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July 2014

South Palm Beach Edition - Monthly

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FREE



**DO YOU HAVE
the Hair Loss Gene?**

STEM CELL THERAPY

**WHAT TYPES
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Tests are There?**

**ARE YOU
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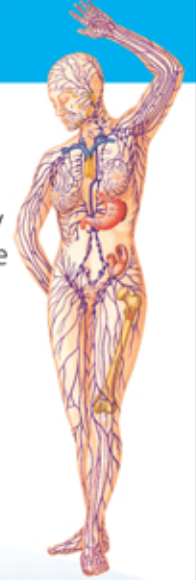
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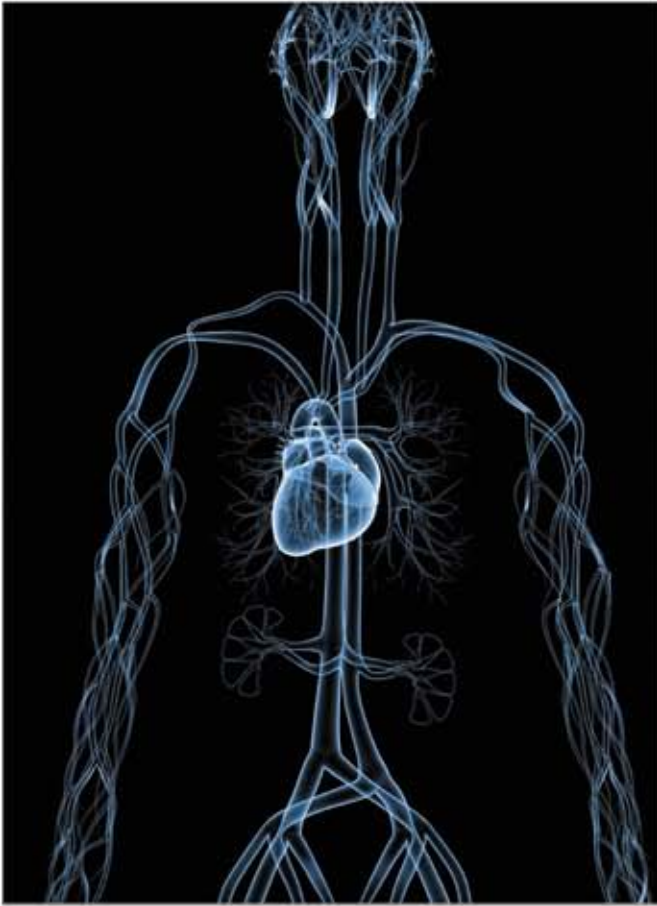


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Non-Invasive Cardiovascular Testing

There have been many advances in the medical technology used to fight heart disease in recent decades, but few of them are as important as the advances made in the tools used for non-invasive diagnosis of cardiovascular diseases. A large portion of testing to diagnose heart disease is now done using non-invasive procedures that may provide accurate “early warnings” of potential heart problems while creating minimal risks and distress to the patient.

WHAT TYPES OF NON INVASIVE TESTS ARE THERE?

After listening to your heart through a stethoscope to detect irregular heartbeats or murmurs, one of the first tests your heart doctor may perform is called an electrocardiogram (ECG or EKG). This non-invasive test performs an electrical assessment of your heart to determine its “electrical footprint.” The results from an ECG test can reveal irregular heart rhythms and whether your heart is enlarged or damaged. ECG analysis can be expanded upon with the use of an echocardiogram, in which ultrasound waves are used to create a “real time” visual image of the heart as it pumps blood. Both of these tests are completely painless, require no preparation, and can be completed in a few short minutes.

Sometimes suspected heart arrhythmias (irregular heartbeats) do not show up clearly during the 3 to 5 seconds of heart activity captured by an ECG. In these cases, your heart doctor can have you wear a portable heart monitor from 24 hours up to 30 days to help diagnose a source of palpitations or suspected arrhythmias.



“Both of these tests are completely painless,”

If your physician suspects that you may have coronary artery disease (CAD), and you have reported occasional chest pains or trouble breathing, they may recommend that you take an exercise stress test. During a stress test, a patient walks on a treadmill while the blood pressure, ECG, and other vital signs are constantly monitored. Then the angle and pace of the treadmill are increased up until you report any discomfort or distress or until a target heart rate has been reached. A stress test requires no preparation other than refraining from eating or drinking the morning of the test, and the actual walking part of the test takes only about ten minutes.

Because a standard treadmill stress test can occasionally generate false positive or negative results, your doctor may recommend a nuclear stress test, in which a nuclear isotope is injected into your blood to enable actual images of the heart and non-invasively assess the quality of blood flow through the coronary arteries.

Ultrasound imaging is also used in our offices for non-invasive vascular testing. Ultrasound imaging utilizes properties of soundwaves to create images to reveal the structure and blood flow through parts of the body. This may include looking at the carotid arteries for cholesterol plaque that may pose a high risk for imminent stroke. Ultrasound imaging can also be used to scan the legs for cholesterol plaque in the arteries of the legs in patients with leg pain when they walk (which is also called claudication). We also utilize ultrasound imaging to assess the veins of a patient's legs who is complaining about swelling, pain, leg wounds, or varicose veins.



How do I find out more?

If you have additional questions about the types of non-invasive diagnostic procedures commonly performed by our physicians, please examine the Cardiology > Non-Invasive Cardiovascular Testing section of our website at www.southpalmcardiovascular.com, which provides much more detailed information. Or give us a call at 561-420-0409 and we'll answer any questions you might have in an initial consultation.



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Calling All Men:

Protect Your Well-Being with a Hearing Check

Men now can take an easy step toward protecting their well-being, vitality, and quality of life by checking their hearing online at www.hearusa.com.

In light of increasing evidence that hearing loss is linked to other men's health issues, Better Hearing Institute (BHI) is urging men of all ages to address their hearing health.

The free, confidential, online hearing check helps men take the first step to addressing their hearing health in the privacy of their own homes, and helps them determine if they need a comprehensive hearing test by a hearing healthcare professional.

Addressing hearing loss can help men stay active, feel younger, and remain socially and professionally engaged. Hearing their best helps men in all aspects of their lives—on the job, in relationships, in their families, and in their communities. Fortunately, today's high-tech hearing aids can benefit the vast majority of men with hearing loss. They're sleek, sophisticated, and among the "firsts" in leading-edge wearable technology.

Hearing Loss & Other Health Issues

Men of all ages need to pay attention to their hearing health. The number of younger men with hearing loss is increasing. And the body of evidence that hearing loss is linked to other health concerns is growing.

More and more researchers are finding that hearing loss is associated with a broad range of chronic diseases and health conditions. In fact, sleep apnea—a significant men's health issue—was recently added to the growing list, which already includes diabetes, cardiovascular disease, depression, and dementia, among others.

A new study—led by Amit Chopra, MD, an expert in pulmonary medicine at the Albany Medical Center in New York, and presented at the American Thoracic Society's 2014 International Conference—found that sleep apnea is significantly associated with hearing loss at both high and low frequencies.



"Our findings suggest that sleep apnea is a systemic disease and is associated with increased risk of hearing loss, along with a number of diseases like diabetes, high blood pressure, heart disease, and stroke. I encourage people with sleep apnea to be educated and tested for hearing loss."

For more information on hearing loss and why healthy hearing is an important part of a man's overall health and quality of life, visit www.hearusa.com.

BHI reminds men that there are simple things they can do to protect their hearing. Listening to smartphones and MP3 players only at a low volume, and wearing earplugs in noisy environments—like sporting events, clubs, concerts, or when using power tools and riding motorcycles—are examples.

www.hearusa.com

10 Good Reasons Why Men Should Get Their Hearing Tested

- **Unaddressed hearing loss negatively affects quality of life.** Research shows that hearing loss is frequently associated with other physical, mental, and emotional health conditions. But men who address their hearing loss often experience better quality of life.
- **Hearing loss is tied to depression.** Studies show that hearing loss is associated with an increased risk of depression in adults of all ages, but is most pronounced in 18 to 69 year olds. Research also shows that the use of hearing aids reduces depressive symptoms. <http://ow.ly/vvZEz> & <http://ow.ly/vWv7m>
- **Your hearing may say something about your heart.** Cardiovascular and hearing health are linked. Some experts say the inner ear is so sensitive to blood flow that it's possible that abnormalities in the cardiovascular system could be noted here earlier than in other less sensitive parts of the body. <http://ow.ly/xTMAP>
- **Hearing loss is twice as common in people with diabetes.** Studies show that people with diabetes are twice as likely to have hearing loss. When broken down by age, one study showed that those 60 and younger are at greater risk. <http://ow.ly/xvn6>
- **Hearing loss is tied to sleep apnea.** Sleep apnea is more prevalent in men than in women. A new study found that sleep apnea is significantly associated with hearing loss at both high and low frequencies. <http://ow.ly/xRCNM>
- **Cancer treatments can damage hearing.** Certain chemotherapy treatments for cancer may damage healthy cochlear hair cells found in the inner ear and result in hearing loss. <http://ow.ly/vwIEi>
- **Hearing loss may put you at greater risk of falling or hospitalization.** A pair of Johns Hopkins' studies found that people with even just mild hearing loss were nearly three times more likely to have a history of falling, and that hospitalization is more likely for older adults with hearing loss. <http://ow.ly/vwchC> & <http://ow.ly/vwbZe>
- **Addressing hearing loss may benefit long-term cognitive function.** Research shows a link between hearing loss and dementia, leading experts to believe that interventions, like hearing aids, could potentially delay or prevent dementia. Research is ongoing. <http://ow.ly/vCFDW> & <http://ow.ly/vCG54>
- **Hearing loss in men is tied to common pain relievers.** Researchers found that regular use of aspirin, NSAIDs, or acetaminophen increases the risk of hearing loss in men, and for younger men, the impact is even greater. <http://ow.ly/xRDMz>
- **Addressing hearing loss may help protect your earnings.** A BHI study showed that people with untreated hearing loss lose as much as \$30,000 in income annually, depending on their degree of hearing loss. But the use of hearing aids reduced the risk of income loss dramatically—by 90 to 100 percent for those with milder hearing loss, and from 65 to 77 percent for those whose hearing loss was severe to moderate.



