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January 2014

South Palm Beach Edition - Monthly

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#selfie

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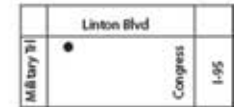
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on X-ray images. The images can reveal plaque in your arteries, which may narrow or even block blood flow to your heart. This is a common symptom of coronary heart disease or coronary artery disease.

For a more detailed picture of a blocked artery, ultrasound can also be used with cardiac catheterization to visualize blockages in the arteries. Ultrasound is painless and uses sound waves to create detailed images of your blood vessels. If your ultrasound confirms blockages to be severe enough, your doctor may use angioplasty or stenting to treat them.

After all of the tests and treatments have been completed, the catheter is withdrawn and the blood vessel is closed and bandaged.

What are the advantages of transradial catheterization as opposed to traditional femoral (groin) catheterization?

Transradial catheterization patients have significantly less recovery time than patients who have a catheter inserted in the groin, which requires firm manual pressure to stop the bleeding followed by strict bed rest for several hours after the procedure. The use of the radial artery in the wrist also reduces the risk of bleeding complications, which is a common and potentially fatal complication. The radial artery is very close to the skin surface, so any bleeding can be controlled quickly and easily. Another benefit is a reduced risk of nerve damage, due to the easy accessibility of the radial artery as compared to the femoral artery. Most patients can get up and walk out of the catheterization lab shortly after the procedure.

Nearly all procedures for the heart traditionally done from the groin may be done from the wrist including procedures in patients with prior bypass, patients with acute heart attacks, and many other complex interventional therapies. However, transradial catheterization is not appropriate for all patients, including patients with hand injuries, poor hand circulation, or damage to the radial artery.

Despite the clear benefits, only 10% of all catheterizations in the United States are done from a Transradial approach. Interestingly, in parts of Europe and Asia, Transradial use can be as high as 70-90% of cases. This is likely related to the technique not being taught in training programs, as well as an inappropriate perception the procedure takes longer and is more challenging from a Transradial approach. This divide is beginning to change, and as more physicians are being trained.

Patients are encouraged to ask their doctor about transradial catheterizations and if it is an appropriate approach for their needs.

Transradial Catheterization

A less invasive, lower-risk option to diagnose & treat arterial disease

Transradial catheterization is a form of cardiac catheterization that is rapidly gaining popularity. Cardiac catheterization is an invasive cardiac procedure used to help diagnose and treat certain heart conditions. Most commonly, catheterizations are used to diagnose blocked arteries (Coronary Artery Disease), and treat the blockages with balloons and stents (referred to as 'Angioplasty'). Typically, catheters and associated equipment are inserted into the femoral artery in the groin. Transradial catheterization involves inserting the catheters through the radial artery located on the underside of the wrist.

What is a catheter and what is it used for in cardiac catheterization?

A catheter is a long, thin flexible tube made of plastic. It is inserted through a sheath placed in an artery so that doctors can perform minimally invasive tests and deliver treatments for the heart. The procedure creates a 'movie' from live X-rays called Fluoroscopy, which help to guide the physicians through both the diagnostic and interventional states of the procedure.

The procedure is commonly carried out in a hospital with local anesthetics, and causes little to no pain. A common test is called coronary angiography, for which your doctor will administer a special type of dye through the catheter. The dye will flow through your blood vessels to your heart, and will cause your arteries to be visible





What Is Cellulitis?

By Lauren R. Rosecan, M.D., Ph.D., F.A.C.S.

Cellulitis is a bacterial infection of tissue that can affect both the eyes and skin. Cellulitis affecting the eyes occurs in two forms: orbital and pre-septum.

Orbital cellulitis affects the structures within the space containing the eyeball and can affect eye movement (due to swelling of the lids or eye). This form is more serious and usually calls for more aggressive treatment.

Pre-septum cellulitis is restricted to eyelid tissue and is generally less serious. The vast majority of pre-septal cellulitis cases occur in children, especially young children.

Cellulitis is frequently caused by a staph or strep infection. It is not unusual for the infection to start in the sinuses and then spread to the orbit or eyelid. Skin wounds or recent surgery (including dental surgery) can also lead to infection. It is important to clean any wounds carefully and follow any instructions your doctor or dentist may have given you for postoperative care.

One of the characteristics of cellulitis is that it spreads rapidly, which makes it a very serious infection requiring immediate medical care. Prior to the use of antibiotics to treat cellulitis, both blindness and death were common among people who contracted the infection.

If you think you or your child have cellulitis, don't delay in seeing your doctor. Left untreated, cellulitis can permanently reduce your vision or spread into the body's lymph system and cause more serious harm.

Cellulitis Symptoms

Cellulitis symptoms may include:

- Bulging eye
- Swelling of the eyelid or tissues around the eye
- Red eyelids
- Reduced eye movement
- Blurred vision
- Fever
- Low energy
- Decreased vision

People with cellulitis may have recently had sinusitis or an upper respiratory infection.

What Causes Cellulitis?

The structure of the orbit makes that region particularly susceptible to nearby infections, particularly infections that are inclined to spread quickly. Cellulitis is most commonly caused by streptococci or staphylococci, but can also be caused by fungal infections.

Indirect causes of cellulitis (which make the eye vulnerable to a strep or staph infection) include recent surgery, bug bites, a skin wound (especially on the face) and sinusitis. Because sinusitis is more common in cold weather, cellulitis tends to occur more frequently in winter.

Cellulitis can also accompany asthma, smallpox and other systemic diseases.

For reasons that are not entirely clear, it appears that increased use of the flu vaccine has reduced the frequency of cellulitis, particularly pre-septal cellulitis.



Cellulitis Diagnosis

Your doctor will gather several types of information to reach a diagnosis. Some of this will be a simple history of any recent surgery or dental work, facial or skin wounds, and respiratory or sinus infections. Your doctor will also do a basic eye examination.

In addition, determining the type of infection will most likely require some sort of lab work. If your doctor suspects pre-suptal cellulitis, he or she may wish to test samples from the nose or even the eye itself. However, if orbital cellulitis is suspected, a blood test is likely.

In some cases, your doctor may also wish to obtain a CT or other scan of the area. These images will help your doctor determine the extent of any infection in the orbit.

Cellulitis Treatment

Pre-septal cellulitis is usually less serious than orbital cellulitis. In most cases, your doctor will prescribe an antibiotic for cellulitis. You should start to see improvement within a day or two. In fact, your doctor will probably ask for a report after two to three days, to make sure the infection is waning.

If you have a serious cellulitis infection and/or have not responded to antibiotics after a few days, you may need to be hospitalized and receive intravenous antibiotics.

Under some circumstances, your doctor may need to drain fluid. Sometimes this can be performed in your doctor's office, but in other cases it may require surgery in a hospital or clinic setting.

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Slim Body Laser Spa of Boca Raton and Stuart explain Estrogen Dominance and the difference between weight loss and spot fat reduction.

Q&A
Dr. Tred Rissacher



Q: Has anybody noticed all these new non-surgical “body sculpting” business’s popping up all over the place? Why do we need them? Can’t traditional weight loss and exercise handle all of our body sculpting desires?

A: **Well the answer is yes and no.** Everyone knows, and all doctors agree, that weight loss can only be achieved by restricting calories (eating less) and exercise. But what happens when you are over 50 years old, and all of the sudden you cannot seem to lose weight as easily as before. Even if you are lucky enough to be able to maintain your weight, you develop this unsightly belly flab which just does not seem to go away no matter how much you diet or exercise.

The reason for this accumulation of fat around your belly regardless of how much you exercise and how little you eat is most likely due to something we doctors call estrogen dominance. (1) This is described in the literature as an improper balance between estrogen and progesterone. This happens to most of us but some get it worse than others.

Different than weight loss and exercise centers, these new non-surgical "body sculpting" centers can safely shrink or reduce these stubborn fat cells and are the best and only way, of targeting this estrogen dominate fat.

There are so many centers to choose from. Here are my reasons why you should choose my Slim Body Laser Spa.

I am a doctor and have been involved full time in non-surgical body sculpting for over 5 years. In that time I have researched ALL the "spot fat reduction" techniques that are available. I considered safety number one, effectiveness, results and cost.

Many centers utilize procedures that they state are "non-invasive." My question is compared to what? Compared to surgical lipo suction they would all be considered non-invasive. However when you compare these procedures to each other it is clear that "Cool Sculpting", (freezing the fat) or ultrasonic treatment (which uses sound waves) and RF (which uses radio frequency to deep heat the subcutaneous tissue) destroy the fat cells to some degree with some risk of infection, being possibly burned by the procedure, having painful treatments, residual numbness and inflammation for several days and

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or several weeks following treatment. (see footnote) These afore mentioned "non-invasive" treatments also require tissue healing of up to one month to three months before inch loss results are recognized.

This is not what most people want when they decide to try a non-invasive body sculpting procedure. In my opinion the procedure we use at the Slim Body Laser Spa is the safest most effective and least costly, non-invasive body sculpting procedure available. We get results after each treatment and most clients will realize 3-9 inches of stubborn fat reduction in only three weeks. There is no pain, no swelling and no downtime at all. It is so pleasant that many of our clients go to sleep during the procedure. We utilize low level "cool" lasers to target these resistant areas of

subcutaneous fat accumulation. In 9- 40 minute sessions in three weeks or less these lasers can reduce waist circumference by 1-3-9 inches. This is NOT the same thing as "Cool Sculpting" This is not the same thing as "Ultrasonic or RF" treatments. Our Low level "Cool" Laser is a non-surgical, completely safe process which works in harmony with how you naturally release and burn stored fat. Results are seen the very same day and the huge inch loss and improvement to your health is realized in three-four weeks.

