



SPRING NEWSLETTER



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On the Horizon

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I have just completed writing an article for *Simply the Best* magazine May – June edition about cutting edge technology available today. We currently have available a bundle of ideas for future state of the art care which all come with a relatively expensive price tag. Most are not covered by traditional health insurance or Medicare at this time. I am presenting the information so that you can be aware of them and to offer to discuss them with you individually.

Genetic Testing: Companies like Navigenics, will now analyze your saliva for DNA clues to disease. For \$999 they will calculate your personal risk of developing illnesses that are related to particular genetic DNA locations. You have access to your own personal profile on their computer website at www.navigenics.com and as new discoveries are made they update your risk of developing a disease. I attended a lecture and question and answer session led by the head of the Human Genome Project which unraveled the mystery of DNA and is correlating genetic information with detection and prevention of disease. As of last month he felt the commercial product was not quite worth the expense. Many major and reputable internationally acclaimed medical centers like the Mayo Clinic are offering this option for a fee at this time. We have



the capability of offering it to you as well if you so desire.

Stem Cell Blood Banking: There are several firms nationally advising families to save their blood and separate out the multi-potential stem cells. These cells can be coaxed in the laboratory to develop and mature into spare body parts. It costs approximately \$8-10,000 per family plus there is an annual storage fee. Is this science or is it fiction? An article in the UK *Daily Telegraph* last fall detailed the transplant of a stem cell grown trachea (windpipe) given to an individual who destroyed his own in a commercial accident. The technology was highlighted on CBS 60 Minutes last fall. Commercial firms are growing spare body parts

Announcements

1.) On Wed March 3, 2010 we held our first group session on Lifestyle Improvement and Success. The session was led by Wendy Rapaport, PhD and was attended by several diabetic patients, spouses, and students. I was privileged to participate as an individual battling a weight problem chronically. The session was lively and flew by. We are in the process of deciding if we wish to keep this particular topic and group meeting and we are soliciting suggestions for future topics. The sessions are held at the office on Wednesday afternoons at the end of our regular patient care day. I thank all the participants for attending.

with these stem cells. Major organs like hearts and kidneys are years away but smaller parts and stem cells to treat hematologic malignancies are already in use. If you are interested in storing your blood let me know.

Anti-Oxidant Bioflavinoid Levels: There are commercial firms encouraging physicians to purchase their equipment which with a simple "light" test will tell you if you have the correct amount of antioxidants. If you do not, they encourage you to increase your intake by purchasing their nutritional supplements and increasing your intake of foods containing these nutrients to prevent many diseases. I believe the jury is still undecided on the relationship between additional intake of anti oxidants and disease. I am continually reviewing this subject and will purchase the equipment if the data it generates truly correlates with additional disease protection.



Anti-Aging Hormonal Therapy: This is a very lucrative alternative medicine field in which men and women are given testosterone by injection or transdermal skin patch and other hormones like human growth hormone. There are thousands of middle aged men who are willing to testify that taking these hormones makes them feel better. The problem is that there are no large double blind impartial research studies that prove that this treatment improves health without creating additional health risks. There is a large Anti Aging Conference scheduled for the Boca Raton Hotel and Resort April 22-25, 2010. I am sure the local media will provide more information on this topic as we get closer to the conference.

Vascular Screening Tests: On a regular basis we all see the ads in the newspapers for a mobile van which uses ultrasound technology to image your carotid arteries, your aorta and your peripheral arteries for the presence of disease. From autopsy studies in young military fatalities we know that the process of atherosclerosis is present in young individuals. My regular physical examinations, which look at your family history, medical history, smoking history and presence of high blood pressure, diabetes and elevated blood lipid levels gives me a very good idea of who actually is high risk and requires these tests. Our usual physical exams involve palpating (feeling) the blood vessels and listening to them with the stethoscope. Based on that information I know who needs these screenings. We are more concerned about men over 65 with high blood pressure and who smoked regularly in the past or continue to do so. They are high risk for the development of an abdominal aortic aneurysm and require screening. The cost of these screenings by the mobile service is not prohibitive and generally is below \$200. If they find

2.) Seasonal visitors are preparing to go north for the summer. If you need your medical records please give me some advance notice. I can mail them to your physician, fax them to your physician, provide you with photocopies for you to transport or place the records on a USB flash drive which you can keep on your key chain and give to your northern physicians when you see them.

3.) Annual memberships in the practice are available as well as group corporate memberships at a discounted rate. If you have referred a patient in the last six months who joined the practice and paid in full you are entitled to a discount on your next annual membership renewal payment. Please let me or the staff know so we can credit your account.

4.) Please visit my recently launched website at BocaConciergeDoc.com. If you do not have a computer, or do not know how to use a computer, we will be happy to show you the site on our computers. Please let us know in advance of your visit so we can assign a staff member to show you what we have done.

a positive, you will need to have a more detailed study performed at a certified imaging facility to confirm it and determine the extent of the problem. Treatment usually involves controlling your blood sugar and cholesterol, controlling your blood pressure and maximizing your physical activity.

Surgical Treatment of Hypertension: While reading about cloning stem cells and transplanting genetically grown tracheas in the United Kingdom, I came across several articles concerning the interventional and permanent treatment of high blood pressure. Researchers in the UK perform a procedure where they place a catheter into the kidney blood vessels, locate a series of nerves and then burn them. It apparently eliminates high blood pressure in these individuals and eliminates their need to take high blood pressure medicines. It has been so successful that the conservative British National Health System is covering the cost. At first I believed this was simply the treatment of renal artery stenosis but this is not the case. I have not seen any articles about this procedure in the traditional US medical journals but I look forward to hearing more about it in the near future. If you are aware of any novel treatments and would like to discuss them, I will be happy to research them with you. I have always believed that “if it works it is not alternative”.

If you wish, please set an appointment to discuss any of these technologies.

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Steven E. Reznick, M.D., FACP, PA is a concierge medicine practice. Contracts for Dr. Reznick’s patients previously assigned to University Medical Associates, LLC have been reassigned to Steven Reznick, M.D., FACP, PA. Members will need to execute a new membership contract with S. Reznick M.D., FACP, PA to conform to the new healthcare regulations. The practice provides gracious service in a comfortable and private office setting while administering 21st century care and technology with old fashioned attention and concern.

A few memberships are available. If you are pleased with the practice, please tell your friends about us. **Interested parties**, especially those tired of being lost in the medical shuffle, **can schedule a complimentary visit with the doctor to view the practice.**

5.) Florida Atlantic University has ended its partnership with the University of Miami, Miller School of Medicine. Many patients have asked me what this means to our practice. It means that as the new FAU program defines its new curriculum we will stay active in teaching their students if their curriculum allows it. At the same time we will maintain a strong relationship with the University of Miami if they wish to continue to send students to Palm Beach County. This decision affects our medical students more than our practice. Our current, third-year student, Josh Stevens, is completing his clinical clerkships at Bethesda Hospital and JFK Hospital working with local practitioners. We will see him in our office a few times next year. Our current second year student, Fayeza Raza, has completed his second year curriculum and is studying for the National Board Exams. We hope to see Fayeza Raza monthly next fall. It is unclear if his third year studies will be in Palm Beach or Dade County. Our first year student, Stefan Doig, should be back one afternoon per week next year as a second year student. These students will receive degrees from the University of Miami, Miller School of Medicine. We are not quite sure when FAU will enroll its first class so we will not have a first year student in the office next semester. I will miss the relationship with the University of Miami, Miller School of Medicine.