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Five Things Every Man Should Know About Hearing Aids

- **They're virtually invisible.** Many of today's hearing aids sit discreetly and comfortably inside your ear canal, providing both natural sound quality, and discreet and easy use.
- **They automatically adjust to all kinds of soundscapes.** Whether it's easy conversation in a crowded restaurant, or the chirp of crickets on a late summer's evening you're after, recent technological advances have made hearing aids far more versatile than ever before—and in a broad range of sound environments.
- **You can do water sports and sweat while wearing them.** Waterproof, digital hearing aids have arrived. This new 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.
- **They love your smartphone, home entertainment system, and other prized 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, television, and other beloved high-tech gadgets. What's more, you own the volume. No one around you needs to be affected.
- **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 ramped up for you in the morning. There's no more fumbling with small batteries. Just place the hearing aids into the charger at night, and they're ready to go in the morning.

Do You Have the Hair Loss Gene?

By Dr. Alan J. Bauman

One of the most common myths when it comes to hair loss is that it's only passed down from the mother's side of the family. In reality, genetic factors that influence hair loss can be inherited from either your mother's or father's side of the family.

Scientists believe there are approximately 200 genes that regulate hair growth and hair characteristics like caliber, color and curl which can all play a role in scalp coverage. After puberty, the hereditary hair loss genes can take over—causing a gradual and progressive miniaturization of hair follicles—weakening hair production over time until baldness occurs. According to the American Hair Loss Association, by the age of thirty-five, approximately two-thirds of men will experience some degree of hair loss; and by the age of fifty, eight-five percent of men have significantly thinning hair. Despite what some may believe, hair loss is not strictly a 'man's problem.' More than half of all women over forty experience thinning hair, and they can inherit 'hair loss genes' too, just like men.

For those at risk, over time hair follicles spend more time resting and less time producing hair. This means that someone prone to either male or female pattern hair loss is experiencing the production of weaker and thinner hairs as well as fewer numbers of hairs over time. The good news however is that the earlier you seek effective medical treatment from a full-time hair loss specialist, the better your chances of maintaining and enhancing your own living and growing hair. The keys to successful treatment are early intervention, scientific tracking and regular follow-up with a medical professional.

The most common cause of thinner, less voluminous hair is genetics. Based on our DNA, again, a combination of our mother's AND father's genes, we are prone to thinning hair starting at a certain time in life anytime after puberty and progressing at a certain predetermined speed. Illness, medications, stress, nutrition, inflammation of the scalp, social factors and other habits can accelerate the problem, but again, genetics are most likely to blame for your thinning locks.



So how can you tell if you have the hair loss gene? Today, with a simple swab of the cheek, you can accurately determine your chances of losing significant hair later in life. New genetic tests, like HairDX, not only tell whether you're at risk for future hair loss, but they can also predict how well you will respond to treatments with oral treatments, like finasteride/Propecia. Early intervention is the key to preventing and managing hair loss. If a patient who's genetically prone to hair loss starts treatments early on, he or she may be able to maintain a full, healthy hairline and adequate scalp coverage for many years to come.

About Genetic Hair Loss Tests:

Hair Loss Risk Assessment: The quick, non-invasive, DNA tests are a reliable way to determine if you are 'high-risk' or 'low-risk' for the hereditary form of hair loss and whether you are a good candidate for medical treatment. Please note: this type of test is a risk assessment, not a specific "yes or no" answer.

Treatment Response Test: In addition to learning whether or not you are "at-risk," the HairDX genetic test is also available which predicts your response to medical treatment (finasteride/Propecia).

This information can help patients avoid spending hundreds or thousands of dollars on a treatment that may not be effective for them, and can help guide the physician to tailoring a treatment regimen for their specific needs.

Genetic "Androgen Sensitivity" Test for Women -

This test result tells women if they are sensitive to androgens (male hormones), which can be related to hair loss, plus a wide range of other conditions such as acne, infertility and polycystic ovaries. This test also predicts whether post-menopausal women are likely to respond to anti-androgen therapies (like finasteride, spironolactone, etc.)

If you're worried about hair loss, or are interested in learning whether or not you have the 'hair loss gene,' it is important to consult with an experienced hair restoration physician—someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss. Only a qualified and experienced hair restoration physician can prescribe the most effective multi-therapy treatment options, including the latest available products.



- The #1 cause of thinner, less voluminous hair is genetics.
- There are approximately 200 genes that regulate hair growth.
- By age 35, two-thirds of men will experience some degree of hair loss; by the age of 50, 85 percent of men have significantly thinning hair.
- More than half of all women over 40 experience thinning hair.
- Women can inherit a 'hair loss gene', just like men.
- New genetic tests can assess how hair loss will affect you, and how you may respond to treatments.

About Dr. Alan J. Bauman, M.D.

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 15,000 hair loss patients and performed nearly 7,000 hair transplant pro-



Alan J. Bauman, M.D.
Hair Loss Expert

cedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman's work has been featured in prestigious media outlets such as CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS-certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.

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What Is Graves' Disease?

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

Gra ves disease is an autoimmune disorder that leads to over activity of the thyroid gland (hyperthyroidism). The gland produces hormones that regulate your body's metabolism (the process by which the body transforms food into energy).

When Graves' disease affects the eyes, the condition is known as thyroid associated ophthalmopathy (TAO) or thyroid eye disease. Graves' disease usually appears before age 40.

Too much thyroid hormone along with circulating antibodies may cause the soft tissues and muscles that surround the eye to swell. Structures within the eye's orbit — the bony space in which the eyeball sits — include muscles, blood vessels and nerves. When these structures swell within the enclosed space of the orbit, the eyes protrude or bulge. This may lead to problems moving the eyes, often resulting in double vision, one of the more common signs of thyroid ophthalmopathy.



Graves' Disease Symptoms

Graves' disease causes wide-ranging symptoms, some of which are related to the eye and others that are not.

Graves' disease symptoms that are not related to the eye include

- Anxiety;
- Irritability;
- Difficulty sleeping;
- Fatigue;
- A rapid or irregular heartbeat;
- A tremor of hands or fingers;
- An increase in perspiration or warm, moist skin;
- Sensitivity to heat; and
- Weight loss, despite normal eating habits.

Thyroid disease and the eye

Graves' disease can affect the eyes in multiple ways.

- **Eyelid retraction.** The combination of eyelid swelling and eye protrusion sometimes causes the eyelids to retract and reveal the sclera (the white part) of the eye.
- **Eye protrusion.** This occurs when the muscles around the eyes swell, which pushes the eye forward. People with this condition look as if their eyes are bulging or they are staring.
- **Dry eye.** Because of protrusion and eyelid retraction, the eyes are more exposed to the environment. This causes blurred vision, light sensitivity, dry eye, excessive tearing, irritation and inflammation.
- **Double vision.** Muscle swelling may cause double vision.
- **Eye bags.** Eyelid swelling can cause tissue around the eyes to bulge forward.

Who Is at Risk for Graves' Disease?

Women are much more likely to develop Graves' disease than men. Graves' disease usually appears before the age of 40. Having a family history of Graves' disease also increases your risk.

Other factors that can increase your risk for Graves' disease include:

- Smoking, which also increases your risk for developing eye problems from the disease;
- Pregnancy or recent childbirth;
- Stress; and
- Having an autoimmune disorder, such as rheumatoid arthritis or type 1 diabetes.

Graves' Disease Diagnosis

To determine if you have Graves' disease or thyroid eye disease, your ophthalmologist will examine your eyes to see if they are irritated or protruding.

As part of a physical exam, your doctor will also check your pulse and blood pressure, and look to see if your thyroid gland is enlarged. Blood work may also be ordered to check the levels of thyroid hormones. Your Eye M.D. may also recommend a CT scan, which can help show swelling of certain eye muscles.

Graves' Disease Treatment

If thyroid hormone levels are irregular, reducing the overproduction of thyroid hormone may be necessary. The eye problems associated with Graves' disease may be treated by non-surgical and surgical methods.

Non-surgical treatment may include taking steroid medications by mouth to control swelling and inflammation of the eye muscles, wearing sunglasses frequently to relieve light sensitivity associated with thyroid eye disease, and applying lubricating ointment to relieve dry eye.

Surgical treatment for thyroid eye disease may include the following:

- Surgery of certain eye muscles to help treat double vision;
- Eyelid surgery to treat eyelid retraction and help protect the eye;
- A procedure called orbital decompression for certain advanced cases of thyroid eye disease. This procedure, aimed at treating eye protrusion, consists of creating targeted breaks in some of the orbital bones to allow the swelling to expand to other areas and not push the eyes outward.

The Retina Institute of Florida

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

The Retina Institute of Florida with four offices conveniently located in Palm Beach and Martin Counties.

