liver is doing fine. Of course, I have to go for periodic rechecks, but I'm as healthy as an ox, as they say. I'm 72 years old, and I don't have any issues. I'm just enjoying life."

"I worked at the job in Delaware for a couple more years, then we finally decided to retire for good and go where it's warm and sunny. We moved to Florida in 2012."

Nancy learned years ago of some health issues of her own when she was told she had *cataracts* forming in both eyes. The condition didn't cause any noticeable symptoms until 2015, but when it did, Nancy had good reason to be concerned about her eyesight.

"All of a sudden, I couldn't read the print on the television; it was very blurry," she says. "I also had trouble driving in the dark, especially on rainy nights. My eye doctor told me glasses wouldn't help and that it was time to have cataract surgery."

Before Nancy agreed to the surgery,

she sought a second opinion. She did some research and discovered the highly rated, board-certified ophthalmologist Q. Jocelyn Ge, MD, PhD, at Premier Eye Clinic. Nancy brought Larry along with her because of lingering concerns with his eyes, most notably *glaucoma*, or increased pressure in the eyes.

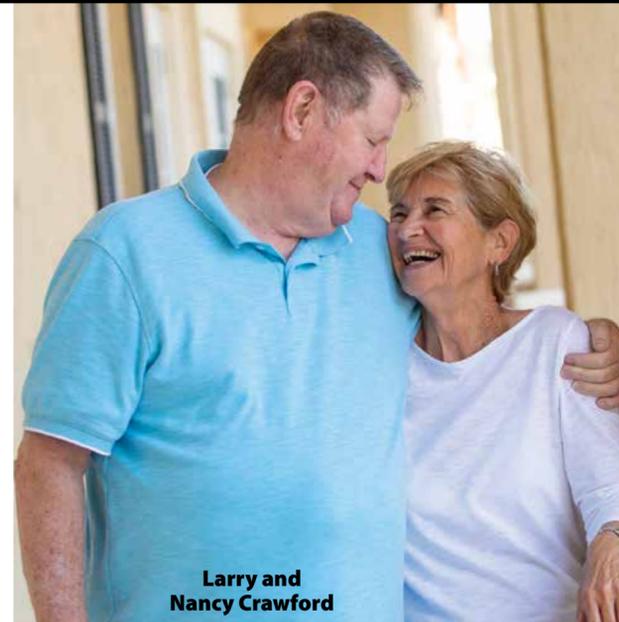
Dr. Ge examined Nancy's eyes and agreed that her cataracts were ready to be removed. She scheduled the procedures for fall 2016.

"Cataract surgery on Nancy's right eye was performed in September as a femtosecond laser-assisted surgery with laser treatment for mild *astigmatism*," the doctor recalls. "Nancy opted for a standard, monofocal lens implant in her right eye."

"Nancy's left eye surgery was performed in December 2016. Nancy received a toric lens in that eye because she had a higher degree of astigmatism, which is best corrected by a toric lens implant."

Around the time of Nancy's surgeries, Larry was diagnosed with cataracts as well. Dr. Ge recommended he undergo surgery to remove them, but Larry "procrastinated" and didn't have the surgery until 2019.

"Between my cataracts and my glaucoma, I noticed a lot of blurriness and had quite a few headaches," Larry reveals. "I also suffered a little bit of dizziness, mainly because I was trying hard to focus my eyes, but couldn't."



Larry and Nancy Crawford

"His glaucoma is what we call *mixed mechanism*," the ophthalmologist describes. "With that, there is narrowing of the drainage area inside the eye, which is called *anatomical narrow angle*, and that is a risk for *angle closure glaucoma*, a serious condition. This is treated with an in-office laser procedure called *peripheral iridotomy*."

benefit because eye drops could have side effects. For example, some could cause *asthma*, or change blood pressure or heart rate. Others might cause dizziness or fatigue. They could also be toxic to the surface of the eye, cause eye irritation and make dry eye worse. Prescription eye drops could also be cost prohibitive."

### 20/20 Vision

Nancy and Larry had surgery on their eyes performed by Dr. Ge, and they both achieved excellent results.

"After my cataract surgery, I've got 20/20 vision in both eyes. I've never seen so well in my life," Larry raves. "And with the *iStent inject*, I don't have to use the glaucoma drops anymore."