(1) "What Your Doctor May Not Tell You About Menopause" by John R. Lee, M.D. and Virginia Hopkins Warner Books 2004 (439 Pages)

(2) <http://www.realself.com/question/zeltiq-coolsculpting-side-effects1>

(3) <http://www.medicalnewstoday.com/releases/170515.php>



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Don't Let Unaddressed Hearing Loss Spiral into Depression!

Gen Xers and Baby Boomers Should Get Their Hearing Checked.

If your quality of life, relationships, and emotional and mental wellbeing are important to you, then get your hearing checked, HearUSA advises.

Research shows that unaddressed hearing loss is associated with depression; but studies also show that people with hearing loss who use hearing aids often have fewer depressive symptoms, greater social engagement, and improved quality of life.

To help people determine if they need a comprehensive hearing test by a hearing healthcare professional, HearUSA Centers offer a free, quick, and confidential online hearing check at <http://www.hearusa.com/HearingHealth/FreeOnlineHearingScreening.aspx>. Nearly 40 million Americans have some degree of hearing loss. Roughly 60 percent of them are in the workforce.

Note this Italian study that focused on Gen Xers and the youngest baby boomers. The researchers, who published their findings in *Acta Otorhinolaryngologica Italica*, explored the psychological and social profiles of working adults—35 to 55 years of age—with mild to moderate bilateral, sensorineural hearing loss due to presbycusis (commonly called age-related hearing loss). They found that the study participants with hearing loss were more prone to depression, anxiety, and interpersonal sensitivity than the participants with no hearing problems. None of the study participants used hearing aids.

HearUSA believes that these study findings underscore the importance of the prevention, diagnosis, and treatment of mild-to-moderate hearing loss in the middle-aged population—particularly as people stay in the workforce longer and realize the benefits of active aging and healthy lifestyles.



Happiness and hearing aids: Is there a connection?

Perhaps.

In fact, a recent Italian study published in *Geriatrics & Gerontology International* concluded that the benefits of digital hearing aids in relation to depressive symptoms, general health and social interactivity, but also in the caregiver-patient relationship, were clearly shown. In fact, reduction in depressive symptoms and improved quality of life at statistically significant levels were observed early on with the use of hearing aids.

This Italian study, in fact, echoes the general findings of research conducted more than two decades ago. A 1990 study—published by Cynthia D. Mulrow, MD, MSc, and co-investigators in the *Annals of Internal Medicine*—concluded that hearing loss is associated with important adverse effects on the quality of life of elderly persons—effects which are reversible with hearing aids.

About Hearing Aids

Research shows that hearing loss is frequently associated with other physical, mental, and emotional health conditions, and that people who address their hearing loss often experience better quality of life. Eight out of 10 hearing aid users, in fact, say they're satisfied with the changes that have occurred in their lives specifically due to their hearing aids—from how they feel about themselves to the positive changes they see in their relationships, social interactions, and work lives.

When people with even mild hearing loss use hearing aids, they often improve their job performance; enhance their communication skills; increase their earnings potential; improve their professional and interpersonal relationships; stave off depression; gain an enhanced sense of control over their lives; and better their quality of life.

Here are five little-known facts about today's hearing aids:

- 1. They're virtually invisible.** Many of today's hearing aids sit discreetly and comfortably inside the ear canal, providing both natural sound quality, and discreet and easy use.
- 2. They automatically adjust to all kinds of soundscapes.** Recent technological advances with directional microphones have made hearing aids far more versatile than ever before—and in a broad range of sound environments.
- 3. You can enjoy water sports and sweat while wearing them.** Waterproof digital hearing aids have arrived. This feature is built into some newly designed hearing aids for those concerned about water, humidity, and dust. This feature suits the active lifestyles of swimmers, skiers, snowboarders, intensive sports enthusiasts and anyone working in dusty, demanding environments.
- 4. They work with smartphones, home entertainment systems and other electronics.** Wireless, digital hearing aids are now the norm. That means seamless connectivity—directly into your hearing aid(s) at volumes that are just right for you—from your smartphone, MP3 player, television and other high-tech gadgets.
- 5. They're always at the ready.** A new rechargeable feature on some newly designed hearing aids allows you to recharge your hearing aids every night, so they're ready in the morning. It's super convenient—and there's no more fumbling with small batteries.

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Hair Loss Treatments to Avoid in the New Year

By Alan J. Bauman, M.D.



New Year's is a time when many of us focus on self-improvement. We resolve to lose weight, drink less, quit smoking, find a better way to manage our stress, etc. But for some, the quest for self-improvement may also be the result of seeing more hair in our brush, looking into the mirror to see a more receded hairline, or simply seeing more scalp shining through our once 'crowning glory.'

While hair loss is often falsely thought of as merely a cosmetic problem, studies have proven that hair loss can have wide-ranging psychological effects on men and women, including loss of confidence and self-esteem, and in some cases, depression, anxiety, social withdrawal and more. Which means treating your hair loss can help you restore a feeling of vitality, youth and confidence – and shouldn't that be what New Year's resolutions are all about?

But unfortunately, as the demand for hair loss treatments continues to grow, some companies are promising more than they can deliver! Here are five hair loss treatments/trends to avoid.

1 Hair Loss Brushes - One persistent hair loss myth is that stimulating the scalp with magnets, brushes and massagers can improve blood circulation to the hair follicles and therefore reduce hair loss and improve new hair growth. There is no reliable medical evidence to support this claim. While there are real medical treatments to stimulate hair follicles and help improve blood circulation - like minoxidil, low level laser therapy and platelet-rich plasma - this can't effectively be done via a special hair brush or scalp massager. Don't get fooled!

2 Herbal Supplements - Good nutrition and certain supplements like biotin and marine-derived proteins and polysaccharides can help support hair quality. However, it's important to keep expectations realistic. A vitamin isn't going to stop hereditary hair loss or regrow hair from scalp where follicles are already dead and gone. Only FDA-approved medical treatments like minoxidil and finasteride have been extensively proven to slow, stop and reverse hereditary hair loss. And only surgical hair transplantation can regrow hair where severe depletion of hair follicles has occurred.

3 Minoxidil - Speaking of minoxidil, this treatment also requires a disclaimer. Although it is FDA-approved and has proven science behind it, the catch is that minoxidil doesn't work for everyone. In fact, over-the-counter minoxidil like Rogaine and similar generic products may only work well in about 38.3 percent of patients, according to some medical studies. Studies suggest that a patient has to have an active enzyme called "sulfotransferase" in order for their hair follicles to respond to minoxidil treatments. It is this enzyme that converts topically applied minoxidil into the active chemical (called minoxidil sulfate) that stimulates the follicles. Not everyone has enough sulfotransferase to "activate" minoxidil. There may be other biological roadblocks too -- like inflammation at or around hair follicles in the scalp and other factors, which can also affect minoxidil's action. The bottom line for patients is that there's a huge chance that standard, over-the-counter minoxidil won't help you or simply be too messy or irritating to use. Instead, you may require a prescription for a specially formulated, compounded minoxidil solution like Formula 82M for optimal results. A new "minoxidil sensitivity" test will be available soon in the US, which can pre-determine if a patient is likely to respond to minoxidil before they start the treatment.

4 Hair Transplants - Thankfully, "hair plugs" are a thing of the past, but it's important for patients to realize that today's hair transplants still don't always turn out the way they should. The biggest challenge is that an increasing number of underqualified and/or "part-time" hair doctors (many of which are not certified by the American Board of Hair Restoration Surgery) are offering this procedure. The risks for hair transplant patients include surgical complications, infections, scarring, poor density and unnatural looking results. Another concern is that many doctors and large national clinics

still mostly perform the traditional type of transplant called the "strip" or "linear" harvest technique instead of the less invasive "follicular-unit extraction," also called NeoGraft FUE. With a strip-harvest procedure, a long linear strip of the scalp is removed ("harvested") from the back of the head in order to supply the permanent follicles for redistribution. Patients are left with a permanent linear scar to hide. This procedure can be painful and requires considerable downtime and activity restrictions during healing. Performed without stitches or staples, NeoGraft FUE procedures heal more quickly and comfortably with less activity restrictions—and, best of all, leave absolutely no linear scar.

5 Discount Treatments – Groupon and other discount sites are great for some things, but not when it comes to our health! The next few months you'll see an increase in ads for personal services, cosmetic procedures, and even hair transplants, as these practices try to cash in on those looking to better themselves this year by offering deep discounts or free consultations. In medicine, like electronics and many other things in life, you get what you pay for so, "Buyer Beware!" It is important to do your research when searching for a potential hair restoration surgeon. Surgical artistry, precision and experience are all required to create a permanent result that looks natural and not artificial – so make sure to ask for references, before-and-after-photos, etc. Do your due diligence and be prepared to travel if necessary. First and foremost, make sure the doctor you choose is board-certified in hair restoration and recommended by the American Hair Loss Association.

Remember, there are a number of medical conditions and other factors that can affect hair loss, so it's important to determine all of your risk factors to be sure you are receiving proper treatment and ruling out more sinister problems. If you're worried about hair loss, it is important to consult not only your primary doctor but also an experienced hair restoration physician—someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss as well as its prevention and treatment. Only a qualified and experienced hair restoration physician can prescribe the most effective multi-therapy treatment options, including the latest available products. The good news is that there has never been a better time in history for effective hair loss treatments and procedures. If you've resolved to have a better head of hair in 2014, "Hair's to You!"