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FREQUENTLY ASKED QUESTIONS ABOUT LOW TESTOSTERONE

Millions of American males suffer from hypogonadism, often referred to as “low T.” This condition affects men of all ages and causes a number of problems. Men have been known to experience everything from depression to hair loss because of this condition. Doctors are now able to use testosterone replacement therapy to help those seeking to increase their testosterone levels and reverse these effects.

Here we answer some of the most common questions relating to low T.

What is testosterone and what does it do?

Testosterone is a hormone that’s produced in a male’s testicles. The production of this hormone is very important because it’s used by the body in a number of ways. For instance, the testosterone hormone is used to maintain the distribution of fat throughout the male’s body, and even affects the strength and durability of a man’s bones. A male’s level of testosterone plays a major part in sperm production as well as the number of red blood cells produced in the body.

Age and genetics play a significant role in the amount of testosterone that’s produced as well. Juvenile males often produce far less of the hormone at a young age. However, as these young adults begin to enter puberty their testicles begin producing more of the



testosterone hormone. As the production of the hormone increases pubescent males begin seeing significant changes to their bodies, such as more body hair, more muscle definition, increase in energy, a deeper voice, and much more. This increase in the testosterone hormone continues until the male is in their late 20s. Upon reaching 30, most males will begin experiencing a slow and steady decline in the amount of testosterone produced.

What causes testosterone levels to decline?
Any testosterone specialist will tell you that low testosterone levels are often brought on by a number of things. As you just read, those who begin reaching a certain age will begin to experience the decline. Many males experience low amounts of production simply because of their

genetics. Obesity and a steady increase in weight gain has been linked to a sharp decrease in testosterone production, which is why testosterone specialists often advise a change of diet to help reverse this problem.

Certain medical conditions have also been linked to lower testosterone production. For instance, individuals who are suffering from type 2 diabetes tend to also have lower levels of the hormone. Men, who are being treated with chemotherapy for testicular cancer, or any other form of cancer, may also experience a loss of testosterone production. In this case, radiation and/or chemotherapy can damage the testicles and glands that actually produce the hormone. In order to combat this loss, doctors typically prescribe a testosterone supplement.

What are the symptoms of Low T?

Many males suffer from low testosterone levels and don't even realize it. Although every male experiences different symptoms associated with low T, there are a number of common signs to look for. For instance, hair loss is thought by many to be a sign of a decrease in testosterone. Those males who begin experiencing an unexpected increase in body fat, or a strange decrease in their muscle tone and levels of strength, may actually be experiencing a simultaneous decrease in the testosterone hormone.

Aside from physical changes, males also tend to experience emotional and psychological changes. Many males who produce an insufficient amount of testosterone have known to become very depressed and well as short-tempered. Because of the connection between testosterone and a man's sex drive, a decline in libido and performance in the bedroom also becomes an issue. Due to these numerous subtle changes many males begin feeling self-conscious about the way they look and feel, and a lack of motivation and confidence begins to become an issue as well.

How can I increase my testosterone levels?

Although it may be helpful, adopting a better diet and exercise regimen isn't enough to encourage testosterone production. Testosterone replacement therapy is usually used to help increase production of the hormone. Patients have the options of receiving injections, rub-on creams and gels, or patches.

The injections are typically done by a medical professional and are given every other week. Injections are given in the buttocks or deltoids and take minutes to receive. Creams can be applied by patients on a daily basis, and are placed on the upper arms, legs, or shoulders. Placing the supplemental cream on the skin helps the body to absorb the drug almost immediately, and the individual experiences a testosterone boost that lasts for hours. Patches work similarly to creams in that they allow testosterone to enter the bloodstream through the skin. However, unlike creams, patches are attached and not rubbed on. Patches provide a steady stream of testosterone to supplement the amount that's been lost; this stream lasts for 24 hours, and after that the patch is replaced.



At Maximum's Men's Clinic we specialize in all things relating to men's health. If you or someone you love believes Low T may be affecting your health and quality of life, we are here to help you find answers, contact our team for a free consultation at **561-402-7159**.

www.MaximMensClinic.com

THE WORLDS STAGE:

AN INTEGRATED MULTI-SECTOR HEALTH EVENT, FREE TO ATTEND FROM THE COMFORT OF YOUR HOME OR OFFICE

Let's create a people to people solutions network and put our health in our own hand

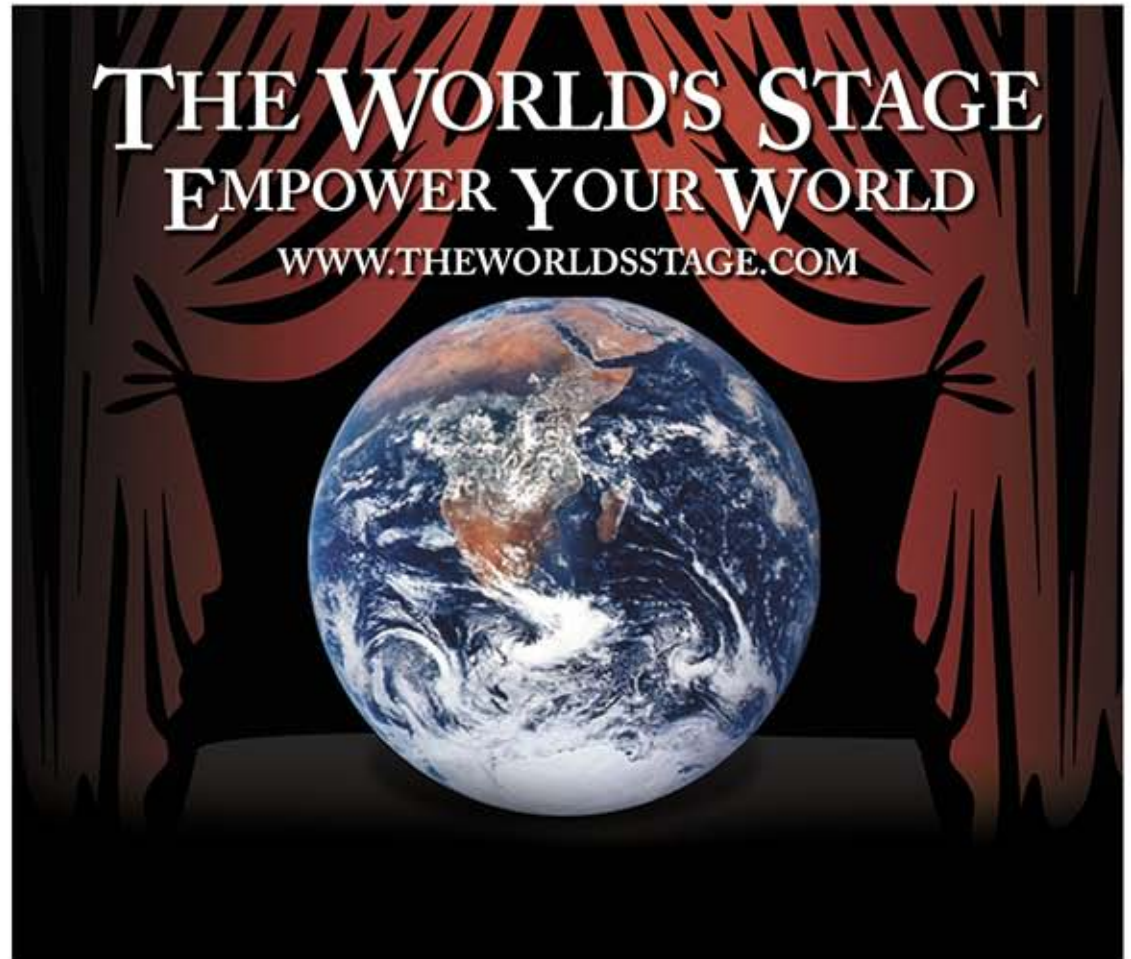
By Steven Jay

As personal technology continues to advance in Lightning speeds, it is a belief we can utilize personal tech and the applications it provides us with to make tremendous transformations in personal health and wellness, education and business, the sustainable development of smarter communities all dedicated to an empowered global citizenry with ethical leadership at its helm.

With this in mind, The Worlds Stage Public Health Conferences and Exposition has been created and progressive minds from around the region and the companies that are catering to them will all be in attendance. It is the vision---and core mission of THE WORLDS STAGE (www.theworldsstage.com) to clearly demonstrate concrete ideas into actions that everyone can take to enable healthier individuals, healthier communities and a healthier planet. And we're not just talking about physical health---but add to this---emotional health, spiritual health, financial and economic health, community health, empowered education---as they all work hand-in-hand are clearly integrated with each other.

The Worlds Stage events are free to attend---and from the comfort of your home or office, these events are created as personal media experiences and are held over three weekends---During the first three weekends of November, (Nov 1-2, 7-9 and 14-16) and will feature a wide array of diversified experts in their fields plus an online exposition of products and services complete with the benefits of each product and detailed information concerning their IMPACT on your life.

The efficiency and productivity of two of society's most important sectors are held back due to organizational bureaucracy and paperwork coupled with the egotistic stranglehold these organizations place on enabling thriving societies. According to Craig Mundie, Senior Advisor to the CEO of Microsoft, "The reason these two sectors have been resistant to change is because in almost every country they are controlled by the government," Mundie said in an interview at the Techonomy 2013 conference. "As a result, they don't have a profit mode that drives them in the way that business is naturally driven." As we move globally towards lower-cost connectivity, the ground is laid for "transformation," but overcoming the obstacles posed by government will be challenging.