"My vision is 20/20 as well, and we no longer have to wear glasses," Nancy enthuses. "Both of us have worn glasses since we were kids. For me, it was a goal to be glasses-free after cataract surgery. We opted for the toric lens to correct the astigmatism in our eyes so we wouldn't have to wear glasses."

"When Dr. Ge and I talked it over after she said I definitely needed cataract surgery, she told me there were a number of things I could do," Larry states. "I told her, *Just do the same thing you did for Nancy, and I'll be happy*. She did, and I'm quite happy."

Larry and Nancy are so impressed with Dr. Ge and her team, they've let Dr. Ge take over their eye care full time. They also share their positive opinion of the ophthalmologist with their friends and neighbors.

"We've recommended Dr. Ge and Premier Eye Clinic to several friends," Larry says. "They, likewise, have had cataract surgery by her and are totally delighted with it."

"One of our neighbors had surgery right after I did, and she speaks tons of praises for Dr. Ge and Premier Eye Clinic," adds Nancy. "We recommend them all the time."

FHCN article by Patti DiPanfilo. Photo by Nerissa Johnson. lre

**"After my cataract surgery, I've got 20/20 vision in both eyes. ... And with the iStent inject, I don't have to use the glaucoma drops anymore."**

— Larry

### Mixed Mechanism

Before Dr. Ge performs cataract surgery, she addresses any existing eye conditions that may affect the outcome of surgery. A condition such as *dry eye disease* can cause blurriness and discomfort, and must be treated before surgery to maintain clear vision following surgery.

"Nancy has a history of dry eye and *blepharitis*, which is redness and inflammation of the eyelids," Dr. Ge notes. "She uses artificial tears and warm compresses at home to manage these conditions. Subsequently, the prescription eye drop *RESTASIS* was started to treat her dry eye. At one time, dissolvable *punctal plugs* were implanted in her eye for an exacerbation of dry eye."

Larry's case was more complicated than Nancy's because of his glaucoma diagnosis, Dr. Ge shares.

"As part of Larry's mixed mechanism, he also has an open-angle component to his glaucoma. He used prescription eye drops to control this component. But there is a newer, FDA-approved technology that can be used at the time of cataract surgery to assist with fluid drainage and lower eye pressure in *open-angle glaucoma*. It's called *iStent inject*."

"The most important information that patients with both cataracts and open-angle glaucoma should know is that adding the *iStent inject* procedure to the cataract surgery benefits patients' vision without added risk," Dr. Ge emphasizes.

"With lower eye pressure, patients can often discontinue prescription eye drops," Dr. Ge continues. "That is a huge

## COMMITTED TO YOUR VISION

The doctors and staff of Premier Eye Clinic look forward to meeting readers of Volusia Health Care News.

Port Orange  
3641 S. Clyde Morris Blvd., Suite 500  
**(386) 788-6198**

Ormond Beach  
1425 Hand Ave., Suite N  
**(386) 673-3344**



Q. Jocelyn Ge, MD, PhD, received her medical degree from the Vanderbilt University School of Medicine and her PhD from the University of California. She completed her internship at the University of Tennessee Medical Center and her ophthalmology residency at Tulane University Hospital and Clinics in New Orleans. In 2005, Dr. Ge was one of the 10 ophthalmologists in the US who received the prestigious American Society of Cataract and Refractive Surgery (ASCRS) Foundation research grant. She has published multiple peer reviewed research internationally and has presented many research works nationally. Dr. Ge is a Fellow of the American Academy of Ophthalmology (AAO). She is a recipient of the LEO award in 2007 and 2012 from the AAO. She is certified by the American Board of Ophthalmology.

Visit Premier Eye Clinic on the web at [www.PremierEyeClinic.com](http://www.PremierEyeClinic.com)

# Endless Love

Senior living community proves perfect fit for struggling loved one

Even after they divorced in 1974, James Small and his ex-wife, Helen Bennett, have always remained close. For the sake of their son, they regularly spend holidays together and continue to care for each other in times of poor health.

Such a time arose late last year. After doctors determined that James, who had previously been diagnosed with dementia, could no longer live on his own, Helen stepped up and offered to take care of him.