Alan J. Bauman, M.D.

Hair Restoration Physician Dr. Alan J. Bauman is Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida, an international practice specializing exclusively in the treatment or hair loss since

1997. Dr. Bauman is one of a handful of surgeons worldwide who is a Diplomate of the American and International Board of Hair Restoration Surgery and also recommended by the American Hair Loss Association. A frequent lecturer and faculty member at major international medical conferences, his advanced hair restoration techniques and procedures have been featured on CNN, Dateline NBC, ABC's Good Morning America, CBS Early Show, EXTRA, Access Hollywood, as well as in Men's Health Magazine, Allure, Redbook, Cosmo, Women's Health, Vogue, W Magazine, USA Today, The New York Times and more. For more information on protecting, enhancing and restoring your own living and growing hair, call toll-free at 877-BAUMAN-9, or learn more online at www.baumanmedical.com



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The Small Gland with a Big Job –

Your Thyroid and Disease that affect its function.

By Christopher Santora, MD

Thyroid disease affects around 20 million people in the US, according to National Endocrine and Metabolic Diseases Information Service (NEMDIS). While that's not a terribly large number relative to the population of the US, it still represents a condition that probably afflicts someone you know. All because of a little gland in the neck that can be easy to overlook.

This butterfly shaped gland produces two main hormones, T3 and T4, which help maintain the proper function of our bodies' metabolism but also play a part in brain development, normal breathing, heart and nervous system functions, maintain a normal body temperature, muscle strength, skin dryness, menstrual cycles, weight, and cholesterol levels.

In short, it's got a big job to do for such a small gland. If our thyroid is too active or not active enough, it can lead to some serious health problems. These conditions are referred to as hyperthyroidism or hypothyroidism, disorders that represent an imbalance in the production of thyroid hormones. More often than not, the imbalance in our hormone levels is caused by a genetic disorder or improper diet that leads to the dysfunction of the thyroid gland.

Hyperthyroidism

Some people with over active thyroid glands may notice weight loss, an increased or fast heartbeat, excessive sweat, a high sensitivity to warm temperatures, or moodiness, anxiety or nervousness, difficulty sleeping; others might not even notice a change. Hyperthyroidism, if left untreated, can lead to serious heart problems, bone problems, or a dangerous condition called thyroid storm.



All types of hyperthyroidism are due to an overproduction of thyroid hormones, but the condition can occur in several ways:

- **Graves' disease:** The production of too much thyroid hormone is due to the body's own immune system attacking thyroid tissue. This is an autoimmune disease.
- **Toxic adenomas:** Nodules develop in the thyroid gland and begin to secrete thyroid hormones, upsetting the body's chemical balance; some goiters may contain several of these nodules.
- **Sub-acute thyroiditis:** Inflammation of the thyroid that causes the gland to "leak" excess hormones, resulting in temporary hyperthyroidism that generally lasts a few weeks but may persist for months
- **Pituitary gland malfunctions or cancerous growths in the thyroid gland:** Although rare, hyperthyroidism can also develop from these causes.

Initial treatment for hyperthyroidism usually is anti-thyroid medicine or radioactive iodine therapy. If you have substantial symptoms, your doctor may recommend you take anti-thyroid medicine first to help you feel better. Then you can decide whether to have radioactive iodine therapy.

Hypothyroidism

Hypothyroidism, on the other hand, presents itself with different, but equally unpleasant, symptoms. Gaining weight, feeling tired, suffering regular constipation, depressed mood, impaired memory, hair loss in the outer region of eye brows and/or front portion of hairline, fine brittle hair, puffy face, and an inability to stand the cold are all common symptoms. Furthermore, if left untreated, hypothyroidism can lead to increased cholesterol levels in the blood, an increased risk of heart attack or stroke, and complications during pregnancy.



Hypothyroidism stems from an underproduction of thyroid hormones. Since your body's energy production requires certain amounts of thyroid hormones, a drop in hormone production leads to lower energy levels. Causes of hypothyroidism include:

• **Hashimoto's thyroiditis:**

In this autoimmune disorder, the body attacks thyroid tissue. The tissue eventually dies and stops producing hormones.

• **Removal of the thyroid gland:**

The thyroid may have been surgically removed or chemically destroyed.

• **Exposure to excessive amounts of iodide:**

Cold and sinus medicines, the heart medicine amiodarone, or certain contrast dyes given before some X-rays may expose you to too much iodine. You may be at greater risk for developing hypothyroidism if you have had thyroid problems in the past.

• **Lithium:** This drug has also been implicated as a cause of hypothyroidism.

Following hypothyroid treatments are considered to be the most effective for hypothyroidism:

• **Synthetic thyroid hormone (T4) (Synthroid):**

Hypothyroid treatment with T4 is the most recommended by the doctors today. Synthroid is the preferred preparation for this. It usually gets you back to normal in a few weeks or months after you take the pill daily. You are required to take this pill daily.

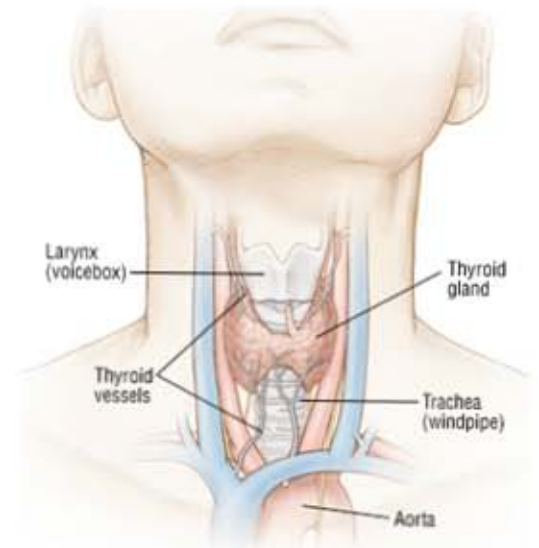
• **Combination therapy (T4 + T3) (Thyrolar):**

If you are not responsive to T4, combination therapy with T4 and T3 will be prescribed by your doctor. It also comes in tablet form.

• **Desiccated thyroid hormone (Armour):**

This "natural thyroid hormone" is made from thyroid tissue of animals such as cows or pigs. This used to be the standard before synthetic hormones were made available. Although, doctors are not prescribing this often nowadays, you may respond better to this if the two options mentioned above are not working for you.

The thyroid gland is a complex, multifaceted system that is affected by a multitude of variables. If you are suffering from a thyroid disorder make sure you are getting the best care possible to restore you to health and vitality. At Personal Physician Care we offer a team of medical professionals, on site lab testing and thyroid ultrasound, as well as courtesy transportation. To speak to one of our medical professionals contact us today at 561-498-5660 for a consultation.



Christopher Santora, MD



Dr. Christopher A. Santora is Board Certified in Family Medicine and has been in practice since 2007. Dr. Santora completed his training in Family Medicine at the Brody School of Medicine at East Carolina University in North Carolina. During his Residency training he was re-

cognized as an outstanding provider of Geriatric Medicine and awarded the Southeast Center of Excellence Award in Geriatric Medicine by Emory University /UAB in addition he holds a Master's degree in Chemistry from Furman University, in Greenville SC, after completing his thesis on the synthesis and testing of a novel anti-tumor agent. Dr Santora comes to PPCare after 5 years of experience in multispecialty practice in Port Saint Lucy Florida and one year as an Urgent Care Medical Director. Dr. Santora is an active member of the American Association of Family Physicians. Dr. Santora interests include Geriatric Medicine, Sports Medicine and Urgent Care Medicine.



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DR. TENDLER JOINS AMERICAN ASSOCIATION OF ORTHODONTISTS IN RECOMMENDING ORTHODONTIC CHECK-UPS FOR CHILDREN NO LATER THAN AGE 7

Although many people associate orthodontic treatment with adolescence, Boca Raton orthodontist Dr. Minelle Tendler says that orthodontists can spot subtle problems with jaw growth or with teeth much earlier, when the primary or “baby” teeth are present.

Parents may incorrectly assume they must wait until a child has all of his or her permanent teeth before seeing an orthodontist. However, the American Association of Orthodontists (AAO) recommends that every child get a check-up with an orthodontist no later than age 7.

“I can’t overemphasize how important it is that parents understand the value of an orthodontic examination,” says Dr. Tendler. “By age 7, enough permanent teeth (first permanent molars and upper/lower incisors) have arrived for an orthodontist to evaluate relationships developing between teeth, jaw and bite. Orthodontists can determine what, if anything is awry and needs attention.

“An early visit to the orthodontist can ease a parent’s mind, too,” notes Dr. Tendler. “As a mother, I would like to know if there is anything that can be done early, that will be in my child’s best interest and that could save him/her months of treatment or a more complicated treatment in the future. Our recommendation may simply be ‘let’s wait and see’ while the face and jaws continue to grow”. She explains it is not about making teeth look perfectly straight at an early age, but about evaluating the foundation of the bite (spacing of the teeth and jaw relationships) and identifying problems that are better treated sooner rather than later.

When no early intervention is required, patients at Tendler Orthodontics are placed on “alignment”, which is a six-month recall program. While in this program, the patient’s oral and facial growth and development is monitored to assess the need for orthodontics in the future. “Not only does it help identify the best time for orthodontic intervention, which varies in every patient, but our recall program also works as a great educational tool for parents and patients alike” Dr. Tendler notes.