The bright light at the end of the bureaucratic tunnel is a people empowered evolution of how we take matters into our own hands. It is possible---and probable---that we can redefine our health and wellness systems by moving away from industry's treating illness into societies that try to prevent illness. The knee-jerk reaction of Industrial Age medicine "Someone's sick! Fix it! Get Paid!" can evolve to enabling individuals and the communities they live and work in to become healthy individuals so that they are productive members of an enriched community. By helping people to become healthy individuals and contributors to their communities we can enable a brighter world. As the health of the individual contributes to the health of the community, isn't it more feasible---and more of a priority to enable healthy and happy communities and societies that flourish by working together as part of the whole system?



Mark Bertolini, CEO of Aetna writes in Techonomy: "Finally, technology is beginning to accelerate a radical transformation. From motion-sensitive wristbands that track steps and sleep patterns to apps that allow you to schedule a flu shot at a walk-in clinic, the integrated digital experience is arriving. Consumers are responding to the availability of convenience and control that allows them to manage their personal healthcare. Over time, we believe that consumers, actively involved in managing their own health, will lead to healthier communities, a healthier nation, and even a healthier world."

Moving away from the Industrial Age systems which do not support the individual or the community requires something radically different than reforming the system. It requires replacing the systems with services that truly provide service to the individual and the communities. This will enable a thriving world—a happier world, and by introducing integrative health and wellness into everyday routines must replace existing systems in order to enable a healthier world.

But this requires more than just an understanding of integrative health and wellness. It will require the understanding of integrative knowledge—knowledge that enables the individual as well as community to have a clear understanding on how all systems work together—as whole systems—and this approach of Whole Systems Thinking will enable a better outcome for us all.

One can take a good look at how our human bodies work—and how our circulatory, pulmonary, nervous, skeletal, muscular and glandular systems all work together. Just like the parts of an automobile, by making an adjustment to one part of the system, other parts might become affected, so having an Integrative approach to thinking—and action—will need to be accepted by the masses.

As many people tend to blame the media or the government, the bankers or Wall Street for the problems we tend to accept as the norm—we can collectively take responsibility for the environment we are in and with that understanding, turn it around ourselves.

We have the tools. We have the technology. We have the collective discontent for what isn't working. We hope that we can have the collective wisdom to accept that we can, if we choose to—turn the system around ourselves.

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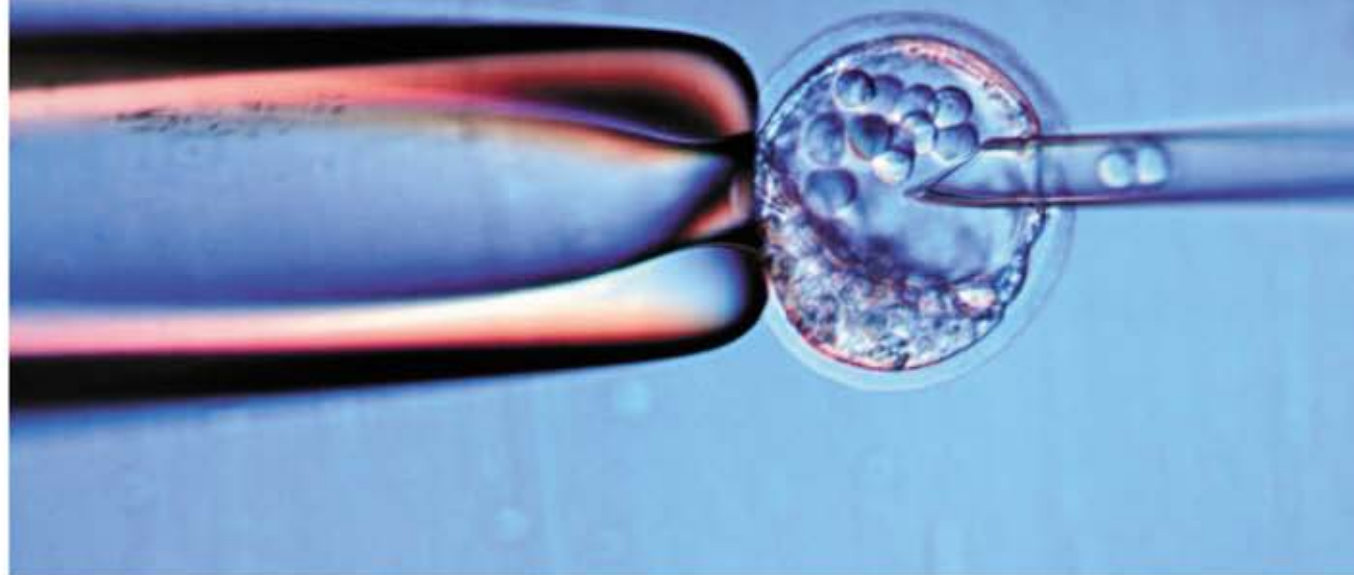
Here's why—and how:

There is considerable promise and potential to make a transformation in citizens' role in public services. We will co-create a framework here to establish appropriate mechanisms, structures, processes, tools and technologies, and incentive systems will advance this objective.

People will have to take the lead by sharing their opinions on what programs they feel will be of the most benefit to them. By inviting the public to take part in shaping a better system, we can improve the quality of life and the quality of our communities....not just in America, but around the world. But it must start with main Street First. Not Wall Street. Not K Street. But John Q. Public must take an active role in voicing their desires so that we can enable efficient systems.

STEM CELL THERAPY

By Daniela Dadurian, M.D.



Stem cells are your body's natural healing cells. They are recruited by chemical signals emitted by damaged tissues to repair and regenerate your damaged cells. Stem cells derived from your own tissues may well be the next major advancement in medicine. There is new technology available to produce a solution rich with your own stem cells. Under investigational protocols these can be deployed to treat a number of degenerative conditions and diseases.

Stem Cells have the potential to recognize tissue injury and repair injured cells. In the right environment, these stem cells can change into bone, cartilage, muscle, fat, collagen, neural tissue, blood vessels, and even some organs. Stem cells may also effect healing by secreting special chemical messengers that repair damaged tissue. Adult stem cells appear to be particularly effective in improving painful joints, repairing cartilage and ligaments, and even painful conditions along the spine. There are many clinical trials with stem cells going on right now. In one example, patients suffering from heart attacks have been given their own fat derived stem cells so they could speed up repair of the heart muscle and indeed, these patients have shown quicker healing compared to those not given real stem cells. Such studies have encouraged the use of stem cell deployments for ischemic and idiopathic cardiomyopathy. There have been reports of improvements with MS, Muscular Dystrophy, Parkinson's, ALS, and stroke. Stem cells may be effective in the treatment of Macular Degeneration, Crohn's Disease and numerous pulmonary

conditions such as COPD, asthma, and fibrosis. Stem cells are now used for patients with kidney failure and in the treatment of critical limb ischemia. There are many common conditions that may benefit from stem cell therapy.

Stem cells can be derived from embryonic, bone marrow and fat. We specialize in the use of stem cells derived from fat. With our current technology, we can harvest your own fat cells under a local anesthetic, break down the collagen that binds the fat and stem cell and then separate out a solution rich in your own stems cells. The fat can be harvested from any area on your body that has an adequate fat supply, but we prefer to harvest it from the areas that will you have the best cosmetic result. A mini-liposuction is performed under local anesthesia and takes less than twenty minutes. The cells are then injected according to the most appropriate route and because it's your own DNA Material, there can be no rejection. A solution rich with your tiny stem cells are administered through injection into tissues, joints or veins. The entire procedure takes less than two hours.

At this time the cost of experimental stem cell treatment is not covered by insurance companies. It is patient funded and there are no source of grants or pharmaceutical company funding.

For more information visit www.mdbeautylabs.com or call 561-655-6325 for a complimentary consultation.



Medical Director, Daniela Dadurian M.D.

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MD Beauty Labs at The Whitney in West Palm Beach was established by Dr. Daniela Dadurian. Board Certified in Anti-aging Medicine, she's well trained to offer proven and effective cosmetic and wellness services. MDL's state-of-the-art facility offers Medical, Aesthetics, Body Contouring & Spa Treatments in a luxurious, contemporary loft environment. With Dr. Dadurian's team of Nurses, Medical Estheticians, Massage Therapists, Permanent Makeup Specialists and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.

The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by the Florida Board of Medicine.

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CHILD OBESITY

"He's so chubby and cute."

"What I feed my child at this age, doesn't really matter."

"Do as I say, not as I do."

These are some of the common themes I hear when working with obese parents with overweight kids.



According to the CDC, over the past 30 years the prevalence of obesity has more than doubled in the children population and quadrupled in the adolescent population. In 2012, more than one third of children and adolescents were obese or overweight. Where does the problem lie? It's hard to blame a 6 year old child for their weight issues. It's easy to put all the blame on the parents, but the issue is bigger than that.

At Healthy Steps, we work with families to help fight childhood obesity one child at a time. There are many common trends that we see when talking with children and their parents. The most prevalent is that busy lifestyles lead to increased occasions of eating out and consumption of convenience foods. Children sit in front of the TV and are constantly being shown commercials with fattening foods loaded with sugar. All these "kid-friendly" foods are processed, loaded with sugar and sodium and highly addicting. Let's take a look at the typical child's breakfast: sugary cereal with milk, or a popart. There are over 11 grams of sugar in the typical child's breakfast. The American Heart Association recommends children have 4 teaspoons of added sugar per day. Sugar has officially gone from a condiment to a staple in the typical American child's meal. Another big contributing factor to the epidemic is the fact that many children live a sedentary lifestyle. Here are some tips you can do with your children to help fight weight issues.