Shortly before Christmas, she moved James into a small apartment connected to her home. There she hoped to help James continue his recovery from a recent urinary tract infection. She soon realized, however, that she'd taken on too great a challenge.

"It was terrifying because I'd go over to the apartment to bring him his breakfast in the morning and he'd be gone," Helen says. "I would eventually find him at the neighbor's house or somewhere else, so it was very hard."

The need to twice rush James to the emergency room for medical care made the situation more difficult. That is what prompted Helen and her son to make the decision to move James to an assisted living community.

Their choice was Savannah Court of Orange City, a senior living community nestled 20 minutes between metro

Orlando and Daytona Beach that offers a cozy, small-town ambiance and the amenities necessary for residents to maintain an active lifestyle.



Provided by an experienced staff specializing in personalized care and hospitality, these amenities include assisted living services in private apartments, senior day care services for caregivers needing a day for themselves, and respite care for seniors recovering from illness or surgery.

"We provide the kind of support residents can't get at home or at a lot of other places," says Todd Brown, marketing relations director at Savannah Court of Orange City. "We're a smaller, more intimate community, and that has many advantages."

"Because we're smaller, we have a direct hands-on approach with our residents. That allows us to make sure they are cared for in the best way possible and are as independent and active as they want to be in the various programs we offer."

Helen and her son realized during their first tour of Savannah Court that the care James would get would be exceptional. They agreed shortly thereafter to make Savannah Court James' new home, and they're certain they could not have made a better choice.

"I never thought we would find a place as nice as Savannah Court for James, so I feel very fortunate that he's there," Helen says. "Everyone is so kind and compassionate, and he's doing much better now than he was before."

"It has worked out a great deal better for him, and I'm more at ease now knowing he's getting the proper care and attention, and that he's no longer alone. The adjustment to Savannah Court has gone very well for him."

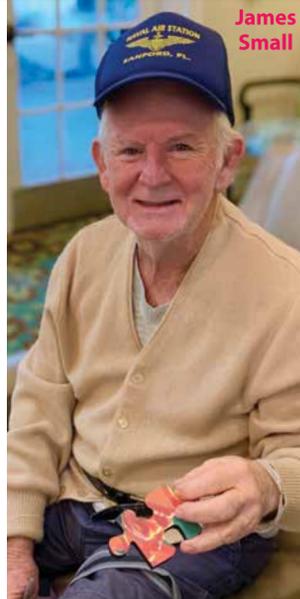
Todd concurs. He says James has quickly integrated himself into the community and become an active member. He adds that the support James receives from Helen and his son is exemplary, noting that, "It's a beautiful thing to watch."

"I go over and visit with James as often as I can, so I know he's being fed well and getting good food, because the food there is great," Helen says. "And I know that he's making friends and feeling more and more comfortable there every day."

"It's not just me who feels good about where he is. My son feels so much better, too. He was constantly worried about his dad, but placing him at Savannah Court has provided him with the greatest relief he could have asked for."

FHCN article by Roy Cummings. Photo courtesy of Savannah Court of Orange City. mkb

## ASSISTED LIVING FACILITY 9243



James Small

## Enjoy Retirement Living

Savannah Court of Orange City offers gracious senior living, including assisted living, respite care and senior day care services. For more information or to schedule a tour, call or visit Savannah Court of Orange City at:

202 Strawberry Oaks Dr.  
(386) 259-6872

## INTEGRATIVE MEDICINE

# Peptide Positives

Unique treatment detoxifies and restores cells to full function

Jeanine Doiron is a hardworking woman with two careers. On one hand, she's the mother of three active children. Her oldest, a daughter, is 18 and just graduated high school. Her middle child, a daughter, is 15, and her youngest, a son, is 11. Caring for her kids keeps her busy, but that's not all she does.



GORDON J. CROZIER, DO

"I work for my father's optometry practice," Jeanine discloses. "I do all of the medical claims and billing for the practice. I've been working for him for 10 years. I'm able to work from home, so I can also take care of my children."

Jeanine is originally from Maine but relocated to Florida two years ago. She finally decided to trade the long, cold, New England winters for the brighter skies and warmer temperatures of the Sunshine State. But it wasn't just sunshine that prompted the move.