Some of the more readily apparent conditions that indicate the need for an examination include:

- early or late loss of baby teeth
- missing or extra permanent teeth
- difficulty in chewing, biting or speech
- mouth breathing
- thumb sucking or other oral habits, including tongue thrusting
- crowding, misplaced or blocked-out teeth
- jaws that shift or make sounds
- crossbites
- teeth that meet abnormally, or don’t meet at all
- facial imbalance or asymmetry
- jaws that are too far forward or back (overbites or underbites)
- grinding or clenching of the teeth.

In many of these cases, the issue may be resolved completely with an initial, interceptive phase of treatment. For example, interceptive treatment can be beneficial for an underbite or a narrow upper arch, problems that are easier to correct while the jaw is still growing. Treating patients as young as 7 or 8 years old with a “palatal expander” widens the upper jaw, eliminates crossbites and produces upper teeth that line up better with the lower teeth. This type of early intervention routinely makes a second round of treatment, when the patient is a teenager, quicker and easier.

Overbites are a common concern for parents as well. Dr. Tendler notes that protrusive teeth can be prone to injury, especially if they are not behind the confinement of the lips when the patient’s lips are at rest. “In those cases, and especially in a child that is involved in sports, an initial phase of braces would be ideal to move those teeth into a better position and protect them from harm.” In addition, sometimes there are

psychological reasons for correcting crooked or “buck teeth” early: a child may be getting teased and may become self-conscious, refusing to smile or speak out loud. “It has become increasingly clear to the scientific and lay communities that health problems of all sorts, psychological and oral health inclusive, can be prevented if a healthy environment is present during a child’s formative years. A preventative measure to improve a patient’s overall psychosocial wellbeing and health can often be wearing braces or an orthodontic appliance at a young age”.

Dr. Tendler explains that it is important to remember that although the word “early” is associated with treatment at ages 7-10, it is really about intervening at the right time in order to intercept problems. “We have a window of opportunity to modify the bone as it’s growing, and it’s through the research and experience from our professional community that we have realized that for a particular group of patients it’s better to start orthodontic treatment when they are undergoing significant growth spurts. If a patient has a skeletal discrepancy it is imperative to start treatment as he/she is actively growing in order to be able to modify the growth and maximize the effect of an orthodontic procedure”. Many times such intervention eliminates the need for full braces later in life, or if orthodontic treatment is still necessary, the process can be shorter, without the need for extractions of permanent teeth and/or other surgical procedures. “At Tendler Orthodontics, the parents and the patient act as a team, and together we design an orthodontic treatment plan that will improve the patient’s bite for the most favorable health, function and esthetics at any age”.

To schedule a complimentary consultation with Dr. Tendler, please call (561) 826-7955 or visit www.tendlerorthodontics.com.



NUCCA- Allowing the Body To Heal with Proper Alignment

Dr. Gregory Jean-Pierre has a profoundly intimate perspective on the effectiveness of NUCCA, the highly specialized form of chiropractic care practiced at the Upper Cervical Institute of Florida in Boca Raton. Dr. Jean-Pierre is not just one of only 250 NUCCA practitioners worldwide, but he has also experienced the power of NUCCA first hand.

As a migraine sufferer for many years, Dr. Jean-Pierre was treated with the NUCCA chiropractic procedure and discovered the astonishing healing power of this gentle procedure for himself. Immediately after his first adjustment, he felt relief. Following the first complete month of care, he was migraine-free.

Highly effective, painless and cost-efficient, NUCCA is a very gentle adjustment to the first (C1) vertebra in the back, commonly referred to as the Atlas. The adjustment is done without popping, twisting or cracking.

“When the head, which can weigh up to 14 pounds, is out of alignment, it can put tremendous pressure on the nerves which run from the brain, through the openings in the Atlas, to the rest of the body,” explains Dr. Jean-Pierre. “The twisting can cause a range of health issues, from migraines and herniated discs, to dizziness, fibromyalgia, allergies, asthma, chronic neck and back pain and many others. NUCCA is a highly precise and gentle procedure designed to correct the misalignment.”

Falls, whiplash type accidents, or a twist of the neck can all result in the head and neck going off center. By gently adjusting the Atlas, the entire spine and pelvis can return to normal. This must be done before spinal balance can be attained. Unless the head and neck are returned to their normal positions, you may never really have a complete recovery with long-term results.

The procedure's name is derived from the acronym for the National Upper Cervical Chiropractic Association and its principles were developed by two engineers making their second careers as chiropractors in the 1940s. Today, NUCCA is a group of chiropractic doctors who concentrate on returning the head, neck, spine and pelvis to its proper, upright and stable position, thus, allowing the body to properly heal.



In seeking help, most people will first try more conservative approaches like bed rest. If that doesn't work then more invasive options like drugs, injections, and even surgery become options if they have not obtained the relief they need. NUCCA is a conservative and effective alternative to conventional treatments.

As Boca Raton's sole NUCCA practitioner, Dr. Jean-Pierre uses an assortment of diagnostic tools to assess the misalignment and determine a course of treatment. Included among them are the CLA Insight Millennium Subluxation Station. The Insight technology is SPACE Foundation Certified, used by NASA, and is in the locker rooms for athletes in the NFL, NBA, NHL and NCAA. The tests are pain free, non-invasive and provide Dr. Jean-Pierre with insight into how your nervous

system is functioning. He also uses Precision Laser-Aligned Digital X-Ray which enables him to calculate the location and extent of the misalignment with great accuracy.

Did you like this article? Feel free to share it with the people you care about and see if a Complimentary Consultation is the next step to regain their health.



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Lymphatic Decongestive Therapy for Healthy Breast Care

By Susan Allen, Certified Lymphatic Therapist

At HoriZen Therapies, we strive to offer our clients with the latest, most-effective healing therapies utilizing technologically advanced systems that help the body heal itself naturally.

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Even though we have made great strides in both research and therapies, according to the American Cancer Society, every three minutes a woman will be diagnosed with breast cancer in the United States, and one out of every eight women will develop breast cancer in her lifetime. One out of every thousand men will follow suit. In spite of scientific advances and the dissemination of a great deal of information on awareness and early detection, the death toll from breast cancer continues to be consistent.

“Most people are unaware that we all have cancer cells”, explains Dr. Jennifer Gardner, Lymphedema Specialist, “and that the only way cancer cells leave the body is through the lymphatic system. By decongesting your lymphatic system, you assist your body in doing what it was designed to do – Keep you cancer free!”

Most importantly, lymphocytes (white blood cells that fight infection in our body) reside in your lymph nodes – a healthy body contains between 600 and 1,000 of them. Your lymphatic system is responsible for supplying plasma-rich protein to your blood as well as carrying away toxins and other debris. Furthermore, your lymphatic system is your primary defense against bacteria, viruses and fungi. In other words, if your lymphatic system is congested, your whole immune system will be compromised.

Although most people are unaware of the important role their lymphatic system plays in maintaining healthy breasts, today Lymphatic Decongestive Therapy is a medically recognized therapy designed to help you do just that. “Our breasts have hundreds of lymphatic lines that carry toxins and pre-cancerous cells out of the body through the lymph nodes located in the underarms, making a healthy lymphatic system essential”, explains Dr. Bruno Chikly in the anatomy section of his book *Silent Wave*. “Since the lymph system must be pumped by the movement of our muscles, the less we move, the more stagnant our lymph system becomes. With today’s sedentary lifestyle, pollution, diets low in nutrients and high in fats, sugars, additives, preservatives, and because most of us fail to drink enough pure water to assist our body to eliminate toxins, our lymphatic system becomes overloaded, congested and clogged.”

At HoriZen Therapies, we offer the most-effective, technologically-advanced method of decongesting the entire lymphatic system using our electro-sound technology with our XP-2 instrumentation. Breaking down congested lymph fluid is painlessly achieved using the XP-2 without overstressing the lymph vessels. The electric charges stimulate, re-polarize and re-establish ideal energy of individual cells, tissues, and decongest the entire lymphatic system producing a mild heating effect, increasing circulation, activating lymph, breaking up blockages, detoxifying, and enhancing immunity. Each XP-2 session is equivalent to 8 to 10 manual lymphatic drainage massage sessions. Electro-Lymphatic Decongestive Therapy is a 75 - 90 minute accelerated method of cleansing and



detoxifying the lymphatic system. Visit our website for more information. Call today to book an appointment, and mention this article for a 10% discount off your first Lymphatic Decongestive Therapy session!

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Great News for Foodies Coping with Health Issues.....

We love it...eating out. The food is fabulous, the atmosphere, friends, and entertainment. It's America's favorite pastime, dining out. On average we dine out four times a week in the US according to the National Restaurant Association. While it provides us with enjoyment, companionship and an evening of fun, it also provides health risks to those on special diets for health problems.

If you are living with diabetes, high blood pressure (hypertension) or heart disease, or are simply trying to watch your waistline, eating out can have devastating consequences if you head to the restaurant unprepared. While foodies with health issues can still enjoy cuisine at favorite eateries the following guidelines will help you keep health issues in check while indulging at your local favorite hot spots:

1. Know before you go: Go online or collect menus from your local favorite eateries prior to your visit. Explore the menu and determine your healthy options before stepping foot inside. This will help you resist specials and reduce the pressure on making a decision in the moment.

2. Be Salad Savvy: Salads can be packed with healthy veggies. Begin with a large veggie loaded salad, but beware of the cheeses, bacon bits, and hard-boiled eggs in many salad options. Don't forget the dressing – these can be loaded with sodium, fat, and calories. Instead bring your favorite spritzer from home or dress table side with a splash of olive oil and balsamic vinegar. If you choose the restaurant's dressing ask for it on the side, and use the prong technique. Dip the tines of your fork in the dressing then spear your salad. You'll get dressing with every bite while using less.