5 Ways to Help Your Child Maintain a Healthy Weight

1. Closet Cleanout

It is very hard to control your children's food intake out of the house but you can control what food is in the house. It's time to throw away all of the addicting sugary, processed foods. Take a look at the ingredients label: if you see sugar or fructose corn syrup in the top 3 or 4 names on the list, toss it.

2. Get Everyone on the Same Page

Everyone in the family should be eating the same thing. I have parents come to me wanting their child to lose weight but they don't want to change their eating habits. It is very hard for overweight children to stick to a healthy diet when their siblings are eating the foods they shouldn't have.

For our picky eaters: studies show that it takes 12-14 times of reintroducing foods to children before they actually accept them. Introduce ONE food at a time. I would recommend giving your child the "new" food first while they are hungry followed by the foods you know they like during the meal.

3. Family activities outside

Children spend more time on the computers, ipads, phones, or in front of the TV than anything else. It is important to get them outside and have everyone doing sometime active. Go for walks outside, to the park, the pool or to the beach. Activities outside together as a family are a great for family bonding. According to the CDC, the recommended amount of exercise for children is at least 60 minutes per day.

4. Have healthy snacks in the house

Convenience is key! Have precut fruits and veggies for your children to snack on during the day. If you have followed step #1, there shouldn't be bad choices in the house for a child to gravitate towards.

5. Let your child be a part of the shopping, prepping and cooking process

Let your child pick out the fruits and veggies when going grocery shopping. Let them pick a new vegetable they would like to try or some healthy snacks. Studies show that if children are involved in the preparation and cooking of meals they are more likely to try and enjoy it.

At Healthy Steps, we specialize in childhood obesity. If you would like more information about fighting childhood obesity please give us a call at 386-547-8695.

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Eastern Medicine and Western Culture Integration

The integration of Eastern medicine is beginning to permeate our Western culture and for good reason. Research about our world and the universe in which we live is proving the ancients were correct. Dr. Vladimir Poponin, a quantum biologist demonstrated that photon particles isolated in an empty container acted in a random manner but when subject to DNA it lined up with the structure of the DNA. This is one example we are one living being, so closely knit that all life affects each other. As the philosopher Chuang Tzu wrote in the second century BC, "Heaven, Earth, and I are living together, and all things and I form an inseparable unity." From this perspective, in order to achieve radiant health and a balanced endocrine system we must look to balance yin and yang. In traditional Chinese culture yin and yang are described as the fundamental interactions of opposites. Yin is described as night and yang as day, female is yin and male is yang, passive is yin and active is yang. Defined in medical terms Yin represents the fundamental components of the body, this includes blood, enzymes, mucus, and hormones. Yang represents our energy, the nervous system, immune system and the regulation of core temperature. These are the components of our human ecosystem, which also includes our organs, blood vessels, nervous system, muscle, bone and skin. When our bodies can maintain homeostasis or balance of yin and yang, it has the ability to maintain its biochemistry within specific ranges by adjusting to the demands placed upon it by internal and external circumstances.

This applies to hormonal issues such as infertility, PMS, menopause and thyroid issues to name a few. With the rising rate of thyroid related symptoms and couples going through infertility there is a need for preventative measures and long term care. Acupuncture and Herbal medicine can offer an alternate approach to resolving hormonal imbalances. Some common symptoms to look out for when the hormonal scale is tipping are breast tenderness, bloating, cold hands and feet, frequent sighing, fatigue, constipation, diarrhea, low back pain, restless sleep, feeling hot at night, night sweats, and emotional fluctuations. Try keeping a log of symptom changes or common recurring symptoms that can help to clue you in on the possible cause(s)



of your imbalance. Remember symptoms are signs that help us get to our destination. Here is a list of some general advice we give our patients that come in to address hormonal issues:

1. Decrease or avoid processed sugar, alcohol, caffeine, starch, and dairy.
2. Eat cooked foods and learn to graze, eating smaller meals through out the day.
3. Limit cold and raw foods/drinks as they have a tendency to utilize more energy to metabolize and cold natured foods are damaging to the digestive system.
4. Introduce probiotics and digestive enzymes into your daily regiment via supplementation or fermented foods.
5. Avoid BPA (bisphenol-A- synthetic estrogen) and pthalates, filter your water and check pH (good range is around 7.2 and higher)
6. Go organic and non-GMO, better to be safe in this regard.
7. Your liver plays a vital role in the metabolism of hormones so take good care of it. Supply it with phyto-nutrients from broccoli, cabbage, cauliflower,

beets, etc. You can also supplement with milk thistle, dandelion root, or burdock to help cleanse the liver.

8. Keep a positive mood, and regulate extremes in emotions. Anger injures the liver, worry and pensiveness injures the digestive system. Take up qigong, taiji, yoga and meditation.

Take your time to visit a holistic physician such as an acupuncturist or herbalist. These individuals are trained to recognize these imbalances even before they begin. They can help you on the path to a happy and healthy life.

***Dr. Nick Kusturic DOM, Lic. AP** graduated from the Atlantic Institute of Oriental Medicine and holds a Masters Degree in Traditional Chinese Medicine and is Board Certified in both Acupuncture and herbal medicine. Dr. Kusturic trains in Henan Province, China every 2 years. He is a qigong and Taiji instructor with 30 years of experience and a 2 time gold medalist at the International Taiji Competition in Jiaozhou, China. He is also the co-owner and founder of DU20 Holistic Oasis in Delray Beach, Florida.*

THE LEMON

The University of Natural Healing

By Ronna L. Clements, Natural Health & Wellness Innovator

At the very beginning of any kind of illness there is a breakdown of the liver.

One of the liver's functions is to produce six billion types of enzymes and it is these various enzymes that supply the raw materials used by all of the organs and glands of the body. Our organs and glands then add certain materials to the enzymes and produce their own output to perform certain body functions.

3 ounces of fresh lemon juice mixed with 28 ounces of distilled water is the natural base for the six billion types of enzymes needed for all of our organs and glands. Hence, the liver and the lemon are sweethearts.

Four ounces of the above combination (the lemon and the water) taken every hour during the day starting at 8 AM, is just the right combination and concentration to flush and rebuild the liver faster than any other known method.

This practice can be done daily for the rest of your life or it should at least be done for 2-4 months each year to help flush and rebuild the liver.

The lemon is one of the most alkalizing foods. It appears to be the closest to the natural hydrochloric acid produced by the liver and extracted by the stomach glands. It forms an alkaline ash that stirs up latent toxic settlement in the body. This process makes it ideal for getting rid of toxic materials. Lemons loosen and eliminate congesting mucus throughout the body and they stimulate and build nerves and muscles.

Lemons are a miraculous food and each of us should try to incorporate them into our daily diet.

There are many foods for healing, but the lemon is true medicine for our bodies.

Personally, I eat lemons daily and I notice an increase of energy and greater clarity of mind.

So, when life gives you lemons - squeeze them and make lemon water. Your liver will thank you!



Understanding Stroke

By Dr. M. Damas

Stroke is defined as an onset of focal or global neurological symptoms caused by ischemia or hemorrhage within or around the brain resulting from diseases of the cerebral blood vessels. When an interruption of oxygen occurs, the nerve cells can get damage and they die as a result and part of the body that they provide function for will not work. The damage cause by a stroke is usually permanent because brain cells cannot regenerate. Stroke is the third leading cause of death in the U.S. It is the most common cause of disability and affects over 500,000 people per every year.

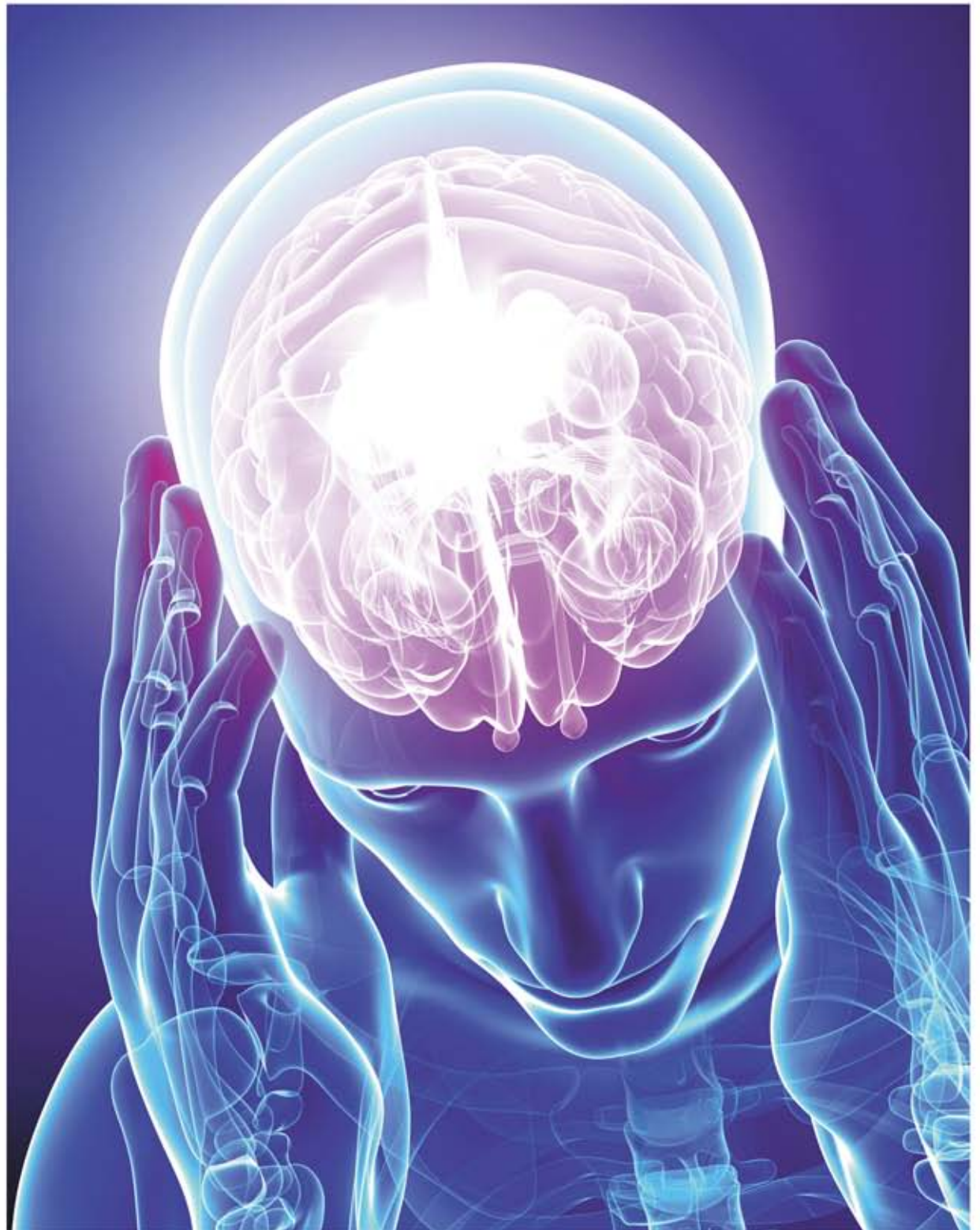
The key to preventing a stroke is knowing your risk and having regular medical checkups. Some risk factors you can change or treat, and others you can not. The non-modified risk factors are age, sex, race and heredity. The modified risk factors are hypertension, diabetes, lipids, smoking, alcohol and obesity. There are other risk factors including TIA (transient ischemic attacks), atrial fibrillation, cardiac disease, history of prior stroke, medications, carotid stenosis and pregnant women etc.