"My health is what brought me to Florida," Jeanine shares. "Seven years ago, I was diagnosed with Crohn's disease, which causes a breakdown of my entire system. Because of the disease's effects, I could no longer tolerate the cold temperatures of the Maine winters."

Crohn's disease is an inflammatory bowel disease that resides in the digestive system, which is the hub of the immune system. It causes gastrointestinal symptoms, but it also affects other parts of the body.

"Crohn's is very painful, and it caused abdominal pain as well as muscle aches and joint pain," Jeanine describes. "I also had diarrhea up to 15 times a day, rectal bleeding and irregular periods."

"When I had flare-ups, I had to take as many as five conventional medications in order to stay in digestive remission. But even though I was in remission digestively, I still had quite a bit of chronic pain and fatigue."

"The winters in Maine are long and harsh, and there were extended periods when I couldn't go outside and was sedentary. That worsened the chronic pain. So that's the biggest reason why I moved to Florida."

The move helped ease some of Jeanine's pain, but the combination of the warmer environment and the conventional medications she was taking didn't relieve all of Jeanine's Crohn's symptoms completely.

She mentioned that to a friend in Florida who recommended she visit Gordon J. Crozier, DO, at Crozier Clinic in Lake Mary. Dr. Crozier treats



Jeanine Doiron

illness and injury on a cellular level by integrating natural healing methods and traditional medicine.

"Dr. Crozier performed several tests that I never had done before," Jeanine recalls. "He discovered that I had a genetic sensitivity to mold and determined that exposure to mold in my home perpetuated and worsened my Crohn's disease symptoms."

"He offered me a treatment to detoxify my body of the mold and help heal my gut. It also helped my body get stronger so it could maintain remission from the Crohn's disease on its own without medication."

### Short Chains

The detoxification treatment Dr. Crozier recommended is an intravenous therapy that contains five healing formulations, including certain amino acids called peptides.

Peptides are short-chain amino acids. They are different than long-chain amino acids, which are proteins, but like proteins, there are many types of peptides that direct different biological functions. Some peptides improve the body's ability to rid itself of various toxins, including mold.

"There are 94 diseases, including gastrointestinal issues such as Crohn's disease, that are associated with mold toxicity," Dr. Crozier informs. "Because of that association, many people fail traditional medication treatment and don't recover fully from their conditions to live healthy lives."

"Mold is a fungus, just like candida and yeast, and some peptides are

antifungal. They help people rid their bodies of that fungal element. We've seen great results with our peptide therapy."

Part of the problem with mold is that it can cause inflammation, which leads to immune system decline. Mold harms the body on a cellular level by affecting cell function. It damages cells by preying on their protective lipid layer.

"Every one of the trillion cells in the body has a bi-lipid surface layer," Dr. Crozier educates. "The mitochondria inside the cells, which produce 90 percent of the body's energy, also have a bi-lipid layer."

Toxins such as mold destroy those bi-lipid layers, which interferes with normal cellular function and leads to disease.

"Peptide therapy clears out the cells of the toxins and protects their surface layer so they can function appropriately," the doctor continues. "With fully functioning cells, patients can achieve optimal health."

Dr. Crozier orders very specific laboratory tests to diagnose mold toxicity. He uses one of three labs in the US capable of testing for mycotoxins, the gases released by mold.

"The mycotoxin present can reveal which type of mold is affecting the patient," Dr. Crozier explains. "There are many different types, and we test for all of them. We look for the deadly *Stachybotrys*, which is black mold, as well as the harmful *aflatoxins* and *ochratoxins*, which can lead to liver damage and cancer."

Once Dr. Crozier uncovers which molds reside in the patient's body, he can determine which peptides to use in their therapy.

Jeanine received her peptides intravenously because she received other IV therapy components, including Vitamin C and the antioxidant *glutathione*, at the same time. Most of the time, however, peptide therapy is delivered in pill form or as patient-administered injections.

"For the injections, we use a very fine needle, similar to an insulin needle, so the injections are not uncomfortable," Dr. Crozier assures. "Patients take an injection of the different peptides once a day at home. We walk them through which peptides to take at what time to help them optimize their health."

