

HEALTH

Erectile dysfunction med Cialis helps with prostate problems

Question: I have heard that the Food and Drug Administration has approved a new drug to treat symptoms of prostate enlargement. The trouble is that I didn't catch the name. If it is less likely to cause sexual difficulties than finasteride or an alpha-blocker like terazosin, I am very interested. Can you tell me more about this new drug, please?

Answer: The new drug has actually been on the market for several years for another purpose. Cialis (tadalafil) was the third erectile-dysfunction medication approved by the FDA (after Viagra and Levitra).

The recent approval is for benign prostatic hypertrophy. An enlarged prostate can make it difficult for men to urinate. Drugs like finasteride (Proscar) and terazosin (Hytrin) can help with this symptom, but both may interfere with sexual performance.

Because Cialis is used to treat erectile dysfunction, it should overcome this problem while easing urinary symptoms because of BPH. Side effects associated with Cialis include headache, indigestion, nasal congestion, back or muscle pain, flushing, cough, stomachache and diarrhea. Changes in hearing or vision are rare but should be reported to a doctor immediately. Always check with a pharmacist to make sure you are not taking any medicines incompatible with Cialis.

Q: I am a physician.



People's Pharmacy
Joe and Terry Graedon

Often, we are afraid to stop medications because if something bad happens, we could be sued for causing Mom's stroke, heart attack or death.

I love it when my patients stop their medications themselves or refuse to take more, because then I am safe from our culture of blame. Many of my geriatric patients are on far too many medications and would be better off without them. It takes enormous moral courage to do the right thing in our current litigious environment.

A: Older people often take a handful of pills every day. Some are prescribed to treat side effects from other medications. Far too many senior citizens may be overmedicated. In some cases, this can lead to depression, confusion or a false diagnosis of dementia.

We discuss this dilemma and list drugs that are inappropriate for older people in our brand-new book, *Top Screwups Doctors Make and How to Avoid Them*. We recognize that individual doctors are under tremendous time pressure and are doing the best they can for their patients. That said, it is critical for patients and their family members

to be vigilant against overmedication and drug interactions that could be harmful.

Q: I want to get all the written, credible medical information possible about my prescription. In the old days, the pharmacist would include printed information from the manufacturer along with the drug. That version was FDA-approved.

These days, we usually get a one-page summary with the Rx. These are prepared by an outside service, and they are not the fine-print detailed version that I trust.

I have repeatedly asked my pharmacists for the more detailed printed form, and I've been told it's not available.

Can you tell us where we can find the FDA-vetted information? Perhaps from a library book, or on the Internet somewhere?

A: You can get the prescribing information online. Go to dailymed.nlm.nih.gov, and you will find the detailed version you seek for most of the drugs now available.

People without computer access can check the *Physicians' Desk Reference* at their local library. It contains the same information.

Joe Graedon has a master's in pharmacology and Dr. Teresa Graedon a doctorate in medical anthropology. Write The Graedons, c/o The Palm Beach Post, P.O. Box 24700, West Palm Beach, Fla. 33416-4700 or visit www.peoplespharmacy.com.

Client Name: MANDAL PLASTIC SURGERY
Advertiser: Accent/D012/TRE
Section/Page/Zone: ask the doctor
Description:
Ad Number: 6315536R
Insertion Number: 6315536R
Size: 3 x 5
Color Type: 3 Colors

This E-Sheet(R) is provided as conclusive evidence that this ad appeared in the newspaper on the date and page indicated. You may not create derivative works or in any way exploit or re-purpose any content.

COXMEDIA™ Creating solutions. Delivering results.
GROUP Palm Beach The Palm Beach Post Palm Beach Daily News
Publication Date: 10/30/2011

ask the Dentist SPECIAL ADVERTISING FEATURE



Dr. Mitchell Josephs, DDS
44 Coconut Row
Palm Beach, FL
888-DRTOOTH (378-6684)

www.PalmBeachDentist.com

Minimally Invasive Dental Implant Surgery

Question: A friend of mine had dental implants without cutting the gums or needing stitches. How can this be?

Sammy in Deerfield

Answer: Sometimes technology turns a "billion dollar" industry into a "million dollar" industry, or even less! Example: when was the last time you moseyed over to your local travel agency? Thanks to the Internet, your answer might be: "15 years ago."

With the development in digital radiography, we can now accurately visualize the topography of the underlying bone beneath the gums to place the appropriately sized implant at the correct angle and depth without incising tissue. Much like sonar can map the floor of the ocean to assist in laying cable.

This allows dentists with the proper equipment and experience to place implants without incisions and sutures by penetrating directly through the gingiva, into bone, often eliminating a second surgery three to four months later to uncover the buried implants. For free info on this, contact us.

EDITOR'S NOTE: Dr. Josephs will be giving a **FREE LECTURE** on **Hi-Tech dentistry: Incision-Free Dental Implant Surgery, Digital Crowns & Veneers and How to Choose a Dental Office** at the Double Tree Hotel on PGA Blvd. in Palm Beach Gardens on **Thursday, December 1st at 4:00 pm.** All attendees will receive a **FREE** copy of his book: "Tooth Talk". There are only 37 seats left. Call today to register at 561-832-2917

Dr. Josephs practices Cosmetic, Implant and General Dentistry in Palm Beach and hosts the "Tooth Talk" radio show live on Fridays at 11am and Tuesdays at 8:30am on WBZT AM 1230. (www.radiotoothtalk.com) On staff at Good Samaritan Medical Center, Dr. Josephs is on the Faculty Advisory Board at McGill University's Faculty of Dentistry. Send questions to djosephs@palmbeachdentist.com or call 888-DRTOOTH (888-378-6684) or visit www.palmbeachdentist.com

ask the Plastic Surgeon SPECIAL ADVERTISING FEATURE



Dr. Anita Mandal, M.D.
2401 PGA Blvd., Suite 146
Palm Beach Gardens, FL 33410
561.238.0040

THINNING HAIR IN WOMEN

Question: I am a 56 year old woman with a thinning hairline along my forehead, making it difficult to style my hair. This also makes me look older. I am interested in hair transplants but was told they are done primarily in men. I am also concerned about having an unnatural look of hair "plugs".