3. Choose healthy preparation methods. How your meal is prepared dramatically affects the calorie, fat, sugar and salt content. Broiling, baking, poaching, and grilling seafood, poultry, and lean meats provide all the flavor without the added fat. Other "beware of" words include: buttery, sautéed, pan-fried, au gratin, Thermidor, Newburg, Parmesan, cheese sauce, scalloped, and au lait, à la mode, or au fromage (with milk, ice cream, or cheese).



4. Have it your way. Chefs are accustomed to making substitutions and alterations to dishes to meet dietary restrictions. Don't be afraid to ask. Request meats are brushed with olive oil instead of cooked in butter. Request low or no sodium, added to your foods. Sauces can be eliminated or served on the side as these can be the undoing of a healthy meal.

5. Substitute carb based sides (potatoes, French fries, rice) with veggies then double it. Steamed veggies are filling and flavorful. Be careful these are steamed and without sauces, salt, or butter.

6. Limit or Eliminate Alcohol. Fruity drinks are not only laden with calories, they are full of carbohydrates. If you choose to drink alcohol limit it to one – choose a light beer, 5oz of non-sweet wine, or 1.5 oz of liquor all have 150 calories or less and under 10 grams of carbohydrates. Beware; alcohol has its own effect on blood sugar levels. One drink can raise blood sugar, while more than one can drastically reduce blood sugar to dangerous levels. As well alcohol can increase blood pressure and triglyceride levels.

7. Skip desert. Desserts are loaded with sugar, cream and butter. These calorie powerhouses can sabotage a well laid out plan to maintain a healthy diet. If you must indulge stick to the three bite rule – only three bits and savor that indulgence.

Following these simple steps will allow you to enjoy great food with great company while keeping your health in check. For more information about managing diabetes, hypertension or heart disease contact the team of professionals at Personal Physician Care at 561-498-5660.

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We All Might Live To Be 100! Will Your Teeth Last That Long?

By Dr. Kerri White

As we age, the need to maintain a good oral routine is as important as ever. The connection between gum disease and heart disease is well documented. Taking care of your oral health will help improve your overall body health.

The good news is we are seeing fewer children with cavities and more adults keeping their teeth for life. The advice that dentists, moms and dads have been giving is working. The bad news is one-third of the population age 65 and older has untreated cavities and 40 percent have gum disease. Not only does this put their teeth and smile at risk, it also can put their health at risk. That is why it's so important to teach our children to brush and floss daily and set a good example as parents and grandparents by doing the same.

First let's talk about what a good oral hygiene schedule looks like. Whether you're young or old, started 50 years ago, or are just starting today, it's pretty much the same for everyone: brush your teeth twice daily, floss every day and visit your dentist twice a year. It only takes a few minutes a day, gives you a beautiful smile, strong teeth and means those visits to the dentist will likely be quick and easy. That's not a bad deal for keeping yourself healthy and looking great!

Brushing twice daily and flossing once a day, not only helps keep your breath fresh and smile looking great, it also helps prevent cavity causing agents from forming in harder to reach areas such as between your teeth and deeper down in the surface of the molars. Choosing a soft-bristled brush is best for gums and teeth. Pick one that feels comfortable to hold in your hand and don't brush so hard that the bristles splay after a week or two of brushing. Make sure you use toothpaste with Fluoride that has the ADA Seal of Acceptance. This will make sure your teeth are able to remineralize weakened enamel and protect against tooth decay.



Flossing is as important as brushing because it gets hard to reach places and keeps gums healthy. It is important to floss everyday to remove food and debris that gets trapped between teeth and under gums as well as protect against gum disease. There are a variety of flosses on the market to suit everyone. An easy to use floss is Oral B Satin Floss. A waterpik can also be helpful for anyone with arthritis or dexterity issues. Healthy gums keep our teeth strong and in place. Unhealthy gums swell, get infected and recede. Tooth decay can then attack much higher up onto the root surface of teeth-making them difficult to restore and maybe even leading to having to be removed.

Don't forget Give Back a Smile Charity Whitening is also currently going on, visit our website to see how you can whiten and brighten your teeth while giving back a smile to victims of abuse!



White Smiles of Boca

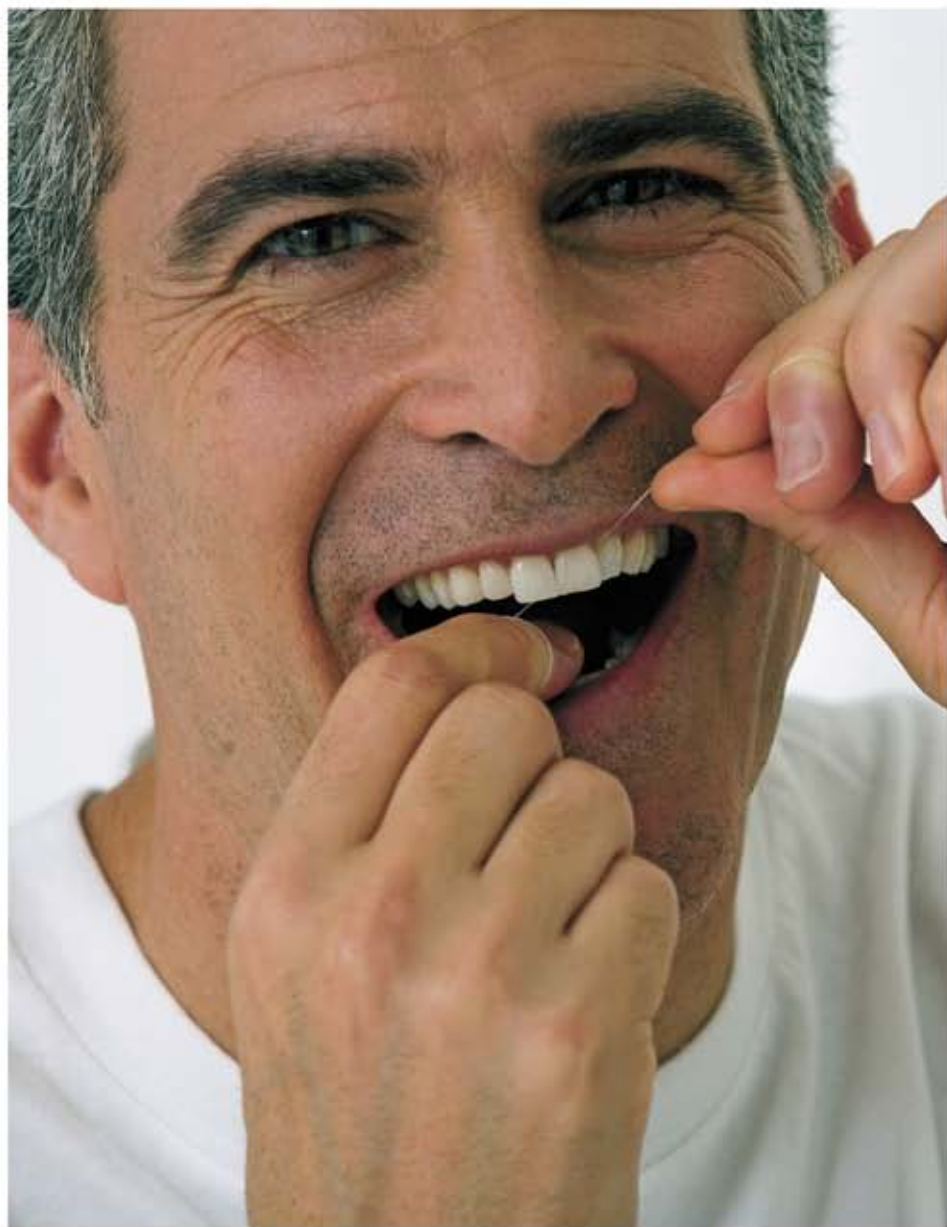
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There is a three day rule for those that have not been flossing regularly. For the first three days when you floss you will probably notice some discomfort and bleeding when you start, this sometimes causes people to stop after a day or two. Keep flossing for three days and most will notice a big difference. The discomfort and bleeding will begin to stop and you may even start to enjoy flossing! So don't be discouraged after a day or two, healthy gums are just around the corner. You will notice your breath is fresher and your mouth will feel healthier for your efforts. If you find it too painful to floss and bleeding doesn't stop, you may have more severe gum disease and need to visit a dentist to get you back on track. The good news is most gum disease is reversible and before you know it you'll be flossing at home with healthy gums.

Mouthwash can rinse out missed debris and help a little with plaque and cavities. However, they should never replace brushing or flossing. Mouthwash can give you fresh breath but if you're using it to fight ongoing bad breath or sore gums you should visit your dentist to see if it is health related. Sometimes your dentist will prescribe you a medicated mouth wash. This should be taken as prescribed and falls into a category of its own.

Chewing a sugarless gum with a natural sweetener like xylitol that fights tooth decay can also be a great way to help between brushing. It promotes cavity fighting saliva and helps to remove food particles after eating. If your chewing gum to relive dry mouth or deal with chronic bad breath, you should have things checked out to make sure it's not something more serious.


Spending a little time visiting your dentist and having a professional cleaning twice a year is one of the best ways to keep your mouth healthy and prevent issues in the first place. A dentist will monitor and examine the health of your mouth and make sure those areas you might be missing are taken good care of. Just visiting the dentist when something hurts is a losing battle both financially and for your peace of mind. Small cavities just forming can sometimes be reversed without drilling and when gum disease is addressed early, it's an easy fix.