"Typically, patients remain on peptide therapy for one month to six weeks, then we re-evaluate them to determine if they require another round of treatment. The decision to continue treatment depends on the patient's response and degree of toxicity."

### "A Different Person"

Jeanine began peptide therapy in October, and she noticed a difference in how she felt within the first three weeks. Her symptoms began dissipating one by one.

"I started getting energy back and having regular periods again," she reports. "The muscle aches started to lessen, and I was able to maintain remission from the diarrhea and rectal bleeding despite discontinuing the conventional medications. I don't take anything now except probiotics."

Dr. Crozier's peptide therapy continued to relieve Jeanine's Crohn's disease symptoms. She completed her treatment in January and says she now feels like "a different person."

"I have very little pain and a lot of energy, and my activity level is close to what it was before I got sick," Jeanine raves. "I do an hour and a half of yoga every morning, and I go for long walks, which I love to do. I love being outside. I couldn't do yoga or walk distances when I was sick. I didn't have the energy or flexibility. Today, I rate myself healthy."

Jeanine states that she couldn't have gotten to where she is now without the support of Dr. Crozier and his staff. She appreciates the way they cared for her personally, not just her disease. That experience made her even more comfortable with the treatment process.

"When I first met Dr. Crozier, I was very impressed by his knowledge and understanding of disease," she says. "I knew right away that I could trust him. His empathy and compassion exceeded that of other doctors I've been to in the past."

"And the staff is amazing. They're professional, compassionate, knowledgeable, caring and kind. I'm so grateful that I found Dr. Crozier and Crozier Clinic."

FHCN article by Patti DiPunfilo. Photo by Nerissa Johnson. mkb

## Leading-Edge Cellular and Integrative Medicine

At Crozier Clinic, Dr. Crozier combines natural treatments with traditional medicine to restore and regenerate aging, damaged and injured body tissues. To schedule a consultation appointment, contact the Clinic in Lake Mary at:

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Suite 1041  
(407) 732-7668

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## MENTAL HEALTH

# GAMING: MEDICAL DISORDER

There's no debating it. Internet and video games are popular in this country. A recent Pew survey found that 97 percent of teen boys and 83 percent of teen girls play games on some type of device. But it's not just kids who are playing. Research shows that about 160 million American adults play some kind of video game as well.

The question is, are kids and adults playing too many video and internet games and has this pastime become a disease or an addiction?

One answer comes from the World Health Organization (WHO). WHO officially recognized gaming addiction as a disease in 2019, when it agreed to include gaming disorder, which includes internet and video gaming, as a condition in its International Classification of Diseases (ICD) 11<sup>th</sup> Revision.

The ICD serves as the international standard for diagnosing and treating health conditions. It's used by health care professionals across the globe. The WHO based its decision to include gaming disorder in the ICD on available research and a consensus among a group of international experts in the field.

The ICD describes people with gaming disorder as having a "pattern of gaming behavior characterized by impaired control" that also involves prioritizing gaming over other daily responsibilities, including school, work and social appointments.

Another comes from the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders fifth edition (DSM-5). Considered the bible for American mental health practitioners, the DSM-5 doesn't recognize gaming disorder as a condition, but in 2013 it did list internet gaming disorder in a section recommending conditions for further research.

The DSM-5 notes that internet gaming must cause "significant impairment or distress" in several aspects of a person's life and proposed a set of symptoms that includes preoccupation with gaming; withdrawal symptoms when gaming is taken

away or not available; the need to spend more time gaming to satisfy the urge; giving up other activities; loss of interest in activities previously enjoyed; having jeopardized or lost a job or relationship due to gaming; inability to reduce gaming or unsuccessful attempts to quit; deceiving others about the amount of time spent gaming; and using gaming to relieve negative moods, such as guilt or hopelessness.

According to the DSM-5, a person must have five or more of these symptoms within a year to be diagnosed with internet gaming disorder. But not all experts agree that gaming, internet or otherwise, should be considered a disorder. Some argue that gaming can't be separated from general screen overuse, which includes social media use as well. Others suggest that intense gaming is a symptom of another disorder such as anxiety, depression or ADHD.

