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Summer Vacation Hot Spots Are In Full Swing

Seminole Okalee Indian Village and Museum Provides Exciting Animals, Intergenerational Education & Lots of FUN Too...

By Risa Levovsky, M.P.S.

Your children and grandchildren will find that hands on learning about Seminole Indian history and culture are exciting and fun too. Did you know that the topic of Native American Indians is part of the social studies curriculum of public schools in South Florida? You can help your children's education by bringing them to South Florida's fascinating family friendly attraction. If you haven't visited the Seminole Okalee Indian Village and Museum in Ft. Lauderdale, you'll be astonished when you do.

The magical kingdom of Seminole Okalee Indian Village is nature's gateway to the world of the Seminole Hard Rock Hotel and Casino and the Seminole Paradise. Come see how the Seminoles formed a bridge to the future by honoring the past.

Stepping into Seminole Okalee Indian Village on the Hollywood Seminole reservation will bring you to a place where the unconquered spirit of

the Seminole people still reigns.

Fern, the 8-month-old Florida Panther is busy in the terrible two's phase for cats. She loves to interact with visitors by meowing at and running the length of her domain with children. She also enjoys playing soccer with village staff. Fern has already established a reputation as a great goalie. Be sure to watch Fern knock her toys in the pond. She can be spotted chasing butterflies and lizards. Did you know that the Florida Panther is the warrior who fights to protect his people, both their health and their society?

Luna, the Florida Black Bear will probably spend a lot of her time this summer swimming in her pond, climbing on and playing in her waterfall. While at rest, Luna cuddles up with her toys. Did you know that she can even peel an orange perfectly?

As you enter, gaze in wonder at the vast collection of exotic birds includ-

ing numerous species of macaws, which intrigue children of all ages. See magnificent deer feeding on fresh greens and fruit, and then discover amazing hand raised baby raccoons weighing only 3 pounds each. Curious children love the underwater river otter exhibit featuring Frenchie and Harley, the clowns of the water. Don't miss a once-in-a-lifetime view of Seminole's famous 80 year-old, 14-foot male alligator.

Make your vacation experience or summer day trip calendar complete with a day at Seminole Okalee Indian Village. Fun for the entire family, wildlife attractions are a perfect way to see the wild without treading too far off the beaten path.

Plan a visit to the Seminole Okalee Indian Village & Museum by calling 954-797-5551, or visit www.semtribe.com We will be happy to assist you with group rates, show times and other pertinent information. We are "Wheelchair Accessible."

A Primer On Sexual Dysfunction

Erectile dysfunction, known commonly as impotence, is defined as the consistent inability to obtain or maintain an erection of sufficient quality for satisfactory sexual intercourse.

Impotence is a symptom not a disease, however erectile dysfunction can herald a serious medical problem. Although impotence is not a necessary consequence of aging, its incidence increases with age because the condition is often a side effect of other medical problems that come with age, such as vascular disease or diabetes.

common causes of impotence, because diabetes can cause changes in blood flow through narrowing of the arteries, or damage to nerve endings in the penis.

- **Hormonal Imbalance:** Only a small percentage of cases of impotence are due to hormonal problems, such as insufficient testosterone.
- **Neurologic Impairment:** Injuries to the spinal cord or brain, or neurological diseases, such as Alzheimer's disease, can lead to impotence. Erectile dysfunction is commonly associated with multiple sclerosis (MS) and Parkinson's disease.
- **Pelvic Surgery:** Surgery or radiation to the prostate, bladder, rectum or colon can cause nerve damage in the surrounding area. The damage may interfere with signals that must pass between the brain and the sexual organs to allow erection and orgasm.
- **Pelvic Trauma:** Injuries caused by accidents, particularly accidents associated with bicycle riding, water sports, gymnastics and horseback riding, can cause impotence.

- **Prescription Drugs:** Many prescription drugs, especially blood pressure or anti-depressant medication, can cause impotence, as well as some over-the-counter medications.
- **Psychological:** Depression, anxiety, problems with self-esteem, anger, fear, and other mental conditions may lead to impotence.
- **Vascular Disease:** Vascular diseases such as hardening of the arteries, or heart disease, can lead to reduced blood flow, thereby impairing the ability of the penis to become sufficiently engorged to maintain an erection.

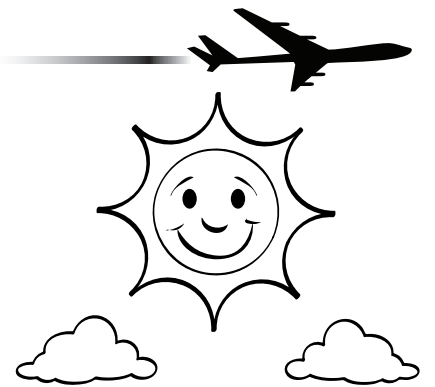
Treatments

- **Oral Medications:** FDA-approved medication Viagra and other similar drugs works directly on the blood vessels, allowing the arteries to expand. It will only cause an erection when the man is sexually aroused.
- **Penile Injections:** The patient or his partner uses a small needle to inject a powerful muscle relaxant into the base of the penis. The relaxation of muscle tissue allows blood to flow into the erection chambers in the

penis, creating an erection.

• **Penile Implants:** This is an irreversible surgical intervention. Two inflatable balloons are implanted into the penis, a pump into the scrotum, and a reservoir near the bladder. When inflated by the pump, fluid from the reservoir flows into the inflatable balloons,

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Recently it has been recognized that women may also experience sexual dysfunction, but problems regarding diagnosis remain, and the field is in its infancy. Only male impotence is addressed in this column this month. There are many causes and treatments, and the listings below, organized alphabetically, do not necessarily cover all of them. It is estimated that 30 million men in the U.S. suffer from impotence, and that 95% of those cases can be treated.

Causes

- **Chronic tobacco use:** Smoking has been shown to affect arterial blood flow and may also affect the arteries in the penis, reducing the blood flow necessary to maintain an erection.
- **Diabetes:** This is one of the most

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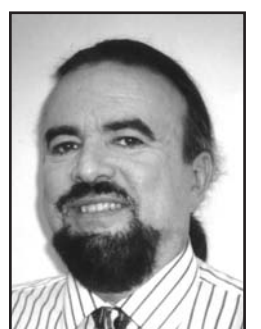
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creating an erection.

(From Irwin Goldstein, MD, *The Potent Male*)

Dr. Marc Goulet is the founder and Medical Director of The Goulet Anti-Aging Institute and Foundation and the British Diagnostic Institute that specializes in sexual enhancements. They also have an effective treatment for neuropathy, pain and sleep disorders. Call 800-946-2537 or 954-786-5259 to make an appointment.

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