High blood pressure is the single most important risk factor for stroke. If it's 140/90 or above, it's high. Contact your doctor about how to control it.

Normal blood pressure is defined as less than 120/80. There are things that you can do to lower your blood pressure such as eat a healthy diet that is low in salt, low in saturated fat and cholesterol, eat a diet high in fruits and vegetables, enjoy regular physical activity, take your medications as prescribed and decrease the stress in your life. It is also important to lose weight if you're overweight which will help to decrease your blood pressure. There are a number of medications that was used for stroke prevention including Aspirin, Plavix, Aggrenox, Coumadin etc. Follow-up with your doctor.

Some of the warning signs of stroke are the following; sudden weakness or numbness of the face, arm or leg, especially on one side of the body, confusion, trouble speaking or understanding spoken words, trouble seeing in one or both eyes, trouble walking, dizziness, loss of balance or coordination. The hemorrhagic form of stroke can present with severe headaches.

Learn to recognize a stroke because "time lost is brain lost". Today, there are treatments (tissue plasminogen activator) that can reduce the risk of damage from the most common type of stroke, but only if you get help quickly – within 3 hours of your first symptoms. Call 911 immediately, if you or someone you know is experiencing these warning signs!



MARGARETTE DAMAS, M.D.

Dr. M. Damas is the director of Sea Blue Neurology Center, P.A, which provide medical concierge service. House call provided.

Sea Blue Neurology Center, P.A.

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HOT WEATHER RUNNING TIPS

The Road Runners Club of America wants to remind the running community about the importance of following our hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.

- Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

- Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70-80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature. Check your local weather and humidity level.

- When running, if you become dizzy, nauseated, have the chills, or cease to sweat.... STOP RUNNING, find shade, and drink water or a fluid replacement drink. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion,



delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.

- Run in the shade whenever possible and avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 SPF sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.

- If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.

- Children should run in the morning or late afternoon hours but should avoid the peak heat of the day to prevent heat related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.

- Do wear light colored breathable clothing. Do not wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits on hot days to lose water weight is dangerous!

- Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running, how long you think you will gone, and carry identification.

- Stay hydrated, cool, and safe this summer!

Source: www.rrca.org



Electro-Lymphatic Decongestive Therapy...

It's History, Development & Application

By Susan Allen, Certified Lymphatic Therapist

Electro-Lymphatic Decongestive Therapy is a gentle, light touch non-invasive technique that opens up the lymphatic pathways all over your body to ensure that all toxins are readily expedited out of your system. When implementing this type of therapy, you can achieve better absorption of nutraceuticals and medications, which will decrease the dosages needed. This type of lymphatic therapy (electro-lymphatic therapy with the Rightway XP2 machine) is much more effective than manual therapy. This technique can also provide relief from chronic inflammation and pre and post-surgical applications.



The Lymphatic System

The physiology and pathophysiology of the lymphatic system was slowly unraveled over time by a group of scientists interested in this mysterious fluid. While medical schools only provide very basic training concerning this

body system, the critical function of the lymphatic system is now more readily acknowledged as a means to improve our overall health and well-being. The lymphatic system absorbs fluid, macromolecules, microorganisms, toxins, waste products and foreign substances from the interstitial tissue. Numerous substances (electrolytes, proteins, hormones, toxins, debris) and immune-competent cells (lymphocytes, macrophages) pass through the regional lymph nodes where this fluid is filtered, purified and concentrated.

The lymphatic flow can stagnate for many reasons, such as chronic inflammation, lack of physical activity, stress, fatigue, emotional shock, age, and poorly fitted under garments worn for an excessive amount of time. When lymphatic circulation slows down, the regeneration of cells becomes less effective. This condition allows toxins and proteins to accumulate around the cells, causing cellular oxygenation to decrease and tissue regeneration to diminish.

Electro-lymphatic decongestive therapy can facilitate nature by stimulating the natural peristaltic contractions of the layers of muscles located along the lymphatic pathways. Stagnating fluids, toxins and wastes will be drained through the flow of lymph; therefore this type of circulation will accelerate all healing processes from the deep to the superficial lymphatic system.

Applications for Electro-Lymphatic Therapy (XP-2)

The applications of Lymphatic Decongestive Therapy are numerous!

- It activates the circulation of not only the lymph, but also indirectly the blood capillaries, veins, interstitial fluids, cerebrospinal and synovial fluids. This action helps to reroute stagnant fluid in the skin (edema, primary and secondary lymphedema), mucosa, muscles, viscera, joints, cranial sutures, perosteum, chambers of the eyes and cochlea.
- Toxins are removed, making lymphatic drainage especially effective in tissue regeneration. Scars, stretch marks, wrinkles and surgical-incision sites are improved.
- Fats are evacuated through lymphatic vessels. These vessels are located in virtually every area of the body where fats may accumulate.
- The functioning of the immune system is stimulated through increased lymph flow. The additional flow carries more antigens to the lymph nodes, thereby increasing antibody/antigen contact. This has been found to help with chronic or sub-acute inflammatory processes such as chronic fatigue syndrome, autoimmune disease, bronchitis, sinusitis, amygdalitis, tonsillitis, laryngitis, arthritis, acne and eczema.
- The function of the parasympathetic system is bolstered and sympathetic tone is diminished with stimulation of the lymphatics – the “fight or flight” response. This can be very helpful in dealing with stress, depression and sleep disorders.
- Chronic pain is reduced as the drainage alleviates tissue-fluid stagnation and possibly inhibits pain receptors.
- Voluntary and involuntary muscle spasms are reduced, providing helpful in cases of constipation and other muscle-related maladies.

Contraindications of Electro-Lymphatic Therapy

- Individuals with pacemakers, decreased kidney function, and pregnant women cannot receive electro-lymphatic therapy; however they can receive manual lymphatic therapy.
- Persons with known thrombosis cannot receive electro-lymphatic therapy as it might dislodge a blood clot.
- Persons with a history of epileptic seizures must obtain written permission from their M.D. prior to receiving this therapy.
- Individuals undergoing chemotherapy or immune-suppression therapy must wait 48 hours before or after their therapy to have an electro-lymphatic treatment. At the beginning of the 20th century, people were afraid of the possibility

of provoking metastasis in cancer that was either evolving or not under medical supervision. A few studies have been made comparing control groups of cancer patients treated with lymph drainage vs. untreated patients. The results showed no increase in complications or metastasis in the treated group. At this time, no rigorous scientific study has demonstrated that the spread or severity of cancer was aggravated by lymph drainage. This notion is also shared by consensus of the International Society of Lymphology (1995).

The Science Behind the XP-2 Machine

In the 1940's Edgar Cayce developed an inert gas ionization instrument (IGII) known as the Violet Ray using the ionization of the inert gas Argon. Edgar's instrument used a coil invented by Nicola Tesla (Tesla Coil) to produce a safe high-voltage electrostatic discharge (without the dangerous current) producing enough voltage to ionize the argon in a glass tube. Edgar's Violet Ray attributed many health benefits to his device and the Violet Ray is still in use and manufactured today.

In the late 80's and 90's, many newer refinements were made with this IGII technology by adding other inert gasses and changing the broadcast function of the circuitry used to drive the Tesla coil. In the years to follow many variations of the IGII have appeared on the market - all of which showing conclusive results with increasing the lymphatic flow, especially with the adaptation of lymphatic decongestive therapy.