And there's research to back that up. One study found that children who had problems with video games were more likely to also have a diagnosis of ADHD or autism spectrum. Those who struggled with social media use often also struggled with depression or anxiety.

Another group of specialists recommends referring to gaming as a *habit* rather than a disorder or addiction. They explain that people feel more empowered

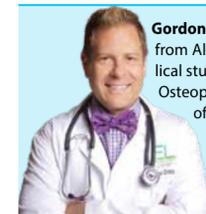


Three-fourths of all Americans have at least one gamer in their household

to change the behavior of a habit. These specialists also argue that labeling someone an *addict* and saying they have a chronic disease can have lasting consequences on that person's life and self-esteem. This is especially true for teens who are in the process of forming their identities.

Whatever you call it, overdoing it on the games to the point of ignoring everything else is not okay. If that's you and you can't stop, seek a qualified professional's help to reduce your urge to play and modify your behavior. Don't be afraid and don't wait. After all, life is not a game.

FHCN staff article. mkb



Gordon J. Crozier, DO, earned a bachelor's degree in medical science from Alderson-Broaddus College and an associate's degree in biblical studies from Lutheran Bible College. He received his Doctor of Osteopathic Medicine degree from Des Moines University & College of Osteopathic Medicine. He then completed an internship and residency in obstetrics and gynecology at Michigan State University. He also completed fellowships in regenerative medicine and peptides. Dr. Crozier has achieved the status of educator and mastermind in peptides.

To learn more, visit them on the web at [www.crozierclinic.com](http://www.crozierclinic.com)

# RETURN Engagement

Airplane hangars are probably not at the top of anyone's list of most romantic settings, but romance blossomed inside an airplane hangar nonetheless during a fundraiser for the DeLand Naval Air Station Museum in 1994.

"It was around Veterans Day, and they were holding a dance there called a hangar dance," Melissa Borghorst explains. "I decided to go, and that's where I met my husband, Mark. We were married about six months after meeting at that hangar."



## DELAND IMPLANT DENTISTRY

RAJIV PATEL, BDS, MDS

As Melissa and Mark began building a life together, they learned one of the things they had in common was a dentist, Rajiv Patel, BDS, MDS, the founder of DeLand Implant Dentistry. At the time, though, it had been a while since Mark had seen Dr. Patel.

"I went to see Dr. Patel once or twice, just for general maintenance, after I moved to DeLand in 1982," Mark explains. "For some reason, I didn't go back to him after that, but after my wife and I got together 25 years ago, I started going to him again."

Mark's return visit to Dr. Patel was for a simple checkup and cleaning. Since then, he has visited him for everything from fillings to crowns to implants, which are screw-like posts that serve as the roots for replacement teeth.

"When someone needs to replace a missing tooth, they have a couple of options," Dr. Patel informs. "One of those options is a bridge. But Mark was not interested in a bridge, partly because he previously had a bad experience with a bridge.

"Bridges can be a good option, but they often are not a long-lasting option because if something goes wrong with the teeth that are supporting the bridge, the bridge is no longer useful. That's why Mark chose to get implants."

Implants are made of a titanium alloy and are placed in the jaw, where they fuse with the jaw bone. Once the fusion process is completed, the implant supports an abutment upon which a crown is placed to complete the replacement tooth.

### First Things First

Dr. Patel has twice fit Mark for implants, once five years ago for a missing upper left molar and then again about a year ago for a missing right molar. In each case, Dr. Patel had to perform a special grafting procedure ahead of fitting the implants.

"Both of the missing molars were in an area where it is common for people who have been missing teeth for some time to have lost some of the bone that houses the root," Dr. Patel educates.

#### Additional Services Include

- Preventive care, including cleanings and x-rays
- Crowns and bridges
- Root canals
- Essix aligners
- Dentures and partials
- Dental implants
- Veneers and bonding
- Oral surgery - wisdom teeth
- IV sedation

## Comprehensive oral care available in one office

"What also typically happens when a person loses a tooth in that area is that there is a pneumatization of the sinuses, where a hollow area develops in the sinus floor. In cases like that, we first have to do a bone graft to reclaim the sinus floor before fitting the implant."

The procedure for reclaiming the sinus floor is an intricate one that starts with the creation of a small window in the upper arch. During that process, the residual bone from the upper arch is collected and briefly stored.