Taking good care of your teeth is as easy as getting dressed in the morning and washing your face. That's a pretty good trade for something as functional and important as your teeth. They help us eat, allow us to speak and let the world know when we are happy and joyous. It is for this reason I wanted to remind you this New Year the importance of routine. We want to see you show off your joy and happiness this New Year and many more years to come!

Happy New Years!

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A Young Man's Journey To Health

By Mark P. DiRoma, DC

Have you noticed that more and more, the youth of America are faced with health issues that at one time, were almost exclusively seen in older adults? The cause of this increase could easily be attributed to the lack of nutritional content in our foods or just the overall stress of living in today's rapidly moving world. Either way, it is important to not let these symptoms go untreated and imperative that we find the cause before they escalate into bigger problems.

Jonah Hallahan was living life as a healthy, athletic, baseball-loving teenager who excelled in academics, when illness suddenly turned his world upside down.

The crisis arose abruptly one day during his sophomore year of high school when Jonah went for a jog and started experiencing shortness of breath and severe abdominal pain that left him doubled over at the waist.

"It just came over me out of nowhere," Jonah explains. "I never experienced that degree of pain before or difficulty breathing. I thought I was having a heart attack. I called my mom at work and we ended up at the hospital. It turns out that I was having episodes of reflux and it seemed like from that day on, anything I ate caused severe stomach pain. I started to lose weight and had a very limited diet as far as what foods I could tolerate and keep down. I had a lot of trouble sleeping because stomach pain would just come out of nowhere and I missed a lot of school. It was really difficult."

In their search for a cause and a cure, Jonah and his mother, Deanna, sought the opinions of several physicians before finding the help they needed with Dr. Mark DiRoma and the staff at MDR Advanced Medical Associates in Boynton Beach.

Deanna says that prior to meeting Dr. DiRoma, doctors diagnosed her son with gastritis, an esophageal ulcer and an H-pylori intestinal infection. She believes her son's problems stemmed from the previous use of an oral acne medication.

"There's really no other explanation," Deanna explains. "The medication he had used really did a number on him internally and we never realized the extent of the damage until this happened. So a friend of ours recommended we look into Functional Medicine and told us to try MDR Advanced Medical Associates."



Jonah first began consulting with Dr. DiRoma who quickly realized that Jonah needed nutritional guidance and introduced him to Deborah Paiva, Nutritional Lifestyle Coach at MDR.

"It was obvious that some of the foods in Jonah's diet were causing him inflammation and pain," says Dr. DiRoma. "So, Jonah was asked to keep a detailed diet diary."

"From his detailed records we were able to figure out which foods were causing the most distress and help him to eliminate those foods from his diet." For example, Dr. DiRoma and I were in complete agreement that gluten was a source of inflammation for Jonah and so it was one of the first foods that we asked Jonah to eliminate from his diet. We also wanted to get high quality pharmaceutical grade supplements, including probiotics, into his system to help reduce his pain and begin healing his intestinal tract," explains Deborah.

Within a few weeks Jonah was experiencing much less pain.

"Jonah did a great job of following the plan that we developed for him," says Deborah. "In order for us to help a patient, the patient has to be committed to helping themselves and Jonah was a great example of that!"

The next step was to get Jonah in for a consultation with Dr. Nia Smyrmiotis, head of functional medicine at MDR Advanced Medical Associates. Dr. Smyrmiotis says MDR's protocol for new patients calls for starting with a full health assessment. "That may include blood work, specialized micronutrient testing, food sensitivity assessments, use of certain prescription medications, and other pertinent information gathered that allows us to assess the patient's overall level of health," she adds.

Jonah's treatment plan included changing his overall diet to promote improved gastric health.

"Food sensitivity testing was crucial for a clearer understanding of Jonah's specific nutritional needs, opening a window into what foods may be disrupting Jonah's body chemistry at a cellular level,"

Dr. DiRoma says. "Our body reacts differently to each and every food that we eat. Food will enhance body chemistry or disrupt it, resulting in a wide range of food-related health issues. Weight gain, lethargy, acne, muscle aches, stomach pains, headaches and poor concentration are just a few examples of how the foods we eat everyday can negatively affect our daily lives. Identifying these foods and eliminating them from the diet can greatly improve how one functions throughout the day."

Jonah added, "I had to eliminate yeast and wheat products and incorporate a gluten-free diet. They put me on probiotics, fish oils and a multivitamin. They basically optimize your nutritional health through diet and supplementation. It is really amazing."

For decades, MDR Advanced Medical Associates has practiced patient-centered care to promote health and wellness. In the relaxed, family atmosphere of their clinic, they tailor patient treatments to address individual needs using a holistic, whole body approach. The staff at MDR offers a wide range of services including chiropractic care, massage therapy, physical therapy, personalized exercise programs, nutritional counseling, medical weight management programs, hormone replacement therapy, stress management and anti-aging treatment.

Deanna says she is amazed at the effects that functional medicine has had on her son.

"He is back to throwing a baseball again and walking long distances," Deanna says. "He has really come such a long way. It is great to see. I am very grateful to Dr. Smyrmiotis and the staff at MDR."

According to Jonah, he has been following his new regimen for about a year. He is a freshman in college, his overall health has improved, and he is looking forward to a promising healthy future.

"I really feel better than I ever have," Jonah admits. "The staff at MDR is professional and open-minded. I have a strict diet and exercise plan that I follow now, and I feel so much better nutritionally because of the dietary changes and the supplements I take."

If you would like to learn more about how you can optimize your health contact Dr. DiRoma and his team at MDR 561-731-3361



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Prevent Vaginal Atrophy: Improve your vaginal and sexual health

By Carlos Eduardo Ramírez, MD, Gynecology

Vaginal Atrophy (weakening of the vaginal tissues) occurs mostly in menopause or at any other time when the quantity of estrogen decreases. It may be described as a thinning, dryness and inflammation of the vaginal walls usually due to a decrease of estrogen levels. Having less estrogen, the vaginal tissues become thin and the vaginal mucosa remains dry and less elastic, thus is much more fragile and prone to causing pain and bleeding.

Vaginal Atrophy may occur at perimenopause (years before menopause), after menopause, or at any other time when the production, or availability of estrogen decreases. The decrease in estrogen production usually occurs:

- during menopause
- during perimenopause
- in lactating women
- after surgical removal of the ovaries
- with low dose contraception
- with some treatments for cancer.

For many women with vaginal atrophy, sexual intercourse is painful and because of pain there may be decreased sexual interest. These changes in the vagina may also predispose for recurrent urinary tract infections.

There are effective low cost treatments for vaginal atrophy. Having a decrease in estrogen levels in the body does not mean that a woman should live with the discomfort or decrease in sexual interest. Approximately half of postmenopausal women may be suffering from vaginal atrophy, but few of them seek medical treatment for this condition. Many may be resigned to having this problem or just are too embarrassed to discuss the symptoms with their gynecologist.

Among the most common presenting symptoms are:

- vaginal dryness
- vaginal burning
- vaginal discharge
- itching in the genitals
- burning or urgency
- recurrent urinary tract infections
- urinary incontinence
- light bleeding after sex
- painful intercourse
- decrease in vaginal lubrication during sex
- vaginal canal shortening

There are risk factors for vaginal atrophy that include: smoking, not having had vaginal deliveries and lack of sexual activity.

Therapy for vaginal atrophy is diverse, and must be individualized taking into account your medical history and symptoms. Among them there are vaginal moisturizers, water-based lubricants, vaginal estrogen therapy and oral estrogen. Frequent sexual activity, can prevent vaginal atrophy because this increases blood flow to the vagina, which makes vaginal tissues healthy.

Consult your gynecologist for options to improve and maintain your vaginal and sexual health.



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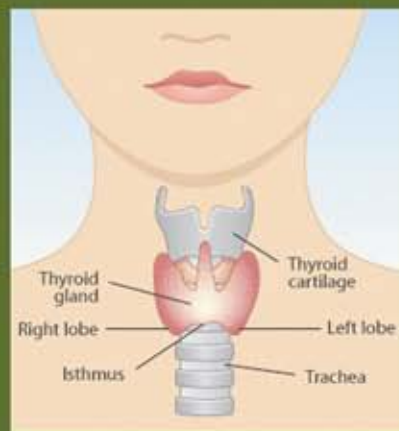
By Harmony Brown, AP

We hear it all the time now, you or someone you know has been diagnosed with a thyroid disorder. 50% of my current patients have some kind of thyroid disorder and many are taking prescription medication to treat thyroid disease.

27 million Americans suffer from thyroid-related illnesses (majority of them female); this number continues to rise each year. The thyroid is located at the level of the Adam's apple on the neck and is one of the largest endocrine glands in the body. It is one of the most sensitive glands to environmental toxicity. Unfortunately we are all at high risk for environmental toxins in the United States.

What does the Thyroid do?

It is literally the gas pedal in the car... if your hot- it will cool you down, if your catching a cold, it will kick start your immune system, if your over worked and over stressed, it tries to slow your system so you don't have a breakdown in your bosses office. But in all seriousness, it affects all aspects of the body including, gastro-intestinal functions, brain functions, cardiovascular system, bone formation and metabolism, building blood, blood sugar regulation, liver and gallbladder functions, sex hormone production, and fat, protein and cholesterol metabolism- just to name a few.