Answer: Contrary to popular belief, hair transplants are increasingly common in women. While men are most often treated for male pattern baldness, women typically seek hair transplantation for thinning hair especially around the forehead. Transplants are also used for hair loss of the eyebrows and bald spots in front and behind

the ears as a result of traditional facelift surgery. Over the past 15 years, significant advances in hair restoration surgery have led to a more natural hairline. In the past, hair plugs were the result of using too many hairs per graft resulting in an unnatural appearance. Today, most grafts for hair restoration consist of single hairs that mimic the natural frontal hairline. As one goes further back into the scalp 2, 3 and 4 hair grafts add thickness yet still avoid that "pluggy" look. Of course, a consultation with thorough evaluation by a qualified hair transplant specialist must be done prior to recommending hair restoration surgery.



Dr. Anita Mandal is a double board certified Facial Plastic Surgeon who has been practicing for 14 years. Her practice is solely dedicated to surgical and non-surgical cosmetic procedures of the head, face and neck. Dr. Mandal's unique areas of expertise are facial rejuvenation, hair restoration and rhinoplasty. Not only is she on staff at Jupiter Medical Center, but her Palm Beach Gardens office houses two state-of-the-art surgical suites to assure patient safety, comfort and privacy.

Dr. Mandal can be reached at 561.238.0040 or dramandal@comcast.net or log on to www.MandalPlasticSurgery.com

Sick & Tired of internet dating?

Your Success is Our Goal & Our Guarantee.

South Florida's singles experts for 20+ years - the Visual Matchmakers of today

Professional Photography • Background Checks • Personal Service

Call now For Free Consultation with The Millionaire Matchmaker's Former Boss

4800 North Federal Highway Suite E100 Boca Raton, FL. 33431

Over 80% Success Rate. 561-393-6666

Great Expectations Building committed relationships, two people at a time

Presented by: HENRY MORRISON FLAGLER MUSEUM PALM BEACH, FLORIDA

FIRST TRAIN TO PARADISE THE RAILROAD THAT WENT TO SEA

Henry Flagler arriving on the first train to Key West, January 1912

Fall Exhibition: October 18, 2011 - January 8, 2012

In celebration of the 100th Anniversary of the completion of the Over-Sea Railroad, the Flagler Museum's Fall Exhibition illustrates the amazing story of the construction of the railroad to Key West. The Over-Sea Railroad was the most ambitious engineering feat ever undertaken by a private citizen and the final link connecting Henry Flagler's Florida East Coast Railway from Jacksonville to Key West. It was hailed as "the Eighth Wonder of the World."

Funded in part by a grant from the Robert David Lion Gardiner Foundation

Call (561) 655-2833 or visit www.flaglERMuseum.us for more information

Simply Ageless... ..Rejuvenate ...Revitalize ...Refresh

GET HEALTHY LEGS! FREE ULTRASOUND SCAN
Treating spider and varicose veins for over 40 years

PAMPER & TIGHTEN YOUR SKIN
FREE SKIN ANALYSIS
IPL laser, hydrating facials, chemical peels

PRP STEMCELL FACELIFT
Boost your collagen production naturally!

BRIGHTEN UP YOUR SMILE
Shinident teeth whitening system

MEDICAL HCG WEIGHT LOSS AND SMARTLIPO
Increase energy, boost metabolism, and body contouring

PLATELET RICH PLASMA TREATMENT FOR ARTHRITIS AND PAIN
Natural, non-surgical, and long-lasting.

ENHANCE YOUR LIBIDO
Complimentary wellness consultation

Gift Certificates Available
Most procedures are covered by insurance and Medicare.

All Procedures Professionally Done by a Doctor!

Palm Beach Gardens Boca Raton
Guylaine Lanctôt Cliniques
Visit us at: www.glclinics.com
Phone: (561) 613-4500
CALL TODAY FOR A FREE CONSULTATION

BOB LAPPIN & THE PALM BEACH 20th ANNIVERSARY

American Songbook Spectacular
Featuring Tony DeSare & Lynn Roberts

Celebrate with your all-time favorites from Harold Arlen, Irving Berlin, Jerome Kern, Frank Sinatra, Judy Garland & more!

November 4 & 5
Kravis Center, WPB.
Tickets 561.832.7677 or 561.832.7469
Nov 4th Co-Sponsored by Iberia Bank and Dr. Sol & Suzee Golsky
Nov 5th Sponsored by Robert & Janet Nakushian

November 7
Eissey Campus Theatre, P.B.G. Tickets - 561.832.7677

November 8, 9 & 10
Kaye Performing Arts Auditorium at FAU, Boca Raton.
Tickets - 800.564.9539

Tickets \$29 & up. Subscriptions \$125+.
Call 561-832-7677
Mon-Fri 9am to 5pm and Sun 9am to 1pm
Order Online at www.PalmBeachPops.org

WHY SPEND MORE?

SAVE BIG! Find timely tips, tools & coupons that keep more money in your pocket.

The Palm Beach Post
REAL NEWS STARTS HERE