The residual bone is then mixed with a bone substitute material that is placed into the sinus through the window created in the upper arch. The mixture of residual bone and bone substitute material sparks the growth of new bone in the sinus.

"It is a very delicate surgery. When performed by an experienced hand, it is a very successful surgery," Dr. Patel informs. "We have a 100 percent success rate with that surgery in terms of creating the bone necessary to place the implant."

It takes about six months for the new bone to grow and develop the volume and strength required to support an implant. Once the implant is placed, another three to four months is typically needed for the implant to fuse with the bone.

The final stage of the implant process is the placement of the abutment and crown. Some dentists require patients to visit specialists for all or parts of the implant process, but Dr. Patel performs all phases of that process – and much more – in one office.

### Full-Service Practice

"As our name suggests, we specialize in performing comprehensive, state-of-the-art dental implant services," Dr. Patel confirms. "But what many people don't realize is that we are a full-service dental office.

"We do everything from routine dental work to restorative dental work, including crowns, bridges, dentures and oral surgeries. We do everything, including endodontic work and root canals. We are one doctor in one office performing all phases of dentistry."

DeLand Implant Dentistry is also one of the few dental practices in the area certified to offer patients *intravenous sedation*, a monitored form of anesthesia delivered intravenously that allows the patient to remain in a state of twilight sleep during procedures.

"In addition, we offer *conscious sedation*, which is administered orally," Dr. Patel informs. "That makes the patient sleepy, too, but with conscious sedation, we can't



### Melissa and Mark have been happy patients of Dr. Patel for years.

control how sedated the patient gets because we can't control how much medicine is absorbed.

"With intravenous sedation, we can control the depth of conscious sedation that is desired, and in most cases, the patient has little or no recollection of what procedure was done because they are in such a comfortable, relaxed state.

"IV sedation is a really great tool for anyone who has a fear or expresses a great deal of anxiety about visiting a dentist. And I would say that about 50 percent of all the patients that come to us come in with some anxiety.

"For patients like that, IV sedation allows us to get a lot of work accomplished in a short period of time, and that is a benefit to the patient as well because they

don't have to go through several appointments to complete their dental care."

Mark's anxiety level was low enough that he did not require any sedation for the procedures Dr. Patel performed on him. Those procedures, now completed, have left Mark with a more aesthetically pleasing and functional smile.

"I'm very happy with Dr. Patel," Mark says. "He does everything in one office, and that makes it very convenient. I even had him take care of my daughter's teeth when she was young. He's a great dentist."

Melissa agrees.

"I've always been very impressed with the fact that he keeps a small office and does all that work on his own," Melissa states. "As long as Dr. Patel is around, I can't envision myself ever going to another dentist. That's how good he is."

FHCN article by Roy Cummings. Photo by Nerissa Johnson. Graphic from Needpix. nj

**"We do everything from routine dental work to restorative dental work, including crowns, bridges, dentures and oral surgeries . . . endodontic work and root canals."**

**– Dr. Patel**



**Rajiv Patel, BDS, MDS, has practiced general dentistry in DeLand for more than 30 years. He is board-certified in implant dentistry through his designation as a diplomate of the American Board of Oral Implantology/Implant Dentistry. Additionally, he is a fellow of the American Academy of Implant Dentistry and fellow of the International Congress of Oral Implantologists. Dr. Patel is one of the select few general dentists certified to administer IV sedation in a dental office. He is a member of the Florida Dental Association, American Dental Association and the Florida Dental Society of Anesthesiology.**

## Call Today!

Dr. Patel is known for his exceptional, caring attitude toward his patients and his work. He is committed to delivering the most advanced, personalized dental care while offering patients a unique and satisfying experience. Along with the staff of DeLand Implant Dentistry, he welcomes new patients and any questions concerning the office's full range of dental services, including cleaning and preventive care, sedation methods, and cosmetic, restorative, prosthetic and implant dentistry. For an appointment, please call or visit the office in DeLand in the Spring Oaks Professional Center:

**150 McGregor Road**

**(386) 738-2006**

For detailed information about DeLand Implant Dentistry, please visit [www.delandimplants.com](http://www.delandimplants.com)