To understand the medical function of the Thyroid we must look at key players – the thyroid and the pituitary gland. The pituitary senses the levels of T3 & T4 in the body when levels drop the Pituitary Gland produces TSH telling the thyroid to manufacture more T3 & T4. The Thyroid gland takes iodine, found in many foods, and converts this into thyroid hormones thyroxine (T4) and triiodothyronine (T3). Thyroid cells are the only cells in the body that can absorb iodine. These cells combine

iodine and amino acid tyrosine to make T3 and T4. Once these are released into the blood stream they are transported through the body where they control metabolism (conversion of oxygen and calories to energy). Every cell in the body depends upon thyroid hormones for regulation of metabolism. The normal thyroid gland produces about 80% T4 and 20% T3. T4 is mostly inactive, while T3 is the active hormone. So while a very small amount of T3 is produced by the thyroid gland, the rest of the T3 is produced in different parts of the body, with the liver responsible for a good amount of this conversion. However, in order to convert T4 to T3, the enzyme 5' – deiodinase is required. And certain minerals are required to activate this enzyme. As you can see the process of making Thyroid hormones is complex, the process of converting into usable form of T3 is even more complicated.



The majority of people diagnosed with thyroid disorders are suffering with Hypothyroidism - "under active" thyroid, or have been diagnosed with Hashimoto's Thyroiditis - an autoimmune disorder where the body's immune system attacks the thyroid gland. These disorders are easy to differentiate by running a simple thyroid antibodies test. The antibody test is not often done because many doctors treat both conditions just the same, with a protocol of prescribing Levothyroxine or Synthroid, a T4 synthetic hormone replacement.

Unfortunately, this approach does not address the underlying auto-immune condition.

Diagnosing Thyroid Disorders:

Most medical professionals will examine lab results of TSH to determine thyroid dysfunction. This is like your child bringing a report card home that shows an "A" in Math, but no other grades. Its only shows a part of the whole picture. It is critical in determining Thyroid Function to request a Full Thyroid Panel including the Antibodies, so a complete picture of the disorder is able to be addressed. Remember, sometimes hypothyroid patients have labs that check out "fine", if you are symptomatic with normal labs it is important to work with someone who is well versed in thyroid disorders so that you can get back to optimal health.

Treating Thyroid Dysfunction

Unfortunately, I also believe thyroid disorders are one of the most mismanaged diagnosis' we have. Most of my patients believed once they began medication all symptoms will magically disappear, they are devastated when this doesn't happen. Or, my patients were still riddled with symptoms, but because their labs were "in normal ranges" there was nothing to fix. With such a complex system, the problem may lie in many different areas of the body and body function. This is why it is important to take charge of your health and fully understand options in treating thyroid disorders. There are many cases in which medication is necessary, but is often not enough to fully return your body to optimal thyroid function.

Acupuncture for Treating Thyroid Disorders

An Acupuncturist practicing Traditional Chinese Medicine can be extremely helpful. We will look at the entire picture of systems and patterns, excess or deficiencies. Thyroid dysfunction can be broken down into a yin/yang concept. Many hypothyroid patients experience the yang deficiency; yang represents function and movement in Chinese medicine. The Kidney system in Chinese medicine controls the Thyroid. Just the slightest imbalance in kidney function can cause the thyroid to malfunction. What presents as a thyroid disorder may be a superficial aspect of a root problem in Kidney energy.

The major contribution of Traditional Chinese medicine is the way we conceptualize a disorder or condition. We think about the body as a whole process, taking into consideration a person's stressors, traumas, and toxic exposures over a lifetime, symptoms, and whole body function. It's not simply acupuncture points and herbal remedies.

Yet, there are many vitamins, supplements, and herbs that enhance the function of the Thyroid naturally. It is vital to work with an experienced practitioner in determining supplementation. Not all Thyroid patients should be treated the same. Just because the bottle says "Super Duper Thyroid Vitamin", doesn't mean YOU should be taking it. Once a practitioner has done a full health history and symptom assessment, examined your lab results, diet, lifestyle, and current medications, he/she can determine and advise you on an individualized supplement plan.

Lifestyle Changes:

Accumulative stress and active stress responses, busy lifestyle, poor diet, poor sleep, running on caffeine and a high consumption of carbohydrates to get through the day, chronic inflammation, or underlying bacterial or viral infections are all factors that influence thyroid function.

You have options to support your Thyroid health. Making food modifications can lead to symptom relief. Begin by eliminating gluten. Gluten is a protein found in wheat and strongly resembles the thyroid gland. When gluten is ingested, the body's

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immune system mistakes its identity and starts attacking the thyroid. Literature shows that over 85% of hypothyroid patients suffer from some sort of gluten intolerance. While I don't think alone it will miraculously change your health in a week, it is a very good place to start.

Stress Reduction is also a huge importance to your overall health. You don't need to sign up for the next yoga retreat you see, but it wouldn't hurt either. Start by just scheduling 20 minutes of alone time each day. Make a list of things that give you joy, and try to incorporate more of those things into your schedule each day and each week. Exercise or just Move More! Try Acupuncture! Acupuncture is an ancient therapy that has been helping people cope with stress for thousands of years and offsets the negative physical manifestation of stress. While acupuncture is helping you handle stress it is also working to restore and support the integrity of the whole body, physically and emotionally.

We understand how difficult and frustrating it can be trying to manage symptoms of thyroid dysfunction while only taking the medication that was to treat this disorder. Happily, our practice is here to educate you on the best way to regain your health. Our office offers Acupuncture, Functional Medicine and Traditional Chinese Herbs, Holistic Nutrition, Massage, and Hypnotherapy. Our goal is to guide you to a greater awareness of what health means for you individually, by combining both Eastern and Western approaches to medicine, which is, in our belief, the best possible way to treat illness and practice prevention for the future. To better understand how to attain your optimal health, please contact our office at 561-819-0530.

Common Symptoms of an underactive Thyroid

- Fatigue,
- Poor Memory or Mental Fog,
- Depression,
- Unexplained Weight Gain/ Difficulty Losing Weight,
- Constipation,
- Morning Headaches that wear off through the day,
- Slow Wound Healing,
- Dry Hair, Nails, and Skin,
- Edema and Facial Swelling,
- Loss of outermost portion of eyebrows,
- Lowered Body Temperature/ Hypersensitivity to Cold,
- Need excessive sleep just to function,
- Chronic Digestive Problems,
- Increased Susceptibility to colds/flu and difficulty from recovering
- Poor Circulation/ Numbness in hands and feet/ Muscle cramps at rest,
- Insomnia,
-and these are just a handful of the most common symptoms.



Harmony Brown is a board-certified Acupuncture Physician in the State of Florida and is certified by NCCAOM (National Commission for the Certification of Acupuncture and Oriental Medicine). Harmony received her Bachelor of Health Science and Master's Degree of Oriental Medicine from the Atlantic Institute of Oriental Medicine in Ft. Lauderdale, FL. She has also received advanced training in Auricular Acupuncture (including training in NADA), Acupuncture Injection Therapy, and Advanced Herbal training.

Harmony devoted herself to the study of acupuncture and Chinese medicine after being diagnosed with cancer and receiving a stem cell transplant. Fortunately, Harmony can proudly say that she is a cancer survivor today. During her cancer treatment, Harmony was convinced that there was a missing component to her recovery – a lack of attention to her whole body and mind well-being.

What helped her in her recovery was the use of acupuncture and herbal medicine to help attain a complete recovery. Harmony is committed to working with cancer patients like herself to help them in their full body and mind well-being and recovery. Harmony has also served as a public speaker for the Leukemia & Lymphoma Society sharing her success story.

In addition to her degree programs, Harmony received advance training at Shanghai University of TCM in the Yue Yang Hospital of Integrated Medicine. Her training focused on Oncology, Gynecology, and Post-Stroke Neurological Conditions.

Harmony holds an advanced certification from Memorial Sloan-Kettering for "Acupuncture for the Cancer Patient" and is currently on staff at the Sari Asher Center for Cancer Care at the Palm Beach Cancer Institute.

Pain, Itching, Bleeding?

There Are Effective Non-Invasive Treatments for Hemorrhoids.

By Daniel Lindenberg, MD, PA

By age 50, about half of adults have had to deal with the itching, discomfort and bleeding that can signal the presence of hemorrhoids. "Weak" veins -- leading to hemorrhoids and other varicose veins -- may be inherited.

It's likely that extreme abdominal pressure causes the veins to swell and become susceptible to irritation. The pressure can be caused by obesity, pregnancy, standing or sitting for long periods, straining during bowel movements, coughing, sneezing, vomiting, and holding your breath while straining to do physical labor.

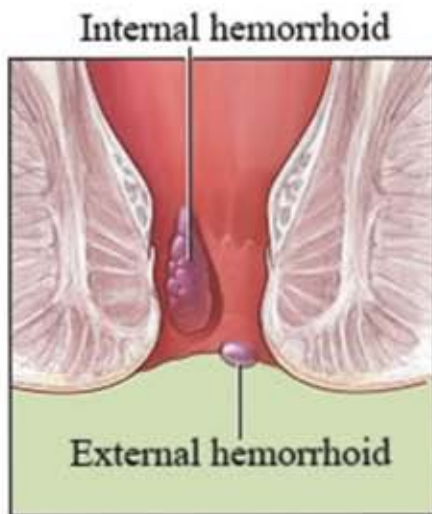
Diet has a pivotal role in causing -- and preventing -- hemorrhoids. People who consistently eat a high-fiber diet are less likely to get hemorrhoids, but those who prefer a diet high in processed foods are at higher risk. A low-fiber diet or inadequate fluid intake can cause constipation, which can contribute to hemorrhoids in two ways: It promotes straining during a bowel movement and it also aggravates the hemorrhoids by producing hard stools that further irritate the swollen veins.