In 2007, Rightway Enterprises LLC, manufacturer of the Lymph Drainage XP family of instruments, contracted Sky-David (a biologist, PhD in Physical Therapy, and who has been involved in the technology for over 30 years) to develop a newer and more advanced version of the existing technology. As part of the criteria, and based on Sky's ongoing research in this photobiology field, Rightway focused on the use of Xenon, Argon and Krypton for the inert gases used in the transmission heads and tested several pressure variations within the glass bulb for maximum delivery and biological compatibility. This complex circuitry scheme is responsible for the overall effectiveness of the ability to move stagnate or fibrotic lymph in the lymph system without overstressing the lymph vessels. Radiant energy is given off through a combination of light, sound vibrations and through the flow of electrons (also known as ionization) which is discharged through the body tissue and lymph. The effect created by the light & sound vibration, and flow of electrons as they are ionized through the transmission head, cause a disassociation of the trapped proteins within the interstitium. Trapped proteins in the interstitium hold water and cause swelling and blockage as the thread-like vessels swell beyond their capacity and can no longer effectively pass along through the lymphatic system. Trapped proteins (not to be confused with nutrient proteins) are highly electrical in nature and when they are exposed to the discharging ions in the transmission head, they become disassociated and release their bond between themselves thereby releasing the stagnate lymph. This allows the lymph vessels to release the excess, blocked, stagnate or retained fluid and to flow out into its normal filtration and reabsorption channels.

As you can see the use of the XP-2, with the proper lymphatic decongestive therapy techniques, can provide results far beyond that of manual lymph manipulation or use of tight fitting garments by addressing the trapped and sticky proteins directly.

At HoriZen Therapies, we are focused on your well being! Our goal is to provide the latest, most effective and valued healing therapies to our clients, and assist them in their quest for optimum health and wellness. Along with LDT (Lymphatic Decongestive Therapy), we also offer UltraSlim Fat Melting/Skin Tightening Therapy and Hoshino Massage Therapy.



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Are You at Risk for Developing Stomach Ulcers?

By Daniel Lindenberg, MD, PA

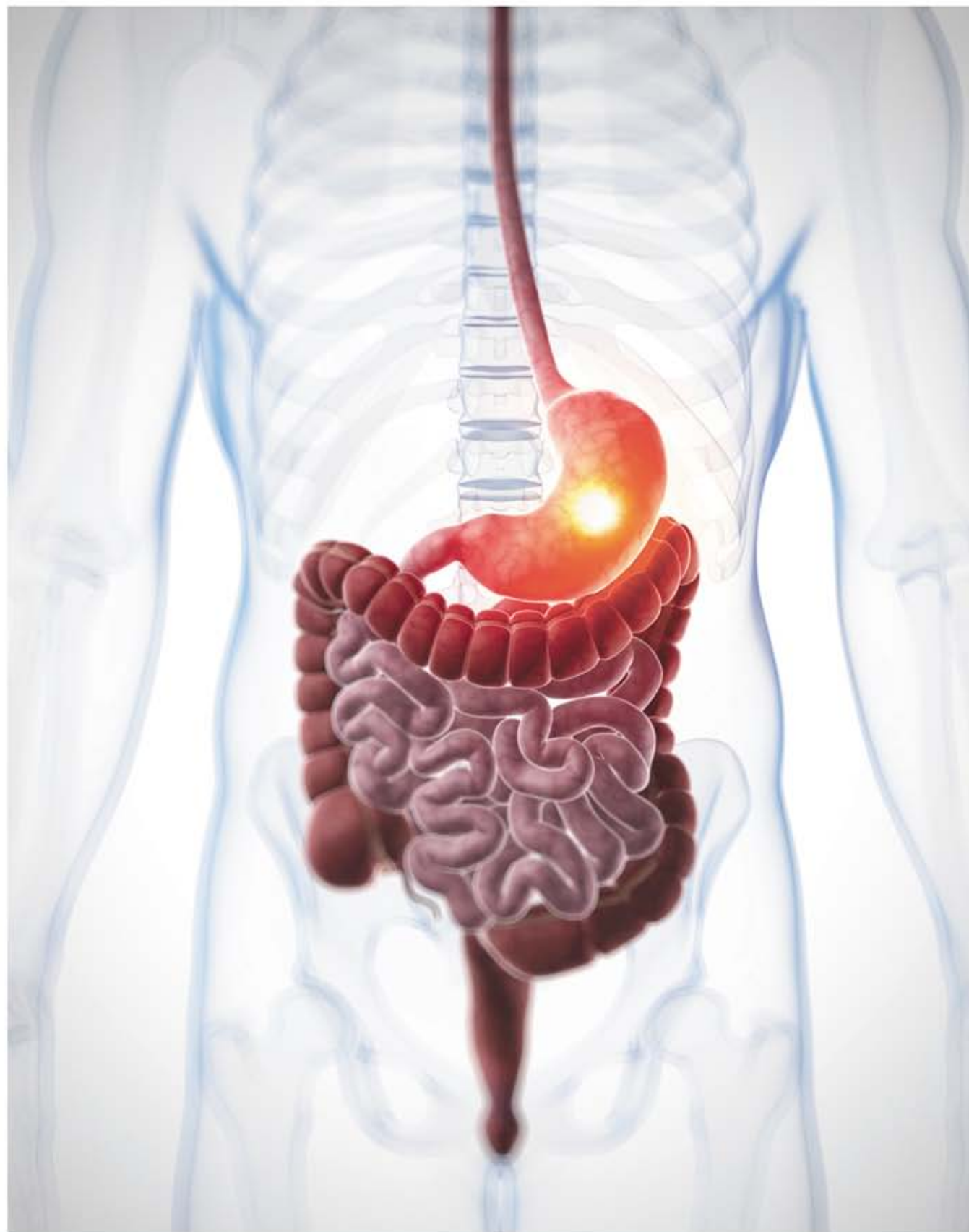
If you think stress, spicy foods, or alcohol causes the majority of stomach ulcers you would be among the majority of Americans... you would also be wrong. A small spiral shaped bacterium commonly found in the stomach *H. pylori* is responsible of 80% of stomach ulcers and 90% of ulcers in the upper end of the small intestine. While you may not be familiar with *H. pylori* chances are that you or someone you love is infected with this bacterium and it could be wreaking havoc on your intestinal system. According to the National Institutes of Health approximately 20% of people under the age of 40 and 50% over the age of 60 in the US are infected with *H. pylori*.

H. pylori's spiral shape allows it to penetrate the stomach's protective mucous lining, where it produces substances that weaken the lining and make the stomach more susceptible to damage from gastric acids. The bacteria can also attach to cells of the stomach, causing stomach inflammation (gastritis), and can stimulate the production of excess stomach acid. Over time, infection with the bacteria can also increase the risk of stomach cancer.

Symptoms of *H. Pylori*

Having *H. pylori* infection doesn't necessarily mean you'll develop ulcers or stomach cancer. In fact, most people infected with the bacteria never have symptoms. Only a small number of people with the infection develop stomach cancer.

When *H. pylori* does cause symptoms, they are usually either symptoms of gastritis or peptic ulcer disease. The most common symptom of peptic ulcer disease is gnawing or burning abdominal pain, usually in the area just beneath the ribs. This pain typically gets worse when your stomach is empty and improves when you eat food, drink milk, or take an antacid.



Other symptoms may include:

- Weight loss
- Loss of appetite
- Bloating
- Burping
- Nausea
- Vomiting (vomit may be bloody or look like coffee grounds)
- Black, tarry stools

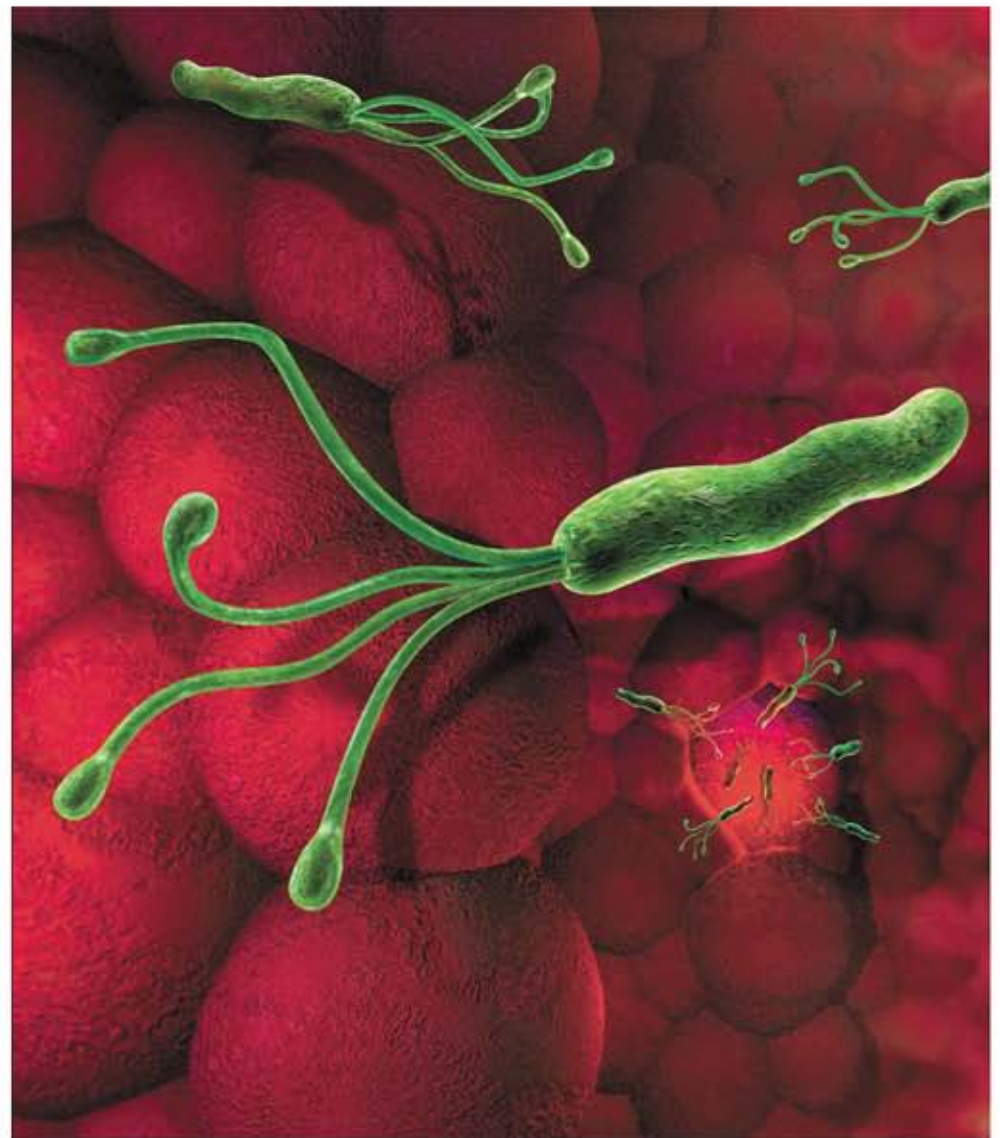
Complications associated with H. pylori infection include:

- **Ulcers.** H. pylori can damage the protective lining of your stomach and small intestine. This can allow stomach acid to create an open sore (ulcer). About 10 percent of people with H. pylori will develop an ulcer.
- **Inflammation of the stomach lining.** H. pylori infection can irritate your stomach, causing inflammation (gastritis).
- **Stomach cancer.** H. pylori infection is a strong risk factor for certain types of stomach cancer.

How H. pylori Is Diagnosed

Several types of tests are available to help diagnose H. pylori infection and/or ulcers. These include:

- **Upper GI(gastrointestinal) series.** An X-ray of the upper GI tract -- the esophagus, stomach, and duodenum. Prior to the X-ray you must swallow a chalky liquid called barium, which makes ulcers show up on the X-ray.
- **Endoscopy.** A procedure that involves snaking a thin, flexible tube with a camera down the esophagus, through the stomach, and into the small intestine to view the upper GI tract.
- **Blood test.** A test that looks for antibodies in the blood that indicate exposure to H. pylori.
- **Stool test.** A test that uses a small sample of stool to look for evidence of infection.
- **Urea breath test.** A test used to check for the presence of a gas produced by the bacteria.



Treatments for H. Pylori

There a number of treatments for H. pylori infection. They include:

- Antibiotics to kill the bacteria
- Medications, including H2-blockers and proton pump inhibitors, to reduce the amount of stomach acid
- Surgery to treat ulcers

Doctors used to advise people with ulcers not to eat spicy, fatty, or acidic foods. However, it is now known that diet has little if any effect on ulcers for most people. Smoking, on the other hand, can interfere with the healing of ulcers and has been linked to their recurrence. If you smoke and have ulcers, that is another reason to stop.

The appropriate treatment for you will depend on a number of factors, including:

- Your age, health, and medical history
- The severity of infection or stomach damage
- Your ability to tolerate certain medications or treatments
- Your treatment preference

If you're concerned about H. pylori infection or think you may have a high risk of stomach cancer, talk to your gastroenterologist. Together you can decide whether you may benefit from H. pylori screening.

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Problems with sleep? Never feel rested?

**Is there an option to taking drugs to sleep?
New technology helps you fall asleep easier,
sleep better through the night,
and feel more rested.**

By Michael Cohen, Founder, Center for Brain Training

Do you find yourself lying awake at night worrying or being unable to shut off your mind? Maybe you don't feel rested or like you're always trying to "catch-up" on sleep? Do you wake multiple times throughout the night? Does your child struggle with a sleep problem like nightmares or bedwetting?

Perhaps you've tried medications but didn't like how foggy you felt the next day. Maybe you want an alternative to taking medications or long term. Have you tried various supplements and not seen much of a difference?

Sleep Problems and the Brain

Sleep is critical to good health. Over 40 million Americans suffer from chronic, long-term sleep disorders each year, and another 20 million experience occasional sleep problems.

Poor sleep can contribute to increased stress, lowered immune functioning, decreased cognitive functioning, depression, anxiety, ADHD, and other emotional and behavioral challenges. Many times, sleep problems are brain issues.

Our brains regulate our sleep. When your brain functions optimally, it smoothly transitions from an alert and awake state, to a relaxed state, and then into a sleep state, allowing a healthy amount of rest for your entire body to recharge and repair itself. If the brain's timing is out-of-sync, the brain has difficulty switching to these states, if at all.

If brain waves are too fast or slow, sleep problems can become more pronounced and difficult to manage. Sometimes the brain needs a tune-up to help it function better and maintain healthier patterns.



How Do I "Tune-Up" My Brain?

One option that consistently and effectively helps improve sleep is neurofeedback. Neurofeedback helps your brain change itself and create healthier patterns without medication. It's a powerful tool to help regulate sleep naturally.

Cheryl, a woman in her 60's, came to us because she had struggled since high school with both going to sleep and staying asleep. She told us she had spent most of her life sleeping about four hours per night, and rarely up to five. She was always tired and concerned about cognitive decline.

Within three months of brain training with neurofeedback, her sleep gradually increased. She now falls asleep much more quickly and reported staying asleep for up to seven hours.

She said, "I feel much more energy and optimistic as a result of the increase in sleep. It's made all the difference."

How Does Neurofeedback Work?

Neurofeedback helps change brain patterns naturally. It measures your brain's rhythms and rewards you when you make healthy patterns. For instance, with sleep problems, certain patterns in the brain are often moving too fast. Neurofeedback helps your brain learn how to make healthier patterns by giving your brain a reward when it slows down.

With repeated training, the brain learns to maintain those healthier patterns. Correcting sleep issues with neurofeedback just takes practice and reinforcement.

Another client, Bill, came to us because he was unable to sleep before 1:30 or 2:00 in the morning. He had to be awake by 6:15 a.m. to get to work, and his inability to sleep was affecting his work performance and his family life.

We were already working with one of Bill's kids for ADHD. When his wife mentioned his sleep problem during a brain training session with their son, we suggested he try neurofeedback as well.

In just over two months of neurofeedback, he was able to fall asleep between 10:30 p.m. and 11:00 p.m. almost every night.

Why Have I Not Heard of Neurofeedback for Sleep?

Many physicians aren't aware of neurofeedback or its role in helping improve sleep, although it's often the first significant change noticed by people when they start neurofeedback, even if they came to neurofeedback for something completely unrelated to sleep struggles.

Once doctors learn about the positive results in their patients, they are generally very receptive to neurofeedback and want to learn more.

We know sleep hygiene (habits before sleep) can play a role in improving sleep, as can certain other behavioral modifications, yet many people resort to medication because medications are commonly known, and doctors are trained to provide prescriptions to help relieve their patients' problems.

Contributory factors such as sleep apnea also need to be assessed in combination with neurofeedback training.

Does Neurofeedback Work for Kids and Adults?

People of all ages can have brain patterns that cause disruptions to their sleep. Neurofeedback is an excellent tool for kids and adults because it's similar to playing a video game, except the game is played with your brain.

Many parents report to us that their child's sleep is much improved, which can behavioral and emotional responses. People often see a noticeable change in sleep within the first four-six sessions.

Neurofeedback can be also beneficial for kids with difficulty falling asleep, kids who have nightmares or bedwetting problems, and kids who are difficult to wake up in the morning.

We offer a variety of other biofeedback and brain tools that can be helpful with sleep problems, and we encourage our clients to try different methods to see which work best.

Neurofeedback is a powerful tool to help regulate sleep. If you are interested in additional information about how neurofeedback can help your sleep issues, call our office at 561-744-7616.

Jupiter Office Boca Raton Office
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www.CenterforBrain.com

About Center for Brain Training

Center for Brain Training is a team of compassionate professionals whose mission is to enhance the lives of people suffering from a variety of conditions that can be significantly improved with the help of neurofeedback.

Michael Cohen, President and Founder of the Center for Brain Training is one of the leading experts in brain biofeedback. For 16 years, he's taught courses and provided consulting to MD's and mental health professionals around



the world, helping them incorporate new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.



Renee Chillcott is a Licensed Mental Health Counselor and is the clinical director of the Boca Office of CenterforBrain.com. She has been practicing neurofeedback for almost nine years. She has worked for years using neurofeedback with anxiety, panic attacks and depression.


She reports that neurofeedback has helped her clients achieve far more success than with just psychotherapy or medications. The Boca office works with children, adults and families. Renee obtained her Master's degree from Nova Southeastern University in counseling. She has also received continuing education in the diagnosis and counseling of attachment disorders, teaching positive parenting skills, and peak performance neurofeedback.



The Greatest Little Secret for Anxiety, Depression, and Sleep


It's called brain biofeedback or neurofeedback. You may have never heard of it. You should. It's one of the only tools that helps train your brain to **BREAK STUCK PATTERNS** with ones that work better. It's based on 40 years of research, including ADHD, mood, and memory. Almost everyone's brain can adapt, no matter what age. Neurofeedback is based on *neuroplasticity, the science of brain change*.

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SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

Throughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would 'mind' if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor's confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient's mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very commonplace. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai - Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, micro-incisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

It's Hot Everywhere In July

By Brent Myers, Pastor of Community Life

Have you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... *it's hot everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!



But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because *it's hot everywhere* in July.

Brent Myers @brentdrewmyers
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