What Are Hemorrhoids?

Hemorrhoids are swollen blood vessels of the rectum. The hemorrhoidal veins are located in the lowest area of the rectum and the anus. Sometimes they swell so that the vein walls become stretched, thin, and irritated by passing bowel movements. Hemorrhoids are classified into two general categories: internal and external.

Internal hemorrhoids lie far enough inside the rectum that you can't see or feel them. They don't usually hurt because there are few pain-sensing nerves in the rectum. Bleeding may be the only sign that they are there. Sometimes internal hemorrhoids prolapse, or enlarge and protrude outside the anal sphincter. When this happens, you may be able to see or feel them as moist, pink pads of skin that are pinker than the surrounding area. Prolapsed hemorrhoids may hurt because the anus is dense with pain-sensing nerves. They usually recede into the rectum on their own; if they don't, they can be gently pushed back into place.





Classification of Internal Hemorrhoids — Internal hemorrhoids have been graded across a spectrum of severity, which has proven useful for guiding treatment options, Grade I: The hemorrhoids do not prolapse, Grade II: The hemorrhoids prolapse upon defecation but reduce spontaneously, Grade III: The hemorrhoids prolapse upon defecation and must be reduced manually, Grade IV: The hemorrhoids are prolapsed and cannot be reduced manually.

External hemorrhoids lie within the anus and are usually painful. If an external hemorrhoid prolapses to the outside (usually in the course of passing stool), you can see and feel it. Blood clots sometimes form within prolapsed external hemorrhoids, causing an extremely painful condition called a thrombosis. If an external hemorrhoid becomes thrombosed, it can look rather frightening, turning purple or blue, and could possibly bleed. Despite their appearance, thrombosed hemorrhoids are usually not serious but can be painful. They will resolve themselves in a couple of weeks. If the pain is unbearable, your health care provider can remove the thrombosed hemorrhoid, which stops the pain.

Internal Hemorrhoids are usually first combated with some regiment of home treatment. There are several common strategies for addressing internal hemorrhoid symptoms with treatments beginning with changes to your diet. Adding fiber, either dietary or bulk, is typically the first course of action recommended, which includes increased consumption of water as well as a greater consumption of fruits, grains, and vegetables. Employing stool softeners to assist with easier bowel movements and applying ointments to stop the itching associated with internal hemorrhoids are also frequently recommended, in addition to bathing in warm water several times a day, which assists to alleviate internal hemorrhoid symptoms such as swelling and itching. In the event your hemorrhoids are of a more severe degree, a physician's intervention might be required. In the event your condition does not respond to a home hemorrhoid treatment, minimally invasive procedures are available that can be performed in the doctor's office or outpatient setting.

Minimally invasive procedures

If a blood clot has formed within an external hemorrhoid, your doctor can remove the clot with a simple incision, which may provide prompt relief.

For persistent bleeding or painful hemorrhoids, your doctor may recommend another minimally invasive procedure. These treatments can be done in your doctor's office or other outpatient setting.

- **Rubber band ligation.** Rubber band ligation is the most widely used technique for treatment of symptomatic internal hemorrhoids that are refractory to conservative treatment. This procedure has been available since the early 1960s and is effective, inexpensive, requires no anesthesia, is easy to perform, and only rarely causes serious complications. The technique may be used for first, second, and selected third degree hemorrhoids. Your doctor places one or two tiny rubber bands around the base of an internal hemorrhoid to cut off its circulation. The hemorrhoid withers and falls off within a week. This procedure — called rubber band ligation — is effective for many people.

Hemorrhoid banding can be uncomfortable and may cause bleeding, which might begin two to four days after the procedure but is rarely severe.

- **Injection (sclerotherapy).** In this procedure, your doctor injects a chemical solution into the hemorrhoid tissue to shrink it. This therapy is available for treatment of grade one and two degree hemorrhoids. While the injection causes little or no pain, it may be less effective than rubber band ligation.

- **Coagulation (infrared, laser or bipolar).** Coagulation techniques use laser or infrared light or heat. They cause small, bleeding, internal hemorrhoids to harden and shrivel. This approach is available to those with both grade one and two degree hemorrhoids. While coagulation has few side effects, it's associated with a higher rate of hemorrhoids coming back (recurrence) than is the rubber band treatment.

Surgical procedures

If other procedures haven't been successful or you have large hemorrhoids, your doctor may recommend a surgical procedure. Surgery can be performed on an outpatient basis or you may need to stay in the hospital overnight.

- **Hemorrhoid removal.** During a hemorrhoidectomy, your surgeon removes excessive tissue that causes bleeding. Various techniques may be used. The surgery may be done with a local anesthetic combined with sedation, a spinal anesthetic or a general anesthetic. Most people experience some pain after the procedure. Medications can relieve your pain. Soaking in a warm bath also may help.

- **Hemorrhoid stapling.** This procedure, called stapled hemorrhoidectomy or stapled hemorrhoidopexy, blocks blood flow to hemorrhoidal tissue. Stapling generally involves less pain than hemorrhoidectomy and allows an earlier return to regular activities. Compared with hemorrhoidectomy, however, stapling has been associated with a greater risk of recurrence and rectal prolapse, in which part of the rectum protrudes from the anus.

If you believe you are suffering from hemorrhoids and at home remedies are not successful in creating symptoms relief it is important to seek professional attention and examine your options for relief. To learn more about treatment options and those best suited for your individual needs contact Dr. Lindenberg 561-316-6120.

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We have developed a vision of a special healing place that includes a licensed medical doctor who shares and embodies the belief that ultimately, our bodies are always moving towards balance and healing. Our role and our intention at the center is to help encourage, nourish and enhance that process with natural medicines, herbs, vitamins supplements and very specific lifestyle recommendations. We want to share our passion for natural health and complete wellness with you.

The inspiration behind this all is, Alison Levitt, MD, a dynamic, inspiring holistic medical doctor. Dr. Levitt specializes in integrative medicine, where she blends the unique modalities of nutrition, herbs, healing with whole foods and life-coaching into her holistic practice. She is a published writer, former TV personality and passionate speaker in the areas of optimal health and longevity, whole food nutrition, detoxification, herbs and mind-body medicine. She is also an accomplished writer, and outspoken passionate speaker in the areas of optimal health and longevity, detoxification, whole food medicine, diabetes prevention and weight management.



In her private practice, Dr. Levitt incorporates the most effective natural medicines and ancient healing practices to help her clients achieve optimal health, balance of mind, body and spirit. She is known as doctor, medical advocate, healer, health coach and spiritual guide. She is a visionary and an inspiration for all who want to be healthy, feel fabulous and to live life to its full potential.

She will be practicing her holistic medicine in Boca Raton at our new location 3270 North Federal Highway beginning February 2014.

CALENDAR OF EVENTS

January – 21 Day Challenge:
are you ready to finally make the changes you need to become a healthy individual in 2014? Join our challenge – visit our website or call us for more details.



Meet and Greet Dr. Levitt – Every Wednesday night in January from 5 – 7 we will be hosting a networking event where you'll have the opportunity to meet Dr. Levitt and other alternative healers within the community.

February is the love month!
Sign up for this spectacular workshop Wednesday, February 5th. **Love Wine and Chocolate:** Come with your partner, or come alone but be ready to indulge in your sensual pleasures and senses with mouth-watering recipes, luscious beverages and spectacular sensual aromas to arouse all of sensual pleasures.

Healthy Kids workshops:
Our fun foods workshop for kids focusing on how to make super healthy snacks and other yummys like smoothies! We believe that healthy habits start at home and they start when our kids are young. Teach our children well, including how to eat right and healthy in a fun way so that they want to stay healthy and eat well as they continue to grow up. Check our website calendar of events for dates available at www.completewellnesssystem.com.

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#selfie

By Brent Myers, Pastor of Community Life

Every year, Oxford Dictionaries announces a "Word of the Year". This is a word or expression that has attracted a great deal of interest throughout that year. This year's word is: Selfie.

A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: "We (people) are God's selfie." When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God's selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. "Then God said, "Let us make human beings *in our image, to be like us...* So God created human beings *in his own image.* In the image of God he created them; male and female he created them." (Genesis 1:26-27)

That passage also tells us what God thinks of "His selfie". When God created all of the other things, at the end of the day He said it was 'good'. When God created humans in His image, He said it was *very good*.

So here's the deal: we are God's selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don't have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: "...we are God's *masterpiece...*" (Ephesians 2:10) King David wrote a song in which he wrote these words: "For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for *I am fearfully and wonderfully made.*" (Psalm 139:13-14)



No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God's masterpiece.

You are God's selfie.

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- Coronary Stenting
- Pacemaker Management
- Non-invasive Cardiac Testing

VASCULAR SPECIALTIES

- Peripheral Arterial Disease (PAD)
- Varicose Veins
- Radiofrequency Ablations for Varicose Veins
- Ultrasound Guided Sclerotherapy
- Cosmetic Sclerotherapy for Spider Veins
- Ohmic Thermolysis (VeinGogh) for Spider Veins
- Circulation Disorders
- Lower Extremity Wounds

**MEDICARE AND MOST COMMERCIAL
INSURANCE ACCEPTED**

Hospital Privileges at:

Delray Medical Center ~ Bethesda Hospital East ~ Bethesda Hospital West

